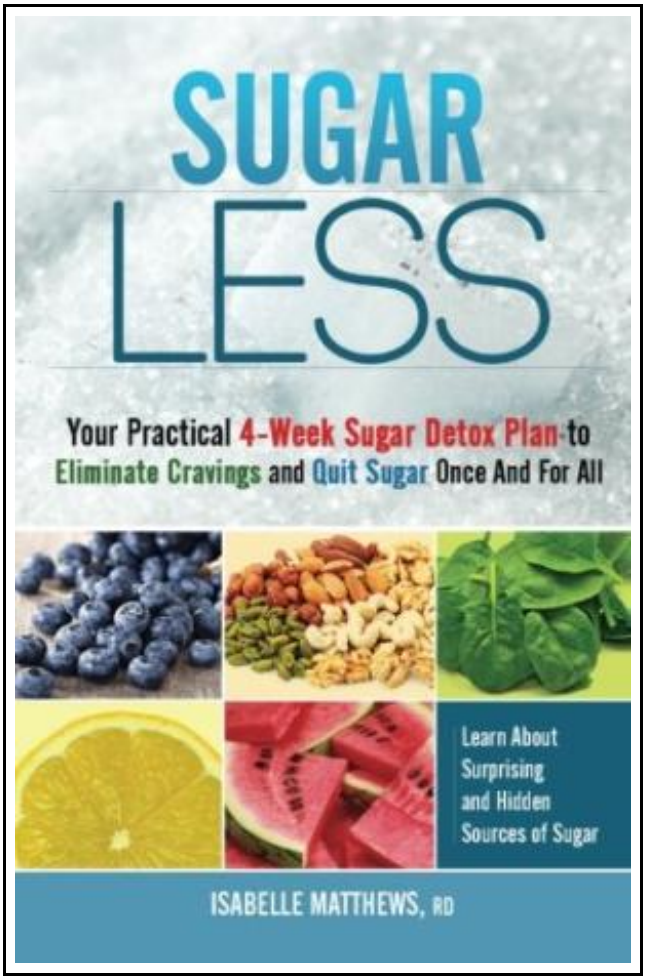
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Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.FORGET GLUTEN. FORGET FAT. SUGAR IS FUELLING THE BIGGEST HEALTH CRISIS OF OUR TIME Can you live without sugar? The sugar that is added to foods, such as cakes, cookies, yogurts, sweet rolls, candy, and soda? This book will help you understand what it means to be addicted to sugar. More importantly, you also will learn about why sugar is literally impossible to withstand at times and why quitting sugar requires more than simply willpower. Isabelle Matthews, a Registered Dietitian, truly explains why we crave sugar, what happens within our body while we eat sugar in addition to how we can ultimately eliminate our cravings and sugar addiction for a lifetime. This book provides a wholesome, nutrient dense food plan that jump-starts your body into feeling energized and restores your immune system to maintain good health for the long-term. If you feel that you are having a hard time calming your cravings, sleeping well at night, having energy to do more than your simple daily tasks or feeling down in the dumps, this program guide may be a perfect fit for you. You are not alone. Obesity rates have nearly doubled in adults and children since the 1970s according to the National Centre for Health Statistics. Over 2/3 of US adults are overweight or obese. Something is preventing us from eating healthy and pursuing healthy lifestyle behaviors. What is the culprit? Two likely contributors are the environment and highly processed foods. Added or processed sugar is not necessary for us to survive as it only provides empty calories, thus no nutritional value. However, many Americans are easily exceeding the limit of added sugar intake daily. Why? It is...

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