



Lick the Sugar Habit (Paperback)

By Nancy Appleton

Avery Publishing Group Inc., U.S., United States, 1996.
Paperback. Condition: New. 2nd ed.. Language: English . Brand New Book. Nancy Appleton, Ph.D., shows you how sugar upsets the 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. Appleton cured herself of chronic illnesses including bronchitis and pneumonia by changing her lifestyle. Here is her self-help program to help you lick the sugar habit and live a healthier life. She explains how it worked for her and how it can work for you.



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Reviews

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-- **Brennan Koelpin**

Comprehensive guide! Its this type of very good read through. It is actually written in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Bernie Mante PhD**

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