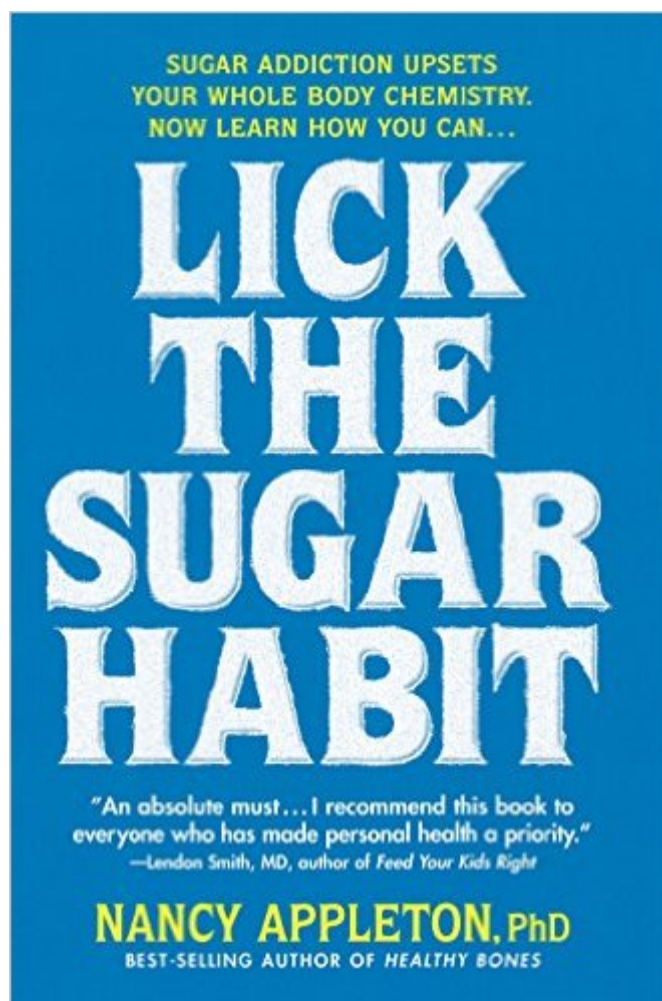


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# Lick The Sugar Habit: Sugar Addiction Upsets Your Whole Body Chemistry



## Synopsis

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

## Book Information

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## Customer Reviews

For thirty years, I have been studying nutrition as a personal interest. I own dozens of books on the subject as well as having taken a college course. I can honestly say that I consider *LICK THE SUGAR HABIT* to be one of my most valued possessions. You will find eye-opening information here that's hard to come by in the mainstream press. Appleton's documentation is excellent, as she draws on many sources, including many scientific journals, to back up her statements. Her personal

story of how she regained her health is fascinating as well. This book is much more solidly based on science than Duffy's SUGAR BLUES. Until I read it, I never dreamed excess sugar could be the cause of so many ills, including accelerated aging. By acting on what I learned, I've been amazed at how my allergy symptoms have cleared up, my emotions have stabilized, and I seem to be spared the "bugs" that plague my family and friends(I used to be hit hard by every germ that came along).

I read this book about 1 year ago, and since then I have made major changes in my diet, following many of the suggestions in the book. It is amazing what a difference sugar makes in your health and energy level. I used to have at least 2 and sometimes 7 hypoglycemic attacks a week. I now haven't had one in over 10 months! If you have a sugar addiction, hypoglycemia, or diabetes I suggest this book highly!!! Even if you just want to improve your immune system and not get sick as much, this book is for you. I have been striving for better health since I was 6 months pregnant, and this was one of a few integral books in my success.

This is an excellent easy to read handbook about health and nutrition and the "foods" to avoid putting in your mouth. The only thing I would change about it is it's title. I have purchased MANY copies of this book and when I give it to family and friends, they all have the same reaction -- "sure I like sugar but it's not a habit -- I don't really eat that much". The title is a turnoff to most people for a few reasons -- 1. they are in denial 2. they don't realize how much sugar is in all of the packaged, canned and bottled "stuff" they consume and 3. people do not like to think that they have bad habits". It ought to be published under a title something like: "Have More Energy and Save Lots of Money in Doctor's Bills" or "Eliminate That Excess Fat You Are Carrying Around".

are writing on this subject. Read The Yeast Connection, by Dr. William Crook (and The Yeast Connection and the Woman, The Body Ecology Diet, by Donna Gates, The Food Doctor, by Vicki Edgson Dipion and Ian Marber Dipion. Also, Potatoes, Not Prozac.The author does seem bent on this one cause and, therefore, many of the conclusions feel incomplete. There is much good in this book. Especially the list and categories of foods.Take it from one who lost most of the "evil" symptoms of sugar poisoning by eliminating it for one year. Thought I was becoming diabetic, passed out almost every afternoon and woke up with a hangover, had symptoms of MS, had a red rash on my face, itched all over, ached all over, cried all the time, had symptoms of bipolar disorder. You name it. They all disappear in my life when the sugar does.If you suspect you have a problem read any book on the symptoms of sugar addiction.

Nancy is onto something here. If you do just a little bit of research into the beginnings of cardiovascular diseases in the United States you will find a correlation between sugar and heart disease. Prior to the 1940's heart disease was not common then refined sugar hit the market, processed foods became readily available, and the fast food industry took off. Everyone claims that heart disease is caused by cholesterol from eating animal fats but consider the diet of the Eskimo. They eat a diet that is almost exclusively meat and fish and the rate of heart disease among Eskimos is shockingly lower than the rest of us. Why? They don't eat sugar. Contrastingly, India has the highest rate of heart disease and the majority of them are vegetarians! Why? Because too much sugary sweets!! Think about it !!

Well, I am not a real new age type of person but I have to say that I believe a great deal of what is said about the harmful effects of sugar. It is my general impression that the substance simply is not good for us and is the cause of numerous health problems. That being said, I will admit that Nancy Appleton is no great writer or scientific authority but I think that much of what she argues here is correct. Yes, her long list of sugar's deleterious effects is probably overstated and overblown, but there is clearly an element of truth in her positions. I found that reading these pages helped to motivate me on my quest to get all the silly and pointless carbs out of my diet so, for that reason, I found the book useful and have to recommend it. The recipes at the end were not real helpful to me but they may be for you. I got it from a z shop on the cheap and you certainly can too if you want to give it a chance. It will add to your will power if nothing else.

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