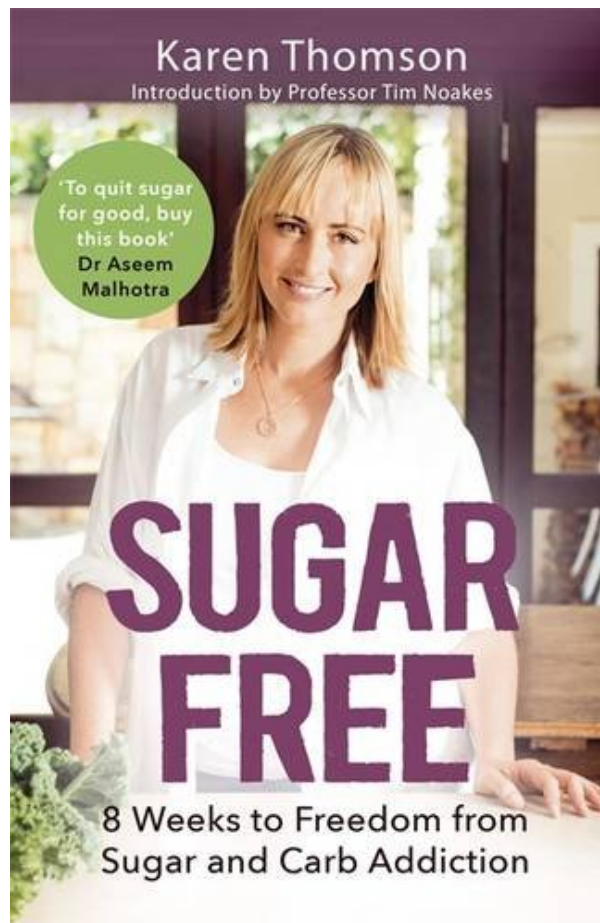
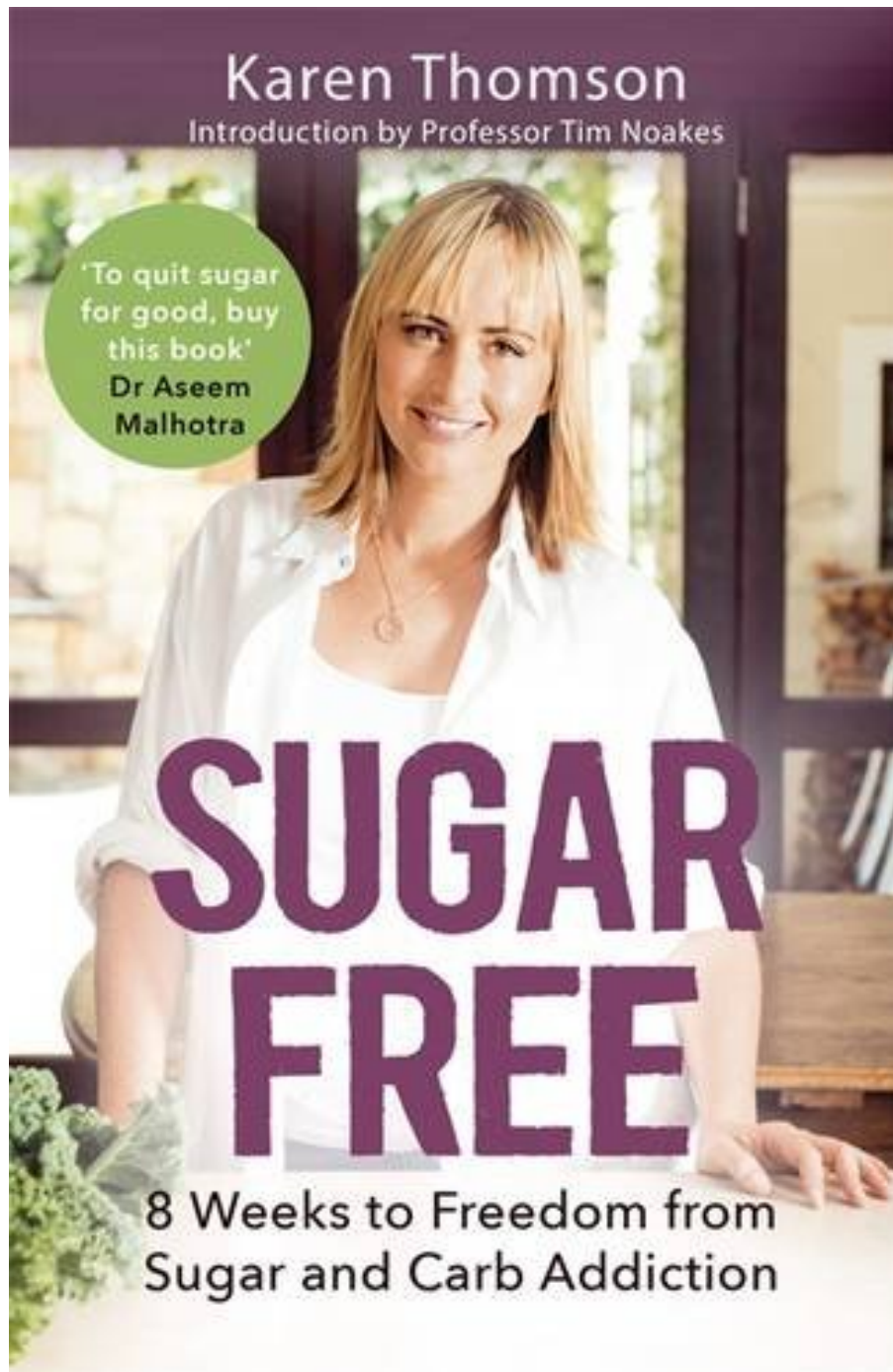


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Review

This book is a testament to a sugar-free enjoyment of food, life, health and happiness

About the Author

Karen Thomson is the founder of the Harmony Eating & Lifestyle Program (HELP, helpdiet.co.za), the world's first in-patient program treating carbohydrate and sugar as an addiction. She started the program with Professor Tim Noakes, dietician Rael Koping and the Harmony Addictions Clinic. She also has an online program called The Sugar Free Revolution.

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Are you a sugar addict? Do you crave sweet treats, bread, pasta and sauce-laden food? Do you experience lethargy and mood swings as a result of blood glucose spikes and dips? Does your weight seesaw unmanageably?

If the answer is yes to any of these questions, your health is at risk. Where fat used to be the enemy, scientists now point to the huge amount of sugar we consume as making us unhealthy.

Sugar Free is packed with recent scientific research and nutritional advice to help you understand addiction to sugar and carbohydrates, including a chapter by Dr Nicole Avena, research neuroscientist, author and expert in nutrition, diet and addiction. It provides eight weeks of meal plans, both vegetarian and non-vegetarian, by nutritionist Emily Macguire, and includes journal exercises to help you break free from the mental, physical and emotional traps of old eating patterns.

Sugar Free shows the way to a sustainable sugar-free lifestyle. Its simple and effective eight-week programme to quit sugar will enable you and your family to enjoy dramatically improved health, increased energy levels and weight loss.

Author Karen Thomson is living in recovery from addiction to sugar and carbohydrates so has been there and understands exactly what you need to know to break the cycle of addiction and find your way to radically improved health.

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A great book that clarifies much-needed dietary information that will help many people

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