



Lick the Sugar Habit

Nancy Appleton

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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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