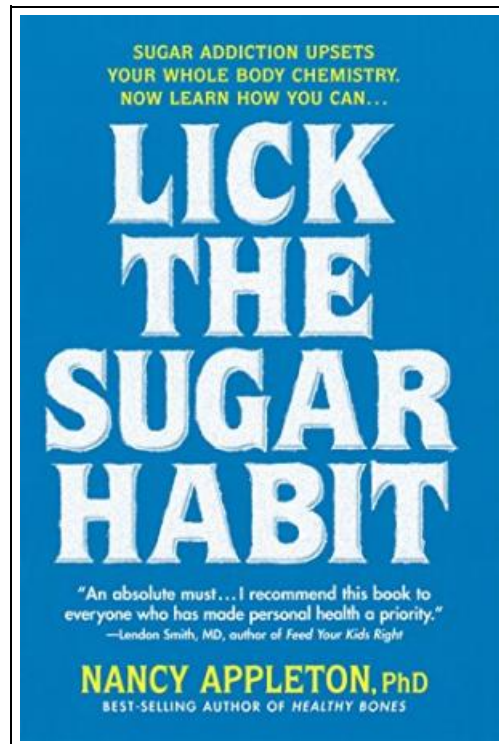


## Lick the Sugar Habit



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**(Noah Padberg)**

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Avery Trade. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.0in. x 5.9in. x 0.9in. Are you a sugarholic As Americans, we consume on average 150 pounds of sugar a year, and that's as bad for you as it sounds. Sugar upsets body chemistry and devastates the endocrine and immune systems, leading to a host of diseases and conditions including hypoglycemia, diabetes, osteoporosis, arthritis, cancer, heart disease, headaches, allergies, asthma, obesity, periodontal disease, tooth decay, and more. A sugarholic since childhood, Dr. Nancy Appleton cured herself of chronic illnesses by changing her diet. In *Lick the Sugar Habit*, she explains how it worked for her, and how it can help you too through a variety of simple techniques, and mouth-watering, healthful recipes. Are you a sugarholic Answer the questionnaire to find out Test yourself for food allergies caused by sugar End sugar-related calcium loss, heartburn, and indigestion without drugs! Follow one of three detailed food plans to ease yourself into a low-sugar life Through a variety of simple techniques, learn how to banish sugar cravings Savor healthy, hearty dishes like Hot Asparagus Soup, Persian Lamb and Bean Stew, and Savory Pepper Pilaf Choose from an entire chapter of easy-to-prepare recipes This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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