



Sugar Rehab: Staying Fit and Young by Overcoming Your Secret Addiction to Sugar

Gerald Edelman

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Sugar Rehab is a book that will force you to examine your relationship with the hidden ingredient in most foods today. How do you control it before it controls you? Sugar is a leading contributor to many major diseases including cancer. And it's not just in candy and ice cream - it's hidden in our food supply, in processed foods, breads, alcohol and carbohydrates. Sugar can damage cells in the body, spike insulin levels, and increase waistlines. There is a growing amount of scientific evidence that sugar is a leading contributor to many major diseases including cancer. This groundbreaking book outlines the dangers of the over intake of sugar and how the reader can attack this problem head on. This book is a wake up call. Today is the day to stop ingesting sugary sodas, fruit juices, "healthy" power bars loaded with sugar, and starchy foods that convert to sugar in the body in order to live a healthier, more vibrant, disease free life.

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