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## Potatoes Not Prozac: Simple Solutions For Sugar Sensivity (Paperback)

By Kathleen DesMaisons

SIMON SCHUSTER, United States, 2008. Paperback. Condition: New. Revised ed.. Language: English . Brand New Book. The national bestseller that started the sugar-free revolution, fully revised and updated with the latest scientific information and success stories from readers. You re not lazy, self-indulgent, or undisciplined. Many people who suffer from sugar sensitivity don t even know it--and they continue to consume large quantities of sweets, breads, pasta, or alcohol. These foods can trigger exhaustion or low self-esteem, yet their biochemical impact makes those who are sugar sensitive crave them even more. This vicious cycle can continue for years, leaving sufferers overweight, fatigued, depressed, and sometimes alcoholic. Dr. Kathleen DesMaisons came up with the solution and published it in her revolutionary book Potatoes Not Prozac. It gave you the tools needed to overcome sugar dependency, including self-tests and a step-by-step, drug-free program with a customizable diet designed to change your brain chemistry. But now, armed with a decade of further research and patient feedback, Dr. DesMaisons has improved her groundbreaking plan to make it even more effective and easier to follow. Join the thousands who have successfully healed their addiction to sugar, lost weight, and attained maximum health and well-being by...



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