



Carbohydrate-Addicted Kids: Help Your Child or Teen Break Free of Junk Food and Sugar Cravings--for Life!

Dr. Rachael F. Heller, Dr. Richard F. Heller

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Something's Eating Your Child. It Could Be Junk Food.

Does your kid grab food on the run? Does it seem as if your youngster could live on pizza and fries while guzzling juice and soda? Your child or teen may be carbohydrate addicted and suffer from a chemical imbalance that can lead to weight gain, mood swings, hyperactivity, even learning and behavior problems. Junk food, sweets, and even healthy high-carbo, low-fat foods can wreak havoc on insulin and blood-sugar levels--imbalances that lie at the heart of these problems.

Drawing on more than a decade of research, Drs. Richard and Rachael Heller, authors of the bestselling *The Carbohydrate Addict's Diet*, have helped more than a million people break free of the addiction to carbohydrates. In *Carbohydrate-Addicted Kids*, these renowned researchers present parents with two struggle-free alternatives: an easy Step-By-Step Plan as well as a quick, Jump-Start Plan. Each plan corrects the root cause of the carbohydrate cravings and is especially designed with kids and teens in mind. As their insulin and blood-sugar levels become balanced, youngsters are free to enjoy a wide variety of foods, and mood, behavior, and learning problems literally disappear.

Help your child break free of carbo cravings, sugar highs, and sugar lows--without deprivation--for life.



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Jamey Norton:

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Robert Banks:

Playing with family within a park, coming to see the coastal world or hanging out with good friends is thing that usually you may have done when you have spare time, and then why you don't try matter that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Carbohydrate-Addicted Kids: Help Your Child or Teen Break Free of Junk Food and Sugar Cravings--for Life!, you can enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh can happen its mind hangout guys. What? Still don't get it, oh come on its named reading friends.

Donald Shelton:

That guide can make you to feel relax. That book Carbohydrate-Addicted Kids: Help Your Child or Teen Break Free of Junk Food and Sugar Cravings--for Life! was vibrant and of course has pictures on there. As we know that book Carbohydrate-Addicted Kids: Help Your Child or Teen Break Free of Junk Food and Sugar Cravings--for Life! has many kinds or type. Start from kids until teens. For example Naruto or Private eye Conan you can read and believe that you are the character on there. Therefore not at all of book usually

are make you bored, any it makes you feel happy, fun and loosen up. Try to choose the best book to suit your needs and try to like reading that.

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