



# **Beat Sugar Addiction Now! for Kids: The Cutting-Edge Program That Gets Kids Off Sugar Safely, Easily, and Without Fights and Drama**

*Jacob Teitelbaum, Deborah Kennedy*

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The modern American child's diet is awash in sugar—including mainstays such as juice, chocolate milk, sugary cereals, soda, energy drinks, and fast-food burgers and nuggets with added corn syrup and sweeteners, let alone candy and cookies prevalent at school parties and play dates. *Beat Sugar Addiction Now! for Kids* gives parents a proven 5-step plan for getting and keeping their child off sugar. Bestselling author and noted physician Dr. Jacob Teitelbaum and pediatric nutrition specialist Deborah Kennedy, Ph.D., give parents a toolkit for avoiding the common pitfalls such as guilt and temper tantrums, managing the 5-step process successfully on a day-to-day basis, and getting their child emotionally, as well as physically, unhooked from sugary drinks, breakfast foods, snacks, and desserts, as well as "hidden" sugars in foods.

“Dialing down the sugar content of your kids’ diets is very important but may seem daunting. *BSAN for Kids* fixes that. The book is loaded with guidance both sensible and sound, doled out one very manageable spoonful at a time. *BSAN for Kids* is where getting the health benefits of less sugar for your kids finally lands in the sweet spot!”

—David L. Katz, M.D., M.P.H., F.A.C.P.M., F.A.C.P., Director, Yale University Prevention Research Center and President and Founder, Turn the Tide Foundation, Inc.

“Drs. Teitelbaum and Kennedy have finally written the ultimate guide for parents who want to get their kids off sugar. By the time you finish this book, you’ll be an expert on how sugar is directly damaging your child’s health; more importantly, you’ll know how to *do* something about it! A must-have for any parent who wants the best for their child.”

—Jonny Bowden, Ph.D., C.N.S., author of *The 150 Healthiest Foods on Earth* and the forthcoming *The Great Cholesterol Myth*

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#### **Sara Otoole:**

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#### **James Ames:**

This Beat Sugar Addiction Now! for Kids: The Cutting-Edge Program That Gets Kids Off Sugar Safely, Easily, and Without Fights and Drama book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is usually information inside this book incredible fresh, you will get details which is getting deeper you read a lot of information you will get. That Beat Sugar Addiction Now! for Kids: The Cutting-Edge Program That Gets Kids Off Sugar Safely, Easily, and Without Fights and Drama without we realize teach the one who looking at it become critical in pondering and analyzing. Don't be worry Beat Sugar Addiction Now! for Kids: The Cutting-Edge Program That Gets Kids Off Sugar Safely, Easily, and Without Fights and Drama can bring if you are and not make your carrier space or bookshelves' come to be full because you can have it in the lovely laptop even cell phone. This Beat Sugar Addiction Now! for Kids: The Cutting-Edge Program That Gets Kids Off Sugar Safely, Easily, and Without Fights and Drama having very good arrangement in word along with layout, so you will not feel uninterested in reading.

#### **Christopher Hardnett:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their leisure time with their family, or their very own friends. Usually they doing activity like watching television, gonna beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could be reading a book could be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to consider look for book, may be the book untitled Beat Sugar Addiction Now! for Kids: The Cutting-Edge Program That Gets Kids Off Sugar Safely, Easily, and Without Fights and Drama can be excellent book to read. May be it is usually best activity to you.

**Louella Rape:**

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