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**BodyBalance Talk**  
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**September 13th 2013: Sugar Sugar**

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You already know sugar is not good for you, but most people find they cannot stay away from sugar for long, and feel like something in life is missing without sweet treats. Others have difficulty limiting bread and other processed carbs. Why is that? Does sugar and bread actually taste better than everything else? People don't have trouble overeating broccoli and green beans. Why sugar and bread? Learn the science behind the issue and how you can outsmart this insidious sugar addiction without deprivation and regain your health. We'll talk about how the hormone insulin and neurotransmitters su

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**Featured Guest**

**Jeanne Schmit**

Jeanne Schmit is the owner of BodyBalance Nutrition. She received her PharmD from the University of California, San Francisco. She worked in the field for 14 years in the areas of academics, research and managed care before changing her career to fitness in 1999. Jeanne's mission is to help people find health and happiness through exercise, diet and life choices. She believes considering the mind, body and spirit in exercise and all daily activities brings the body toward health and wholeness. Her experience in the medical field has proven invaluable when melding Western medicine with holistic practices. Her hope is to help many people return to health through healthy eating and lifestyle ch

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