

# Get Control Of Sugar Now Great Choices For Your Healthy Future

**Kathleen DesMaisons**

**Get Control of Sugar Now!** Paul McKenna,2017-01-12 With over 30 years' experience in helping people successfully change their lives for the better, Paul McKenna Ph.D. is perfectly placed to help program your mind to gain control over cravings and make healthier choices. This accessible guide - offering simple tips and exercises for change and including a free hypnotic trance download - is all you need to reduce your sugar intake and take the first step towards a healthier lifestyle. What people are saying: 'I have lost 1/2 a stone in a month with just doing this' -- \*\*\*\*\* Reader review 'My biggest addiction is sugar, and after a whole week of listening to the mind programming audio included, I found myself making better choices and eating less sugar' -- \*\*\*\*\* Reader review 'What can I say but McKenna does it again' -- \*\*\*\*\* Reader review 'One of the best books by Paul McKenna, so savvy and yet so simple and applicable. A must read' -- \*\*\*\*\* Reader review

\*\*\*\*\* Do you have an insatiable sweet tooth? Are you chained to cravings you can't control? THEN THIS BOOK AND AUDIO DOWNLOAD ARE FOR YOU! Paul McKenna has spent years researching and developing a system to that can help you get more control over sugar and make healthier choices. SCIENTISTS AGREE - SUGAR IS KILLING MORE OF US EVERY DAY! Now you have a choice. This book will walk you step by step through a series of simple yet powerful techniques to help you learn how to gain control over cravings and embark on a healthier lifestyle. In addition, the book comes with a free hypnosis audio download which uses the latest psychological techniques to reset your mind and change the way you relate to certain foods. Each time you listen, you will be programming your mind for success. IMPORTANT: IF YOUR DEVICE SUPPORTS IT, YOU WILL FIND AUDIO AND/OR VIDEO IN THIS EBOOK. IF YOUR DEVICE DOES NOT, FOLLOW INSTRUCTIONS TO SAVE THE MATERIALS DIRECTLY TO YOUR COMPUTER, OR TO STREAM VIA YOUR SMARTPHONE OR TABLET.

*Get Control of Sugar Now!* Paul McKenna,2017-01-12 WHAT TODAY, IS MOST LIKELY TO KILL YOU AND THE ONES YOU LOVE? HEART DISEASE? DIABETES? CANCER? REDUCE YOUR SUGAR TODAY AND GET HEALTHY! Paul McKenna has spent years researching and developing a system to that can help you get more control over sugar and make healthier choices. SCIENTISTS AGREE - SUGAR IS KILLING MORE OF US EVERY DAY! Now you have a choice. Use the power of your

mind to take control and feel healthy. Discover the facts that have been suppressed for decades about the deadly dangers of sugar. The science is irrefutable. Sugar is the slow-motion killer behind four of the top five causes of premature death in the United Kingdom. LET PAUL McKENNA HELP YOU CONTROL SUGAR NOW!

The Digested Read John Crace,2005-12 Literary ombudsman John Crace never met an important book he didn't like to deconstruct. From Salman Rushdie to John Grisham, Crace retells the big books in just 500 biting satirical words, pointing his pen at the clunky plots, stylistic tics and pretensions of Big Ideas, as he turns publishers' golden dream books into dross.

*Good Sugar Bad Sugar* Allen Carr,John Dicey,2016-08-01 READ GOOD SUGAR BAD SUGAR AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE. Good Sugar Bad Sugar tackles the biggest dietary threat to the modern world: The addiction to refined sugar and processed carbohydrates, which is causing epidemics in obesity and Type 2 diabetes on a global scale. Sugar and carb consumption is an addiction that begins at birth, but once you free yourself with Easyway, you'll enjoy better health, higher levels of energy, dramatically improved body shape, and a happier, healthier lifestyle. Allen Carr has helped millions worldwide and he can do the same for you. His books have sold over 16 million copies worldwide while countless more people have been helped through his network of clinics. Allen Carr's Easyway has spread all over the world for one reason alone: BECAUSE IT WORKS. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES ADDICTION TO REFINED SUGAR AND PROCESSED CARBOHYDRATES • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: The Allen Carr program was nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from my addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

