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Thursday April 22, 2010

### Beauty&Health

*The French do get fat -How they lose weight*

Depending on your mood, you may be delighted to hear that contrary to a popular book and myths, French women *do* get fat. While I can't fault **Mireille Guiliano**, the author of **French Women Don't Get Fat**, for her sensible approach to diet and lifestyle, many of her younger countrywomen can't — or won't — adhere to her advice. They seem to be falling



French women do get fat but...

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### Q&A Interview

*Hidden sugar could be killing you*

Did you know this? The average American has 140 to 150 pounds of sugar per person of sugar added to their diets each year; Another 18 percent of our calories come from white flour (which acts a lot like sugar in our bodies); Eating almost twice our weight in sugar and white flour each year, it's not surprising that we have become a nation of sugar addicts; Like many other addictive substances, sugar may leave you feeling a bit



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### Holidays

*Splurge for mom*

To say that **Coco Chanel** understood modern luxury is an understatement. She practically invented it. That's why whenever I think "splurge", I think Chanel.



So cute and classic

This Mother's Day, splurge big and give your mother Hollywood's bag *du jour*, the classic and timeless **Chanel Miniflap**. Or, if you

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## Q&A Interview

*Hidden sugar could be killing you*

Did you know this? The average American has 140 to 150 pounds of sugar per person of sugar added to their diets each year; Another 18 percent of our calories come from white flour (which acts a lot like sugar in our bodies); Eating almost twice our weight in sugar and white flour each year, it's not surprising that we have become a nation of sugar addicts; Like many other addictive substances, sugar may leave you feeling a bit better for a few hours, but then it wreaks havoc on your body.



This is just some of what I learned from **Dr. Jacob Teitelbaum, M.D.**, the author of **Beat Sugar Addiction Now**.

If you are tired, have digestion issues, aches, pains, or a myriad of other annoying problems, you must read our interview with **Dr. Teitelbaum**. This book will change the way you'll think about diet and health forever.

**Dr. Teitelbaum** is not an extremist or a faddist. He has concrete suggestions for improving common health issues that can drain your energy. If you think you understand sugar addiction, you may be surprised. Do not miss a word of this informative interview.



**DD: What is sugar addiction?**

**DR. T:** Sugar addiction is when we crave sugar and eat it to excess, instead of simply eating it as part of dessert for the pleasure. Put differently, it's when we have excess sugar, driven by sugar cravings caused by fatigue, anxiety, depression, or yeast overgrowth. The average American has 150 pounds of sugar added to their diet each year in food processing — eating their weight in sugar each year.

**DD: How long does it take to break a sugar addiction?**

**DR. T:** If you do not address the underlying problems driving your sugar cravings (and I discuss four types of sugar addiction), the cravings persist.

By treating the underlying causes, the worst of the cravings are usually gone in seven to 10 days, and people feel much better within the month (and often days).

**DD: Are there any long-term problems associated with sugar addiction?**

Dr. T: Many! For starters, diabetes, high blood pressure, heart disease, strokes, depression and anxiety, obesity and its attendant problems — and the list goes on and on.

**DD: Can thin people be sugar addicts too?**

DR. T: Yes. This is especially so in what I call 'type 2 sugar addiction associated with adrenal exhaustion' — where people have what I call "Feed me NOW, or I'll kill you!" syndrome.

**DD: Does breaking sugar addiction help with weight loss?**

Dr. T: Absolutely!

**DD: Does being a sugar addict affect your looks?**

Dr. T: It leaves people overweight and aging prematurely, in addition to looking depressed and/or anxious.

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