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1 Rule of a flat stomach :
Cut down a bit of stomach fat every day by using this 1 weird old tip.

Tip



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 By **Mary Shomon**, Thyroid Disease Guide
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Are You a Sugar Addict? New Book Helps Readers Identify and Conquer Unhealthy Addiction to Sugar

Monday October 11, 2010



Are you a sugar addict? And if you are overdoing it on the sweet stuff, do you know what type of sugar addict you might be? For example:

Are you hooked on Red Bull or venti coffee drinks, to the point where you need caffeine just to make it through your daily fatigue? You could be a Type 1 Sugar Addict.

Do you go around thinking, "feed me now or I'll kill you!?" You could be an adrenally-fatigued Type 2 Sugar Addict.

What about chronic nasal congestion, sinusitis, spastic colon, or irritable bowel syndrome -- along with a craving for sweet treats? You could be a candida/yeast overgrowing Type 3 Sugar Addict.

And how about those menstrual periods, menopause - or, for you guys -- andropause? Do hormonal ups and downs have you reaching for the cake and candy bars? You may be a Type 4 Sugar Addict.

If any of this is sounding familiar, you'll want to read my [review of the book, *Beat Sugar Addiction Now*](#), by Jacob Teitelbaum, MD. He maps out a strategy to help you identify your type of sugar addiction, along with practical steps to conquer your addiction for better health.

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 Cut down a bit of your belly every day by using this 1 weird old tip.

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