**Get Off Your Sugar** Dr. Daryl Gioffre,2021-01-05 In his first book, Dr. Daryl Gioffre taught us how to fight inflammation by getting off unhealthy, highly acidic foods. Now, he's targeted sugar—because when you break your sugar addiction, you cut out a major contributor to inflammation, brain fog, aging, and chronic disease. You'll go from stress eating to strength eating with Dr. Gioffre's life-changing plan: Phase 1: Weed—7 days to detox your mind, body, and diet Phase 2: Seed—21 days to crush your cravings Phase 3: Feed—A lifetime of satisfying, strengthening eating With tips for customizing the plan, including using clean keto and intermittent fasting to tune up your metabolism, and sixty-five craving-stopping recipes, Get Off Your Sugar is your guide to turning your body into a strength-eating, energy-filled, acid-kicking machine.

**Freedom from Emotional Eating** Paul McKenna, Ph.D.,2015-12-29 Emotional eating is the number-one cause of obesity in the Western world. In a society that fails to meet our human needs, millions of people medicate themselves with second-best solutions—drinking, drugs, shopping, and the Western drug of choice: eating. But Paul McKenna has cracked the code! Just when I thought there was nothing more to learn about weight loss, I have discovered the most amazing breakthrough ever, says Dr. McKenna. It's the fastest, safest, most powerful way ever to change the systemic imbalances that

cause overeating. This breakthrough will change what you eat, improve how you feel, and massively increase your success in every area of your life. This amazing new system gets beneath the issue of weight loss to eradicate the root cause of overeating. The program in this book, with downloadable video and audio NLP and guided hypnosis techniques, brings about dynamic, lasting change—a gentle breakthrough that transforms your body, your relationship to food, and your entire life one day at a time to bring you freedom, success, and a sense of security and joy that is currently beyond what you can imagine. Paul McKenna can help overweight people escape from the unsatisfying cycle of frustration and self-medication with food. He can help them find the inner strength to feel confident and happy so they can stop being taken advantage of by the hate-your-body diet industry and feel an inner sense of peace, comfort, and control even in the most challenging situations.

*The Sugar Detox* Brooke Alpert, Patricia Farris, 2013-06-25 A revolutionary program to kick your sugar habit for good, taking years off your body and face

*Breaking Up With Sugar* Molly Carmel, 2020-01-02 A 66-day plan for going sugar-free from an eating disorder specialist and therapist who broke free of her own sugar addiction. Our relationship with food can be complicated: for many, food soothes painful emotions, it nurtures, it numbs, it provides a 'high'. *Breaking Up With Sugar* offers a plan for the complete transformation of many people's destructive relationship with food. For these people, sugar is often the culprit: it produces physical, neurological and endocrine changes that render the individual powerless over their compulsion to eat. Molly Carmel struggled with her own eating disorder for over 20 years and finding no solutions in available treatments, she created The Beacon, where she helps clients recover from similar addictions. Her step-by-step instructions are designed to take the guesswork out of sugar-free eating and help people start a new, healthier relationship with food. With 8 vows to return to and rely on, and guidance on how to divorce dieting forever, *Breaking Up With Sugar* offers an individualised, sustainable and realistic plan for eating and thriving for life.

