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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.

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