



# **The Complete Guide to Beating Sugar Addiction: The Cutting-Edge Program That Cures Your Type of Sugar Addiction and Puts You on the Road to Feeling Great--and Losing Weight!**

*Jacob Teitelbaum, Chrystle Fiedler*

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An Expanded No-Fail Plan to Beating Sugar Addiction!

*The Complete Guide to Beating Sugar Addiction* - now with an improved education section, new research, 50 recipes, and refined treatment methods!

With one-third of our calories coming from sugar and white flour added to processed foods, sugar addiction is a rapidly growing epidemic. However, unlike other addictions, going "cold turkey" won't fix it. In an updated version of the groundbreaking book, nationally recognized physician Dr. Jacob Teitelbaum provides new information on the four types of sugar addiction and gives you a step-by-step plan for resolving their underlying causes, breaking sugar cravings forever, and achieving dramatically improved health and energy levels - while also making it easier to lose weight! In the updated and expanded edition, 50 delicious recipes will enable you to create meals that fit perfectly with their new healthy lifestyle.

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