



Sugar...Stop the Addiction: A Biochemical Explanation and Treatment Protocol for Healing from Refined Carbohydrate

Kelly Genzlinger CNC

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In this powerful and informative guide, Holistic Food Therapist Kelly Genzlinger, CNC, CMTA explains how sugar and refined carbohydrate dependency is not your fault, but stems from impaired biochemistry. She insightfully provides a series of steps to naturally improve neurotransmitter imbalances and to finally change your eating habits, feel better emotionally and physically, and get free from sugar addiction.

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