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Transforming Health Archives Available

October 19th 2011: BEAT SUGAR ADDICTION NOW!

Sugar addiction contributes to diabetes, cardiovascular disease and a plethora of other medical problems, and in day-to-day life it can just make you feel miserable. According to this week's guest Dr. Teitelbaum, common complaints include: fatigue, getting irritable when hungry, having chronic nasal congestion and sinusitis, digestive problems (irritable bowel syndrome and spastic colon), weight gain with inability to lose weight even on a diet, and poor concentration and memory. If you want to find out how to beat your sugar addiction once and for all, don't miss this interview.

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Featured Guest



Jacob Teitelbaum

Jacob Teitelbaum MD is medical director of the Fibromyalgia and Fatigue Centers and Chronicity nationally, author of the popular free iPhone application "Cures A-Z", and author of the best-selling book From Fatigued to Fantastic! (3rd revised edition, Avery/Penguin Group). His newest book is Real Cause, Real Cure (Rodale Press; July 15, 2011. Available at www.realcauserealcure.com). Dr. Teitelbaum does frequent media appearances including Good Morning America, CNN, Fox News Channel, the Dr Oz Show and Oprah & Friends. He lives in Kona, Hawaii. Web site: www.Vitality101.com

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