



Food Addiction Binge Eating and Hypoglycemia: How to Overcome It and Get Back to Balance

By MR Tony Clearwater

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Food addiction is a disease and when you have it you are caught in a never-ending cycle of mood swings usually accompanied by poor health and weight gain. I tried many different diets, eating less or eating what I thought was healthy food but nothing seemed to work. This book will show you how you can still eat many of the foods you love and you dont need to starve yourself. It s written in a easy to read style and you will quickly understand why your body is out of balance and that it is possible for you to fix it and regain the energetic life which is your birth right.

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