**Beat Sugar Addiction Now!** Jacob Teitelbaum, Chrystle Fiedler, 2010-03-01 *div The No-Fail Plan to Beating Sugar Addiction!* 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 this groundbreaking book, nationally recognized physician Dr. Jacob Teitelbaum uncovers four types of sugar addiction and gives 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! /DIV

**Overcoming Sugar Addiction** Karly Randolph Pitman, 2010-09-01

**60 Ways to Lower Your Blood Sugar** Dennis Pollock, 2021-01-01 It’s projected that in 50 years, one American in three will be diabetic. Many today are well on their way to becoming a sad statistic in the war on obesity, high blood sugar, and the related diseases—including diabetes—that can result from a diet that’s seriously out of whack. In his previous bestselling

book, *Overcoming Runaway Blood Sugar*, Dennis Pollock shared his personal experience with this deadly epidemic—including his success at lowering his runaway blood sugar to acceptable levels. Now Dennis offers readers the next step in the battle: 60 practical ways to manage their blood sugar without resorting to a bland unsatisfying diet of turnips and tuna fish. In this step by step, change by change plan, readers will learn how to: reduce their intake of carbs exercise more effectively shed excess weight A must-have book for readers serious about regaining their health while also lowering their weight and increasing their energy.

**Sweet Healing** Ame Wauters,2015-02-20 Ame maps the way for you to enjoy an abundantly sweet life without simple sugar and its toxic effects. You can heal and be free. A beautifully nurturing frontier of food and self-love awaits. Let the healing begin--Cover.

*The Easy Way to Quit Sugar* Allen Carr,John Dicey,2017-12-13 READ THE EASY WAY TO QUIT SUGAR AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE. People are now so hooked on sugar that it's become the number one threat to health in the modern world. Using Allen Carr's world-famous Easyway method, this book shows you how to cut bad sugar out of your diet for good. This method works by unravelling the brainwashing that leads you to desire the very thing that is harming you. In challenging the cognitive association of sugar with comfort and pleasure, this book will free you from any sugar cravings so you can live a healthier, happier life. With the brilliant writing skills and illustrations of Bev Aisbett, this handy pocket book is presented here in a truly refreshing, accessible, dynamic and enjoyable way. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES ADDICTION TO REFINED SUGAR AND PROCESSED CARBOHYDRATES • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: The Allen Carr program was nothing short of a miracle. Anjelica Huston It was such a revelation that instantly I was freed from my addiction. Sir Anthony Hopkins His skill is in removing the psychological dependence. The Sunday Times

**Sugar rush** Karen Throsby,2023-06-20 In the second decade of the twenty-first century, the crusade against sugar rose to prominence as an urgent societal problem about which something needed to be done. Sugar was transformed into the common enemy in a revived 'war on obesity' levelled at 'unhealthy' foods and the people who enjoy them. Are the evils of sugar based on purely scientific fact, or are other forces at play? *Sugar rush* explores the social life of sugar in its rise to infamy. The book reveals how competing understandings of the 'problem' of sugar are smoothed over through appeals to science and the demonization of fatness, with politics and popular culture preying on our anxieties about what we eat. Drawing on journalism, government policy, public health campaigns, self-help books, autobiographies and documentaries, the book argues that this rush to blame sugar is a phenomenon of its time, finding fertile ground in the era of austerity and its attendant inequalities. Inviting readers to resist the comforting certainties of the attack on sugar, *Sugar rush* shows how this

actually represents a politics of despair, entrenching rather than disrupting the inequality-riddled status quo.

**The Case Against Sugar** Gary Taubes, 2016-12-29 More than half a billion adults and 40 million children on the planet are obese. Diabetes is a worldwide epidemic. Evidence increasingly shows that these illnesses are linked to the other major Western diseases: hypertension, heart disease, even Alzheimer's and cancer, and that shockingly, sugar is likely the single root cause. Yet the nutritional advice we receive from public health bodies is muddled, out of date, and frequently contradictory, and in many quarters still promotes the unproven hypothesis that fats are the greatest evil. With expert science and compelling storytelling, Gary Taubes investigates the history of nutritional science which, shaped by a handful of charismatic and misguided individuals, has for a hundred years denied the impact of sugar on our health. He exposes the powerful influence of the food industry which has lobbied for sugar's ubiquity - the Sugar Association even today promoting 'sugar's goodness' - and the extent that the industry has corrupted essential scientific research. He delves into the science of sugar, exposes conventional thinking that sugar is 'empty calories' as a myth, and finds that its addictive pleasures are resulting in worldwide consumption as never experienced before, to devastating effect. *The Case Against Sugar* is a revelatory read, which will fundamentally change the way we eat.

