



## Potatoes Not Prozac: Solutions for Sugar Sensitivity

By Kathleen DesMaisons Ph.D.

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**Potatoes Not Prozac: Solutions for Sugar Sensitivity** By Kathleen DesMaisons Ph.D.

The national bestseller that started the sugar-free revolution, fully revised and updated with the latest scientific information and success stories from readers.

You're not lazy, self-indulgent, or undisciplined. Many people who suffer from sugar sensitivity don't even know it—and they continue to consume large quantities of sweets, breads, pasta, or alcohol. These foods can trigger exhaustion or low self-esteem, yet their biochemical impact makes those who are sugar sensitive crave them even more. This vicious cycle can continue for years, leaving sufferers overweight, fatigued, depressed, and sometimes alcoholic.

Dr. Kathleen DesMaisons came up with the solution and published it in her revolutionary book *Potatoes Not Prozac*. It gave you the tools needed to overcome sugar dependency, including self-tests and a step-by-step, drug-free program with a customizable diet designed to change your brain chemistry. But now, armed with a decade of further research and patient feedback, Dr. DesMaisons has improved her groundbreaking plan to make it even more effective and easier to follow. Join the thousands who have successfully healed their addiction to sugar, lost weight, and attained maximum health and well-being by using this updated, innovative plan.

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## **Editorial Review**

### **Amazon.com Review**

The same brain chemicals that are altered by antidepressant drugs are also affected by the foods we eat. According to addiction expert DesMaisons, many people, including those who are depressed, are "sugar sensitive." Eating sweets gives them a temporary emotional boost, which leads to a craving for still more sweets. The best way to keep these brain chemicals in the right balance and keep blood-sugar levels steady, she says, is through the dietary plan she describes in *Potatoes Not Prozac*. Her rules are fairly simple--eat three meals a day, eat proteins with every meal (especially those high in the amino acid tryptophan, which creates the calming neurotransmitter serotonin), and eat more complex carbohydrates, such as whole grains and, yes, potatoes. Not only will this make you less depressed, DesMaisons says, but it will also keep you from craving too much of the foods you *shouldn't* eat, making it a self-regulating system.

### **Review**

"If sugar were put on the market for the first time today, it would be difficult to get it past the FDA...*Potatoes Not Prozac* contains important information for everyone from the sophisticated nutritionist to the individual just beginning."

-- Candace B. Pert, Ph.D., author of *Molecules of Emotion: Why You Feel the Way You Feel*

"I very much look forward to recommending the book to all those who I know without a doubt are suffering from sugar addiction and all its myriad consequences."

-- Christiane Northrup, M.D., author of *Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing*

### **About the Author**

Kathleen DesMaisons, Ph.D., is President and CEO of Radiant Recovery, a revolutionary treatment program for alcoholism, drug addiction, depression and compulsive behavior. Her program has gained national attention due to its unparalleled 92 percent success rate with alcoholics and its innovative combination of medical and holistic approaches. Dr. DesMaisons lives in Albuquerque, New Mexico.

## **Users Review**

### **From reader reviews:**

#### **Jeffrey Dominguez:**

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**Lawrence Hurst:**

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