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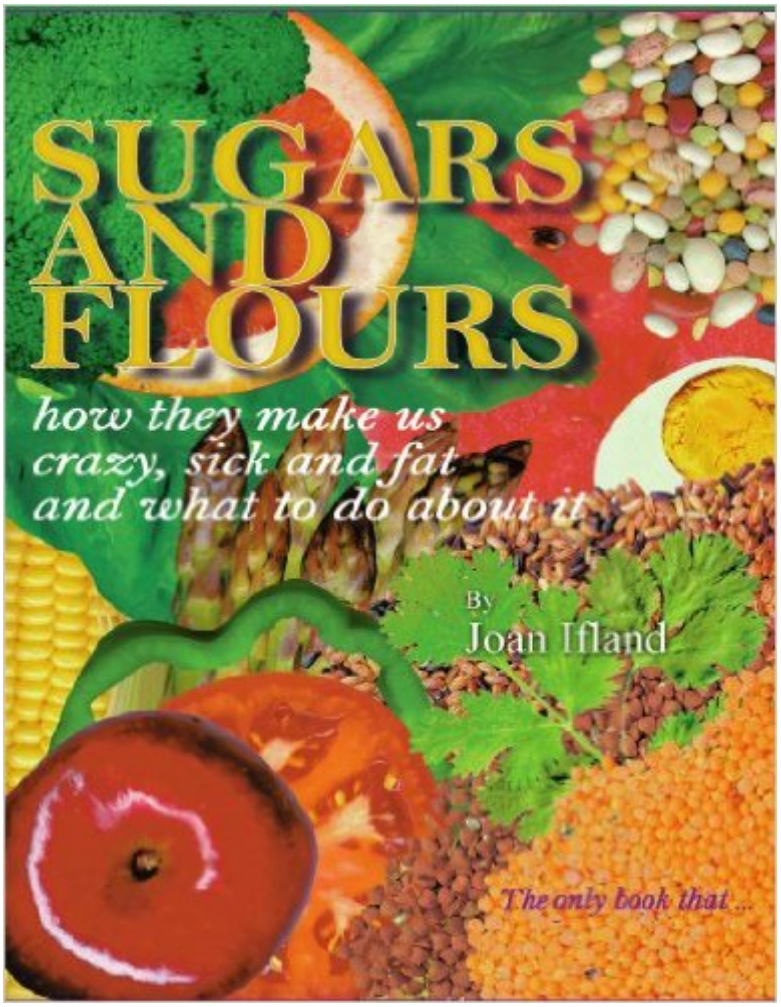
Sugars And Flours: How They Make Us Crazy, Sick And Fat, And What To Do About It



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Synopsis

Sugars and Flours: How They Make Us Crazy, Sick and Fat, and What to do About It is the only book that treats carbohydrate addiction with the decades-old methods of recovery from addictive behavior_i.e. elimination of the addictive substances. It is the only book that identifies both refined carbohydrates and other triggering foods as the source of abnormal eating behavior. Thus it is the only book that identifies a broad range of emotional, mental, behavior, and physical benefits. Benefits include relief from: Weight gain or loss Despair Allergies Attention deficit High cholesterol Cravings Shame Headaches Hyperactivity Numbness Hunger Pangs Anger Sinus pain Compulsive Behavior Fatigue Anxiety Mood Swings Coughing Obsessing Mental fogginess Depression Humiliation Congestion High blood pressure Type B diabetes Confusion Critical nature Asthma Low self-confidence Anorexia Fear Tension Infection Pre-menstrual Bulimia Restlessness Irritability Swelling syndrome Acne Sugars and Flours is unique among diet books because it provides a practical implementation plan for the whole family from a household perspective. It provides workable plans for handling shopping, food storage, travel, restaurants, entertaining, schools, and family relations. It covers the holidays in detail. It explains the medical theory for why this food plan could improve the life of almost any American. It shows how American patterns of refined carbohydrate consumption have skyrocketed to create a health crisis. It gives information on a national support system based on the 12-step model. It describes how to start a support group for recovery from over-consumption of carbohydrates. It discusses how to work the 12-steps to recover from refined carbohydrate addiction. It shows how non-reactive food enhances spiritual life. It provides real-life stories of recovery from refined carbohydrate abuse.

Book Information

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Customer Reviews

In this book Ms. Ifland describes what I did not recognize as my addiction to carbohydrates. While addiction may seem a rather strong term to describe anyone's relationship with food, Ms Ifland does a good job of detailing, and documenting, the pattern of compulsive and irrational eating habits that can arise as a result of the way the body digests and processes simple and complex sugars. In the same way that booze can trigger excessive drinking in an alcoholic and a drug can lead to uncontrolled using by a drug addict it is shown that carbohydrate metabolism in many individuals can lead to irrational cravings and eating urges -- even if an individual is not, per se, hungry. I had always thought that I could control my eating and lose weight "if I put my mind to it." While a person must always be ready to employ mental tools to combat compulsive eating, the elimination of carbohydrates from my diet has eliminated the overwhelming physiological urges that were almost unbeatable by sheer willpower. This food program takes away the offending substances that drove me to the pantry or the refrigerator. In my compulsion to reestablish my sugar levels, I would cram anything into my mouth -- from bread to candy to fruit to nuts. Once I started on this binge I would not stop, even when feeling full or when the symptoms of hypoglycemia had abated. Later, when my blood sugar levels had come down, I would resume eating in an attempt to get another jolt of sugar, or to insure that they did not dip down to low levels again. I did not know that I was being driven by my bodily cravings, until I read this book. I must say that within the first three days of eliminating sugar, flour and wheat I saw a dramatic drop in my craving for excessive food intake. It was such a liberating experience!

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