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'Beat Sugar Addiction Now!'

Southampton - Sugar is as powerful an addiction as tobacco or alcohol, and one of the most difficult to break given its prevalence in the modern diet. The average American adult consumes 150 pounds of sugar each year!

Now, in his new book "Beat Sugar Addiction Now!", board certified internist and energy expert **Jacob Teitelbaum, MD**, reveals the four types of sugar addiction and their hidden causes. "Adrenal fatigue, candida overgrowth, hormonal deficiencies, and exhaustion, are the four major contributors to this addiction," says Dr. Teitelbaum.

"Understanding your sugar addiction type, you can take steps to beat it and in the same stroke improve your overall health. Knowing the type of sugar addict you are also helps to solve many other chronic medical problems."

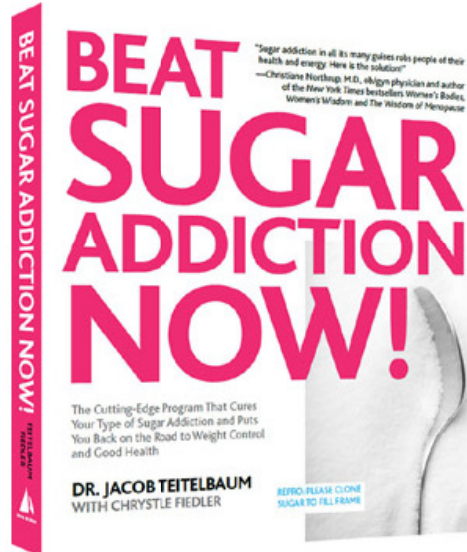
Sugar addiction contributes to diabetes, cardiovascular disease and a plethora of other medical problems, and in day-to-day life it can just make you feel miserable. According to Dr. Teitelbaum, common complaints include fatigue, getting irritable when hungry, having chronic nasal congestion and sinusitis, digestive problems (irritable bowel syndrome and spastic colon), weight gain with inability to lose weight even on a diet, and poor concentration and memory.

"By beating sugar addiction, you can get multiple monkeys off your back!" he explains. "Look for improvements in sleep, hormonal balance, stronger immunity and fewer infections, better nutrition, and vitality."

"Beating Sugar Addiction Now!" provides a step-by-step program for breaking the sugar addiction, managing withdrawal symptoms, and helping the body recover from its side effects. Simple sugar addiction quizzes presented throughout the book help to hone in on your type of sugar addiction and provides easy and effective steps to overcome it. The book is 256 pages, paperback, \$16.99 retail. Fair Winds Press, and co-authored by **Chyrtle Fiedler**.

Teitelbaum is one of the most frequently quoted integrative medical authorities in the world, and appears often as a guest on Oprah and Friends with Dr. Mehmet Oz and on CNN, Fox News Channel and local news and talk shows nationwide. He is the author of the best-selling "From Fatigued to Fantastic!" (3rd edition, Avery/Penguin Group USA), which has sold over 500,000 copies. As a leading expert and researcher in chronic fatigue and pain, Dr. Teitelbaum has helped thousands worldwide to regain their energy, overcome pain and start enjoying their lives again.

Fiedler is the author of over 100 articles on health topics for many publications including *Woman's Day*, *Better Homes & Gardens*, *Prevention*, *Natural Health*, *Medicine's Health Living*, *The Health Monitor Network*, *Great Health*, *Vegetarian Times*, *Bottom Line/Women's Health*, *Heart Healthy Living* and *Health* magazine. Chyrtle also writes the "Good Nature" column for *Remedy* magazine and is the author of "The Complete Idiots Guide to Natural Remedies."



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