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DIET PLAN TO FREE YOURSELF FROM SUGAR ADDICTION | April 1, 2012

# Diet book review: "Beat Sugar Addiction Now" to feel great and lose weight

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**Joanne Eglash**  
Diets Examiner  
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Discover how to kick those sugar cubes off the table.  
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Rating for Sugar addiction book review:  
★★★★★

I read [Beat Sugar Addiction Now! The Cutting-Edge Program That Cures Your Type of Sugar Addiction and Puts You on the Road to Feeling Great - and Losing Weight!](#) because I wanted to see how I would feel (I hoped better!) reducing the amount of sugar that I ate. That maple syrup I poured over my breakfast oatmeal, the snack bar I grabbed in mid-morning, the ice cream I sometimes substituted for lunch on a busy day -- I knew I had a "sugar problem!" And now, with [new research showing how harmful sugar can be to your diet](#), I'm even happier that I succeeded with this plan.

I also highly recommend the follow-up: [Beat Sugar Addiction Now! Cookbook: Recipes That Cure Your Type of Sugar Addiction and Help You Lose Weight and Feel Great!](#) These recipes and menus are designed to help you enjoy nutrients targeted to your own sugar addiction "type." For example, if you're a Type 2 like me, you'll enjoy recipes high in Vitamin C to break down cortisol and halt those sugar cravings. Also in the book are treats (sugar-free of course!) so that you can have your cake and avoid sugar too.

What makes these books so easy to follow: Dr. Teitelbaum explains that 4 types of sugar addiction exist. Just as with [Dr. Oz's 5 fat busters for 5 body types approach](#), Dr. Teitelbaum offers a carefully detailed plan for discovering how to halt your own sugar cravings. Result: you feel more energized, without those rollercoaster ups and downs from eating sugar throughout the day.

**Related topics:**

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