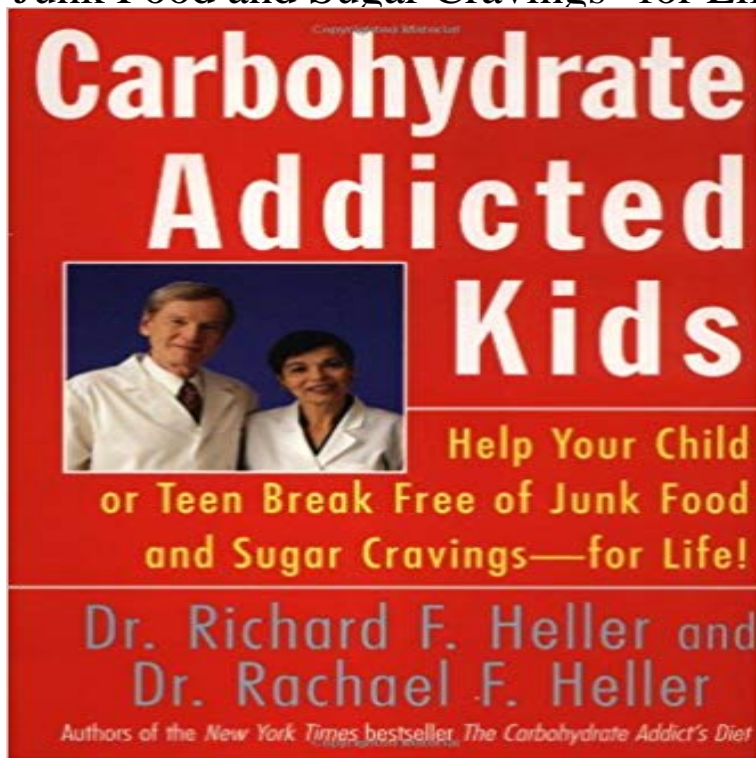


Carbohydrate-Addicted Kids: Help Your Child or Teen Break Free of Junk Food and Sugar Cravings--for Life!



Something's Eating Your Child. It Could Be Junk Food. Does your kid grab food on the run? Does it seem as if your youngster could live on pizza and fries while guzzling juice and soda? Your child or teen may be carbohydrate addicted and suffer from a chemical imbalance that can lead to weight gain, mood swings, hyperactivity, even learning and behavior problems. Junk food, sweets, and even healthy high-carbo, low-fat foods can wreak havoc on insulin and blood-sugar levels--imbalances that lie at the heart of these problems. Drawing on more than a decade of research, Drs. Richard and Rachael Heller, authors of the bestselling *The Carbohydrate Addicts Diet*, have helped more than a million people break free of the addiction to carbohydrates. In *Carbohydrate-Addicted Kids*, these renowned researchers present parents with two struggle-free alternatives: an easy Step-By-Step Plan as well as a quick, Jump-Start Plan. Each plan corrects the root cause of the carbohydrate cravings and is especially designed with kids and teens in mind. As their insulin and blood-sugar levels become balanced, youngsters are free to enjoy a wide variety of foods, and mood, behavior, and learning problems literally disappear. Help your child break free of carbo cravings, sugar highs, and sugar lows--without deprivation--for life.

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