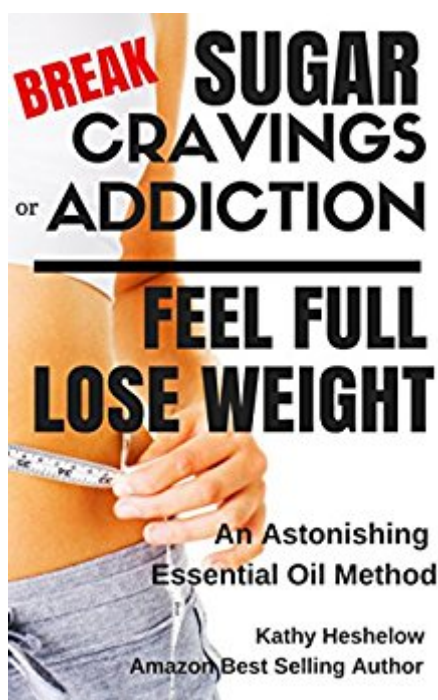


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# Break Sugar Cravings Or Addiction, Feel Full, Lose Weight: An Astonishing Essential Oil Method (Sublime Wellness Lifestyle Series Book 3)



## Synopsis

Are you overweight, and sugary foods or drinks your downfall? Do you have sugar cravings, overeat and never seem to feel full? Do you want to lose weight and take back control of your body and your health? Are you pre-diabetic or diabetic? This book will help you cut sugar out naturally, with a proven technique. Get your ACTION PLAN and easy-to-follow instructions on exactly what to do. Sugar fires up the same addiction area of your brain as heroin, crack or nicotine! This technique goes to that part of the brain to work naturally for you. Yes, many people are addicted to sugar and don't even know it. I also explain EXACTLY what sugar is doing to your body (whether or not weight is an issue) and how we've become such a "sugar nation". Get enlightened on the subject now! Free offer of the essential oil tools inside the book as well.

## Book Information

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## Customer Reviews

Heshelof's book is definitely a revelation. I realized that my craving for sugar is in fact an addiction with a serious potential impact on my health. I have decided to follow the practical strategies and I have made it my mission to learn about the power of essential oils in curbing sugar

cravings. I have to say that the experience was well worth it for me. I found the science behind the addiction an added bonus.

This is an awesome little book. First it explains sugar and high fructose corn syrup research findings, how it affects our body functions such as the liver, and specifically how this fattens us up. Very concise and simple, so a doctor can appreciate the info but a layperson can understand as well. The book explains why and how inhaling essential oils can provide satiety/satisfaction of cravings. I have bought many books that I haven't read (such as an insulin resistance diet book) because they are rather thick and I haven't 'gotten around to it'. This book, you can zip through on a couple of lunch breaks at work. You are then armed with basic info needed to look for the proper oil you want to purchase for your particular need, in this case breaking cravings, to help you lose weight. The author has a first page with a website and discount code if you want to order oils from her website. There are also oils on from different sellers. I found a 9vial set, well-rated Natrogix Bliss for 20 or 25.00. Double check and make sure that your oil selection is high quality, I believe steam-distilled is best and purest production method but don't quote me, I'm just getting started; but anyway I plan to buy some items from author as well, she has diffusers and inhalers too.

Break Sugar Cravings is an intriguing book and it's a new concept I had not encountered before. The concept is that certain essential oils, or rather the inhaling of them, can help you to lose weight. I will try just about anything. So I have ordered the oils recommended. Kathy Heshelow the author is extremely friendly and helpful with orders so I encourage you to give this book a try and see what you think.

As a sugar craver I was interested to read this book to help me curb my cravings. I already use essential oils in my home, but did not realize that actually smelling them up close would help me curb my sugar cravings. I have already started her plan, and I have to say so far its working!!

Kathy's book is clear and easy to read and understand. I was fascinated by the research surrounding essential oils and weight loss and shocked at the research around how much sugar is hidden in the every day foods many of us consume! I respond very well to different fragrances and I am keen to try out the essential oils Kathy recommends for weight loss. This is a great book for those who wish to lose weight and ease the stress levels in their lives. Well done Kathy!

Being a sugar addict myself, I have read several different books on how to break the addiction. This is the first one that introduced me to aroma therapy. Such a quick and easy read...I finished it in one sitting. And now am digging my forgotten essential oils out to put into practice what the book teaches. The techniques taught in this book seem very easy to implement!

I have been looking for a book like this for a long time! I have a bit of a sweet tooth, and finally after one too many visits to the dentist I'm ready to change things. But it's a hard habit to kick. This book gave me all kinds of useful strategies to give up almost all of the sugar sources in my life.

I was attracted by the title of this book as I love Sugar. This book has valuable source of information for the people who are addicted to sugar. To things that needs to be aware of and to do in order to lose weight. I am glad that I purchase the book as it has all the information and formula that you need to stay healthy. Well Done Kathy and thanks for this book.

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