

## **Potatoes not Prozac: A Natural Seven-Step Dietary Plan to Control Your Cravings and Lose Weight, Recognize How Foods Affect the Way You Feel, and Stabilize the Level of Sugar in Your Blood**

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### **Abstrak**

Can't say no to fattening foods, alcohol or compulsive behaviors? You're not lazy, self-indulgent or undisciplined; you may be one of the millions of people who are sugar sensitive. Many people who suffer from sugar sensitivity don't even know it; they continue to consume large quantities of sweets, breads, pasta or alcohol. These foods can trigger feelings of exhaustion and low self-esteem, yet their biochemical impact makes sugar-sensitive people crave them even more. This vicious cycle can continue for years, leaving sufferers overweight, fatigued, depressed and sometimes alcoholic. Now there is a solution: in *Potatoes Not Prozac* Dr. Kathleen DesMaisons gives you the tools you need to overcome sugar dependency, with self-tests to determine your sugar sensitivity as well as an easy-to-follow, drug-free program with a customized diet high in protein and complex carbohydrates. Join the thousands of people who have successfully healed their addiction to sugar, lost weight and attained maximum health and well-being by using Dr. DesMaisons's innovative plan.