***Potatoes Not Prozac*** Kathleen DesMaisons, 1999 A natural seven-step dietary plan to control your cravings, weight, stabilize the level of sugar in your blood, adjusting your carbohydrates.

**Potatoes Not Prozac** Kathleen DesMaisons, 2012-10-01 Have you ever wondered why you can't say no to fattening foods or alcohol? Why you overspend or overwork, feel bloated, have mood swings or depression? The answer is not that you're lazy, self-indulgent or undisciplined. The problem lies in your body chemistry. Millions of people are sugar sensitive and the foods they turn to for comfort actually trigger feelings of exhaustion, hopelessness and low self-esteem. In her groundbreaking book, Kathleen DesMaisons, Ph.D., explains how certain food-dependent chemicals in the brain regulate our moods. To maintain mental and physical health our serotonin, beta-endorphins and blood sugar levels need to be kept in balance. We can achieve this by following DesMaison's inexpensive, all-natural nutritional plan. There is no regime of measurements or self-denial: you tailor the plan to your tastes and lifestyle. More than just a book about food, this is a book about possibilities.

**The Blood Sugar Solution** Mark Hyman, 2012-05-24 The No.1 New York Times bestselling programme to fight diabetes, lose weight, and stay healthy. By 2025 there will be more than 4 million people in Britain with diabetes. Every day, 400 new cases are diagnosed. In *The Blood Sugar Solution*, Dr Mark Hyman reveals that the secret solution to losing weight and preventing diabetes - as well as heart disease, stroke, dementia, and cancer - is balanced insulin levels. *The Blood Sugar Solution*, Dr. Hyman gives us the tools to achieve this with his revolutionary six-week healthy-living programme and the seven keys to achieving wellness - nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a

calm mind. With advice on diet, exercise, supplements and medication, and options to personalise the plan for optimal results, *The Blood Sugar Solution* teaches readers how to maintain lifelong health. Groundbreaking and timely, *The Blood Sugar Solution* is the fastest way to lose weight, prevent disease, and feel better than ever.

**The 8-Week Blood Sugar Diet** Dr Michael Mosley, 2015-12-17 In this timely book, Dr Mosley explains why we pile on dangerous abdominal fat and shows us how to shed it, fast. He demolishes common myths and offers practical, science-backed advice for lasting change. The 8-week plan includes 3 core principles - a low-carb eating plan; advice on physical activity; key mental health activities - which work together alongside the menu plans to create a powerful programme to control blood sugar levels, prevent and reverse type 2 diabetes, and promote weight loss. This is a book not just for those at highest risk but for anyone who has struggled with their weight and wants to regain control of their health.

**Quit Smoking Today Without Gaining Weight** Paul McKenna, Ph.D., 2016-03-22 Are you worried about how smoking is damaging your health? Do you want to quit smoking, but worry that you'll gain weight? Would you like to stop cravings in a matter of moments? Have you tried to quit before, only to start again? If quitting was easy, would you do it today? THEN LET PAUL McKENNA HELP YOU! Over the past three decades, Paul McKenna, Ph.D., has developed a unique approach that makes quitting surprisingly easy. Through the simple conditioning techniques revealed in this book and downloadable hypnosis session, you can retrain your mind and body so you no longer need cigarettes and actually feel better without them. Better still, you are highly unlikely to gain weight in the process! It doesn't matter if you've smoked all your life, if you've tried to quit many times before, or if you don't believe this system will work for you. All you have to do is follow Dr. McKenna's instructions fully and completely and he can help you to feel free of cigarettes.

### **Get Control Of Sugar Now Great Choices For Your Healthy Future** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has become much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Get Control Of Sugar Now Great Choices For Your Healthy Future**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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