

BOOK REVIEW

Beat Sugar Addiction NOW!

A new book by
Jacob Teitelbaum MD

Are YOU a sugar addict?

In the United States, with ~ 18% of the average American diet coming from added sugar, this is becoming the rule rather than the exception. Many people eat their weight in sugar every year. *As Dr. Teitelbaum describes in his book- this may be why you are tired, achy, "brain fogged", anxious, and unable to lose weight.*

As most people have found, simply trying to cut out sugar usually does not work very well.

In addition, who wants to cut out things that give you pleasure? Put simply, if you live a long life because you've cut out everything you enjoy, why bother?

Finally, there's a simple solution to sugar addiction!

Beat Sugar Addiction NOW!, by Dr. Teitelbaum along with Chrystal Fielder, will teach you about the four main types of sugar addiction. In each type, there are different forces driving the addiction. By treating the underlying causes that are active in your type of addiction, you will find that not only

do your sugar cravings go away, but you also feel dramatically better overall.

Here's more good news. Once you have broken your sugar addiction, your body will usually be able to handle sugar in moderation. This means saving sugar for dessert or snacks where it belongs, and going for quality, not quantity. Dark chocolate is especially recommended in small quantities. Natural sweeteners, such as stevia, are also a healthy way to satisfy your sweet tooth. It is important to purchase Stevia from a company that provides the product with no bitter after taste. (Dr. T's favorite is from Body Ecology).

The 4 Sugar Addiction Types

To beat sugar addiction, first you'll need to figure out which type of sugar addict you are. Simple quizzes in the book will quickly let you know. *Beat Sugar Addiction NOW!* then offers clear and simple directions on what to do. This includes natural therapies, simple lifestyle changes, as well as directions for your inner journey, a journey that

will heal not only your body but also your mind and spirit. A journey that will change your life.

Here are the four key types of sugar addiction:

Type 1: Hooked on “Energy Loan Shark” drinks. *Chronically exhausted and hooked on caffeine and sugar*

When daily fatigue causes sugar (and caffeine) cravings, sometimes all you need is to improve nutrition, sleep, and exercise. When your energy increases, you won't need sugar and caffeine for an energy boost. *Beat Sugar Addiction NOW!* will teach you how to turbocharge your energy in an easy and healthy way.

Type 2: Feed Me Now or I'll Kill You. *When life's stresses have exhausted your adrenal glands*

For those of you who get irritable when you're hungry and crash under stress, it is important to treat your adrenal exhaustion.

Type 3: The Happy Twinkie Hunter. *Sugar cravings caused by yeast/candida overgrowth*

For those of you with chronic nasal congestion, sinusitis, spastic colon, or irritable bowel syndrome, treating yeast overgrowth is critical.

Type 4: Depressed and Craving Carbs. *Sugar cravings caused by your period, menopause, or andropause*

Standard blood testing for hormonal deficiencies will not reveal the problems until they are very severe, sometimes leaving people deficient for decades.

To make it easy, *Beat Sugar Addiction NOW!* is also a simple workbook, so that when you're finished reading it you will have a treatment protocol tailored to your specific problems.

Are you or your patients sugar addicts, and ready to get a lives that you love? *Beat Sugar Addiction NOW!* will show you how.

This book will be especially helpful for your NAET patients (or future patients), as it repeatedly endorses and highly recommends NAET (and refers to the NAET.com web site). For more on the book, see HYPERLINK “<http://www.Vitality101.com>” www.Vitality101.com

Jacob Teitelbaum MD is author of the popular free iPhone application “Natural Cures”, and the best-selling book *From Fatigued to Fantastic!*

His newest book is *Beat Sugar Addiction NOW!* (Fairwinds Press; March 2010). Dr. Teitelbaum does frequent media appearances including Good Morning America, CNN, Fox News Channel, the Dr Oz Show and Oprah & Friends. Web site: HYPERLINK “<http://www.vitality101.com/>” \o “blocked::<http://www.vitality101.com/>” www.Vitality101.com

Laurie Teitelbaum, MS.,
Kailua Kona, HI

Request Reprints:

NAR Foundation
6714-32 Beach Blvd
Buena Park
CA 90621
Email: narfoundation@yahoo.com