



# The Sugar Control Bible and Cookbook: The Complete Nutrition Guide to Revitalizing Your Health

By Dr. Jacqueline Paltis

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## The Sugar Control Bible and Cookbook: The Complete Nutrition Guide to Revitalizing Your Health By Dr. Jacqueline Paltis

Complete nutrition guide to a pleasurable and satisfying program that revitalizes your health by getting you off the sugar/refined foods roller coaster. This prescription for health uses higher protein, low glycemic foods and healthy fats for greater energy, clearer thinking, balanced emotions, and a stronger immune system. How the popular high-carbohydrate/low-fat diets have been making you sick and what to do about it.

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### **Editorial Review**

#### Review

Needless to say, I am thrilled with your book. I find it very easy to read and understand. Dr. Paltis, keep up the great work! We need more doctors like you!--Deby Caviness

I can't thank you enough for the Sugar Control Bible. For the first time I can remember I am not struggling with anger, cravings, depression, fatigue etc. Thank you for providing a healthy program to deal with this life consuming problem. --Marcia Harmon

The Sugar Control Bible and Cookbook is a brilliant compilation of the most effective literature on nutrition and functional physiology today. It is a valuable tool for doctor and patient alike and provides guidelines for a very healthy way to live. Bon appetite. --Dr. Darren Weissman -- *From the Publisher*

#### About the Author

A chiropractic nutritionist and homeopath, Dr. Jacqueline Paltis built a 25-year practice, treating injury and chronic disease. As a certified Total Body Modification (TBM) instructor, she also taught seminars in North America and Europe to chiropractors, naturopaths, medical doctors and other licensed health care practitioners.

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