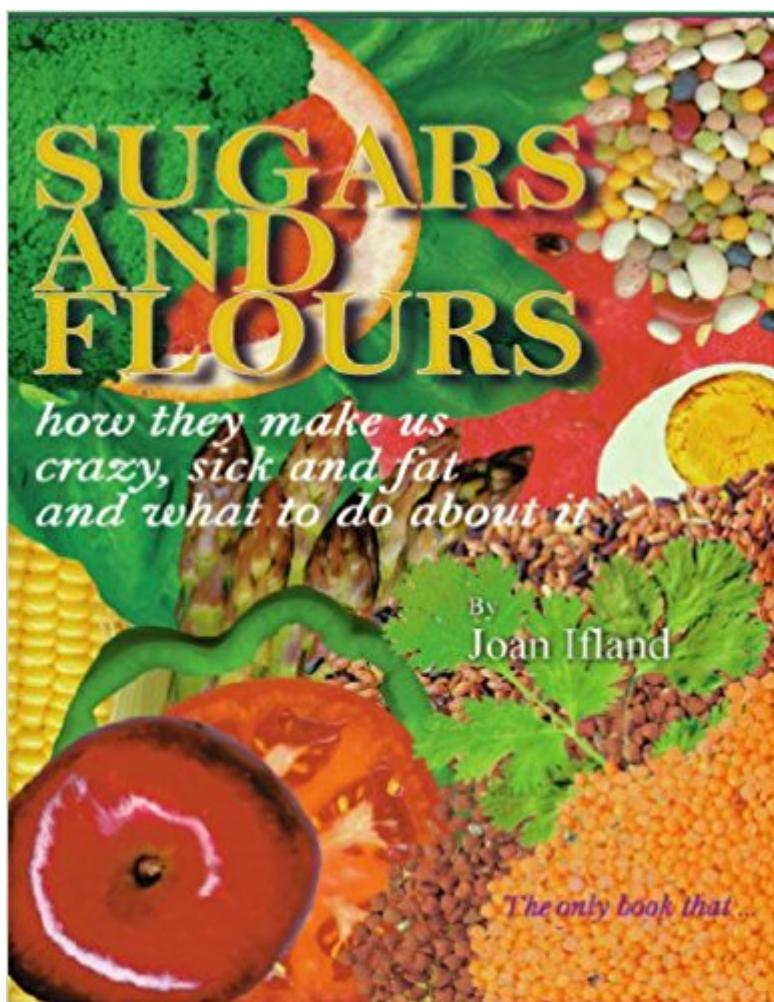


The book was found

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



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

Paperback: 268 pages

Publisher: AuthorHouse (July 29, 2003)

Language: English

ISBN-10: 1585008621

ISBN-13: 978-1585008629

Product Dimensions: 8.5 x 0.6 x 11 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (18 customer reviews)

Best Sellers Rank: #65,275 in Books (See Top 100 in Books) #72 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #1070 inÂ Books > Health, Fitness & Dieting >

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!

[Download to continue reading...](#)

Sugars and Flours: How They Make us Crazy, Sick and Fat, and What to do About It Flavor Flours: A New Way to Bake with Teff, Buckwheat, Sorghum, Other Whole & Ancient Grains, Nuts & Non-Wheat Flours You're Sick, They're Not--Relationship Help for People with Chronic Illness and Those Who Love Them (Sick & Tired Series) A Tear And A Smile: "If you love somebody, let them go, for if they return, they were always yours. If they don't, they never were." Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness (New Edition) Communion of the Sick:

Approved Rites for Use in the United States of America Excerpted from Pastoral Care of the Sick and Dying in English and Spanish Understanding Girls with ADHD, Updated and Revised: How They Feel and Why They Do What They Do The 100 Best Business Books of All Time: What They Say, Why They Matter, and How They Can Help You The Big Book of Real Helicopters "How They Work * What They Do * Where They Fly" (Big Treasure Books) Defeating ISIS: Who They Are, How They Fight, What They Believe Collectible Sugars & Creamers: An Identification Guide to American Glassware, Volume Two: Fenton - Heisey (Volume 2) Dr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars Sometimes I Drive My Mom Crazy, But I Know She's Crazy About Me: A Self-Esteem Book for Overactive and Impulsive Children Stone Crazy (A Crazy Little Series) Reincarnation and Karma: Why They Make Sense and How They Work Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) KETOGENIC DIET: FAT BOMB RECIPES: Low Carb, High Fat, Vegan and Gluten Free Fat Bombs (FATBOMB COOKBOOK 1) Belly Fat Diet Book [Second Edition]: Your Path to a True Belly Fat Cure, and Staying Belly Fat Free for Life

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)