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 Kathleen DesMaisons' book, Potatoes not Prozac, is truly life-changing. I've been following the first three steps of a seven-step process, for about two months now. Step 1 is to eat a protein for breakfast within an hour of getting up on a daily basis. You add to that eating a complex carbohydrate that she calls a "brown."
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work.. Her bestselling book, Potatoes Not Prozac, is about healing sugar addiction. She has developed a simple process to get you off of sugar and give you your life back. Home « Radiant Recovery® Potatoes Not Prozac contains important information for everyone from the sophisticated nutritionist to the individual just beginning." --Candace B. Pert, Ph.D., author of Molecules of Emotion: Why You Feel the Way You Feel "I very much look forward to recommending the book to all those who I know without a doubt are suffering from sugar addiction and all its myriad consequences." Potatoes Not Prozac: Revised and Updated: Simple Solutions ... 800 Pound Couple Tries Potato Diet For 2 Weeks, Inspired by Penn Jillette, Kevin Smith & Ray Cronise - Duration: 12:59. Klocks In The Kitchen 397,707 views 12:59 Potatoes Not Prozac One of the most interesting things about the Potatoes Not Prozac "diet" is that it takes one back to that earlier time, when you ate three "balanced" meals per day. The Lazy Fat Ass way to check out a book: Amazon.com Reader Reviews of Potatoes Not Prozac Author's Website for Potatoes Not Prozac Fat Ass Diet Talks About Potatoes Not Prozac This vicious cycle can continue for years, leaving sufferers overweight, fatigued, depressed and sometimes alcoholic. Now there is a solution: in "Potatoes Not Prozac" Dr. Kathleen DesMaisons gives you the tools you need to overcome sugar dependency, with self-tests to determine your sugar sensitivity as well as an easy-to-follow, drug-free program with a customized diet high in protein and complex carbohydrates. Potatoes Not Prozac: A Natural Seven-step Dietary Plan to ... Beat sugar cravings by eating meals and snacks that contain fats, proteins and fiber. These dietitian-recommended healthy sweet snacks all fit the bill. How to Stop

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Potatoes Not Prozac contains important information for everyone from the sophisticated nutritionist to the individual just beginning." --Candace B. Pert, Ph.D., author of Molecules of Emotion: Why You Feel the Way You Feel "I very much look forward to recommending the book to all those who I know without a doubt are suffering from sugar addiction and all its myriad consequences."

Editions of Potatoes Not Prozac by Kathleen DesMaisons

Kathleen DesMaisons, PhD has answers that work.. Her bestselling book, Potatoes Not Prozac, is about healing sugar addiction. She has developed a simple process to get you off of sugar and give you your life back.

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