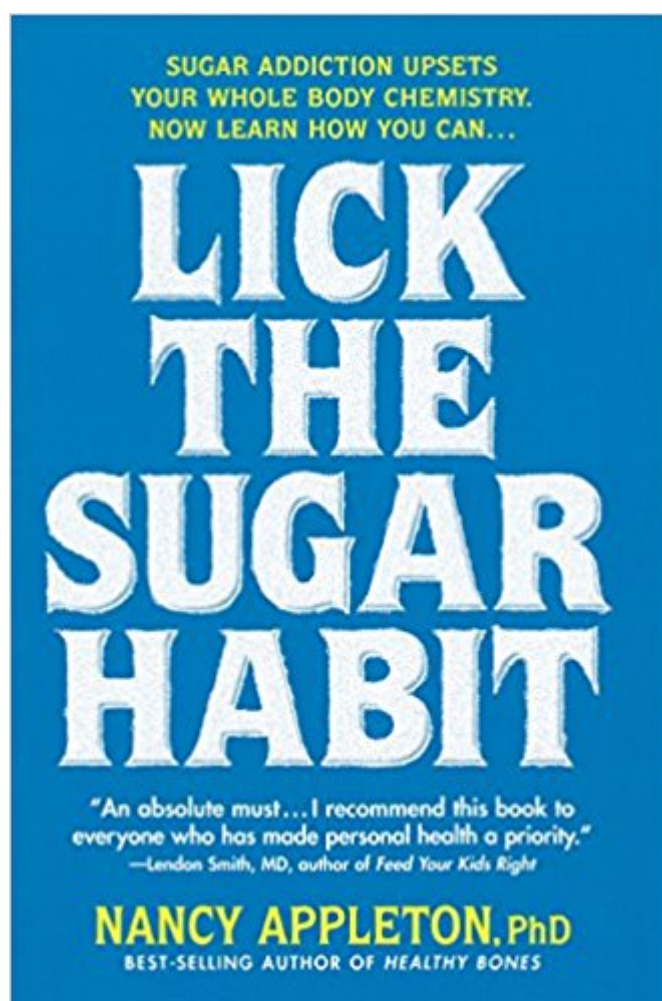


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Lick The Sugar Habit: Sugar Addiction Upsets Your Whole Body Chemistry



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

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Customer Reviews

There's the old saying that sugar is poison. After reading *Lick the Sugar Habit*, you'll be convinced of that. Americans each consume more than 150 pounds of sugar and related sweeteners each year. It's pretty easy for it to add up when you consider that there are 17 teaspoons of sugar in a single can of Coke. Author Nancy Appleton delineates how this sugar overconsumption wrecks

havoc with our immune and endocrine systems, leading to chronic conditions including arthritis, osteoporosis, diabetes, asthma, and hypoglycemia, along with the usual suspects such as cavities and periodontal disease. Appleton admits that she herself used to be a sugar addict, preferring to take her sweets in the form of chocolate, and consequently suffered from numerous allergies, plus bronchitis, pneumonia, and even a chest tumor that turned out to be a huge calcium deposit that resulted from her body's inability to process the pounds of sugar she consumed. The book starts with thorough quizzes to determine if you really are a "sugarholic" and to test for sugar-related food allergies. Appleton then offers three distinct plans for weaning yourself from the sweet stuff and starting your new "low-sugar life." The best part is the dozens of easy, low-sugar, high-flavor recipes such as Hot Asparagus Soup and Pumpkin Pie. While Appleton has a Ph.D. and has been studying nutrition for years, she doesn't go into unnecessary scientific details when she explains what those little sugar cubes do to your body. This is a thoroughly readable, eye-opening guide to changing your diet--and your health--for the better. --This text refers to an out of print or unavailable edition of this title.

Nancy Appleton, Ph.D., shows you how sugar upsets the 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. Appleton cured herself of chronic illnesses including bronchitis and pneumonia by changing her lifestyle. Here is her self-help program to help you lick the sugar habit and live a healthier life. She explains how it worked for her...and how it can work for you.

Good information. Easy to read. Helpful advice. I recommend this book for good information on sugar, how it affects the body, and the different forms of sugar.

Great book. I recommend it to everyone. People are addicted to sugar and this book reveals the different conditions that it causes. It is a real eye opener!

OMG! In some parts of this book it is like she is writing about me and how I used to be growing up. Sugar is a deadly and addictive substance that really makes life miserable. Easy to read and follow. She writes from the heart with much knowledge. If you even have a suspicion that you eat too much sugar or other unhealthy carbs like bread - get the book!

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.

Very very informative. Great info for realizing the deleterious effects of sugar.

I wanted a book to put things into perspective on the reality of sugar and it's harmful effects. This is the book to get. She really knows her stuff, and a lot of the information was eye-opening. Like most who would search for a book of this type, I am one who overindulges in sugar. I usually cannot change such habits until I get a little perspective, and this book will give you that. My mom was also searching for this type of book, and separately from me, she was referred to this one. From all of the reviews I've read on various "sugar books" prior to purchasing this one, L.T.S.H. seems to be the standard. The fact that my mom was referred to it also makes me think that.

Awesome book!!! Very practical help to quit eating sugar. I loved the tips, and learned some new things that gave me even more motivation to get control of this part of my diet! Thank you Nancy Appleton!

This is the most helpful book I've ever read, and I absolutely feel that it saved my life. I was diagnosed with fibromyalgia, lupus, rheumatoid arthritis, chronic depression, severe anxiety - and nothing the doctors did or gave me helped. This book helped me understand foods (especially sugar) and the role they play in my health. I buy this book all the time and give it to people who are suffering like I was.

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