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### Transforming Health Archives Available

**June 16th 2010: Breaking your sugar addiction!**

Do you want to know how sweets and simple carbs can derail your life? There are millions of mystified, anxious, panicked, depressed, moody, sluggish, wiped-out, fuzzy headed, memory impaired, libido sapped, headache-ridden, lethargic, often weight-challenged men and women who are unknowingly trapped in sugar shock! Your symptoms may not be "all in your head" as doctors, friends and loved ones have been insisting. Rather your habit of eating too many sweets and quickie carbs could be triggering your many mysterious ailments. Tune in this Wednesday If you want to: •Lose fat •Have a lif

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### Featured Guest



#### Connie Bennett, CHHC, CPC, ACC

Connie Bennett, CHHC, CPC, ACC, is author of the bestselling book, Sugar Shock!, which has been praised by Dr. Mehmet Oz, Dr. Christiane Northrup, Marilu Henner and many others. Connie is also a speaker, host of the Gab with the Gurus Radio Show ([www.GabWithTheGurus.com](http://www.GabWithTheGurus.com)), an experienced journalist, as well as a certified life coach and a health coach, who is known as the Sugar-Freedom Coach and Book Visioning Coach, because she specializes in helping people let go of their sugar addiction or other bad habits and in helping aspiring or published authors write a book or promote it. Check out her blogs, [www.SugarShockBlog.co](http://www.SugarShockBlog.co)

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