

Sweet Rehab

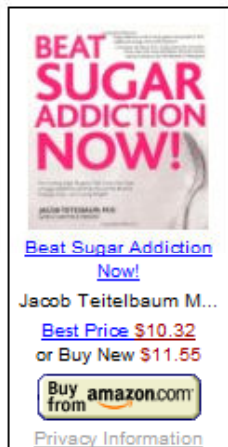
My journey to give up sweets, but not the sweetness of life.

MONDAY, AUGUST 23, 2010

Beat Sugar Addiction Now!



I was at a local health food store recently and picked up a free publication called [Better Nutrition](#). There was a really good article about sugar addiction. I found this quirky YouTube video featuring the doctor who wrote the book "Beat Sugar Addiction Now!" It is available at Amazon, although I am going to check to see if it's at my local library. This guy has a striking resemblance to a 70's version of Conan O' Brien...



Posted by Leah the Foodie at 11:59 AM



Labels: [Better Nutrition](#), [Jacob Teitelbaum](#), [Sugar Addiction](#)

ABOUT ME



Leah the Foodie
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I am a
30-something wife,
mom, gourmet

cook, unemployed graphic artist and exercise enthusiast. This blog is my journey towards a healthier me and to encourage others on their journey as well.

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