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Program: All-Natural,
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Eliminate Food
Cravings, Build Energy,
Enhance Mental Focus,
Heal Depression
[DesMaisons, Kathleen]
on Amazon.com.
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**The Sugar Addict's
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Program: All-Natural**

...

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Program is not a quick fix; DesMaisons's plan aims to eliminate sugar cravings, requiring five days of "detox," along with building up the resolve to stick to the recommendations over time--including while out at restaurants, during social gatherings, and while traveling. Fortunately, she offers plenty of tips for those situations, and her prescription is practical and easy to

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follow, including seven
steps as simple as
making sure some
protein is included ...

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Program: All-Natural**

...

Practical, hands-on,
and reader friendly,
The Sugar Addict's
Total Recovery
Program will transform
your life by helping you
eat right-starting
today! Product Details

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About the Author

**The Sugar Addict's
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Kathleen ...**

The Sugar Addict's
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that she outlined in her
bestselling book,
Potatoes Not Prozac,
Dr. Kathleen
DesMaisons now
presents the first
complete, in-depth

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dietary plan for living
with and healingsugar
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The Sugar Addict's Total Recovery Program by Kathleen ...

If you can't get past sugar fixes, go ahead and get into the Sugar Addict's Total Recovery Program! Sugar Blues will tell you why you need to stop and the Recovery Program will

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Thing That's Worked ...

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RECOVERY 7 Steps to
HEALING Sugar
Addiction 25 Years of
Amazing SUCCESS Are
You a Sugar Addict?

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We have what you need to heal. ... Kathleen DesMaisons, Ph.D. is the world's leading expert on sugar addiction. Before anyone else even thought it was real, she was offering a solution that works. ...

SUGAR ADDICTS TOTAL RECOVERY - Home « Radiant Recovery®

Slideshow: The Truth
About Sugar Addiction.

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1 / 19. Sugar Detox:
Hype or Hope? ...
Watch out for items
that list any form of
sugar in the first few
ingredients, or have
more than 4 total
grams of ...

Sugar Addiction Facts: Cravings, Hidden Sugar, and More

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Program: All-Natural,
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Eliminate Food
Cravings, Build Energy,
Enhance Mental Focus,
Heal Depression

Kathleen DesMaisons.
4.2 out of 5 stars 175.
Paperback. \$14.28.

Beating Sugar Addiction For Dummies: DeFigio, Dan ...

The Sugar Addict's
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Program Potatoes Not
Prozac, A Natural
Seven-Step Dietary

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Plan to Stabilize the
Level of Sugar in Your
Blood, Control Your
Cravings and Lose
Weight, and Recognize
How Foods Affect the
Way You Feel

**The Sugar Addict's
Total Recovery
Program Book
Review ...**

In 2008, people in the
US were consuming
over 60 pounds (28 kg)
of added sugar per
year — and this does

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Program

not include fruit juices
(). The average intake
was 76.7 grams per
day, which equals 19 ...

Daily Intake of Sugar — How Much Sugar Should You Eat Per Day?

In her books, Potatoes
not Prozac, The Sugar
Addict's Total Recovery
Program, Your Last
Diet Dr. Kathleen
DesMaisons
recommends simple,
dietary treatments for

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sugar sensitivity,
weight loss,
depression, alcoholism
and other disorders,
without the use of
drugs.

**Radiant Recovery® -
Dr. Kathleen
DesMaisons, author
of ...**

Kathleen DesMaisons,
Ph.D. coined the term
“sugar sensitivity” and
is the world’s leading
expert on sugar
addiction. Before

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anyone else thought it was real, Kathleen was offering a solution that works. She started the field of Addictive Nutrition in 1996.

Home « Radiant Recovery®

Practical, hands-on, and reader friendly, The Sugar Addict's Total Recovery Program gives you the guidance you need for every phase of healing your sugar sensitivity,

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from chaos to stability
to lasting recovery.

**The Sugar Addict's
Total Recovery
Program by
Kathleen ...**

4 Ways to Fight Your
Sugar Addiction. Photo:
Pond5. 1. Sub whole
fruit for sweets. Fruit
contains fructose,
which is metabolized
differently than gummi
bears — and it's still a
satisfying treat. But be
careful to restrict your

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intake to a few servings a day.

Are You Addicted to Sugar? Here's How to Break the Cycle

The Sugar Addict's Total Recovery Program A how-to manual to give you practical advice and strategies for implementing a program to heal your body and your sugar addiction.

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Read "The Sugar Addict's Total Recovery Program All-Natural, Simple Solutions That Eliminate Food Cravings, Build Energy, Enhance Mental Focus, Heal Depression" by Kathleen DesMaisons available from Rakuten Kobo. Building on the science of nutrition that she outlined in her bestselling book, Potatoe

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