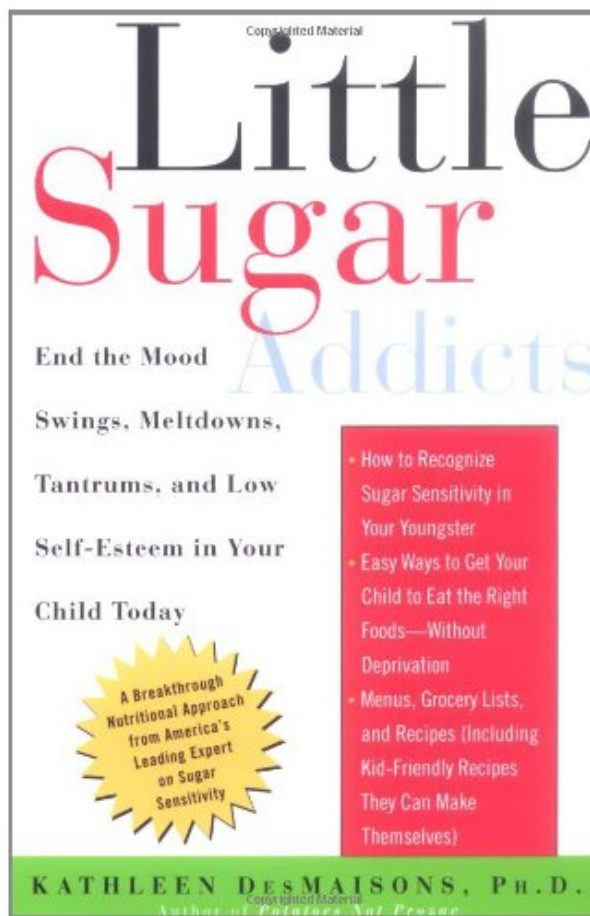
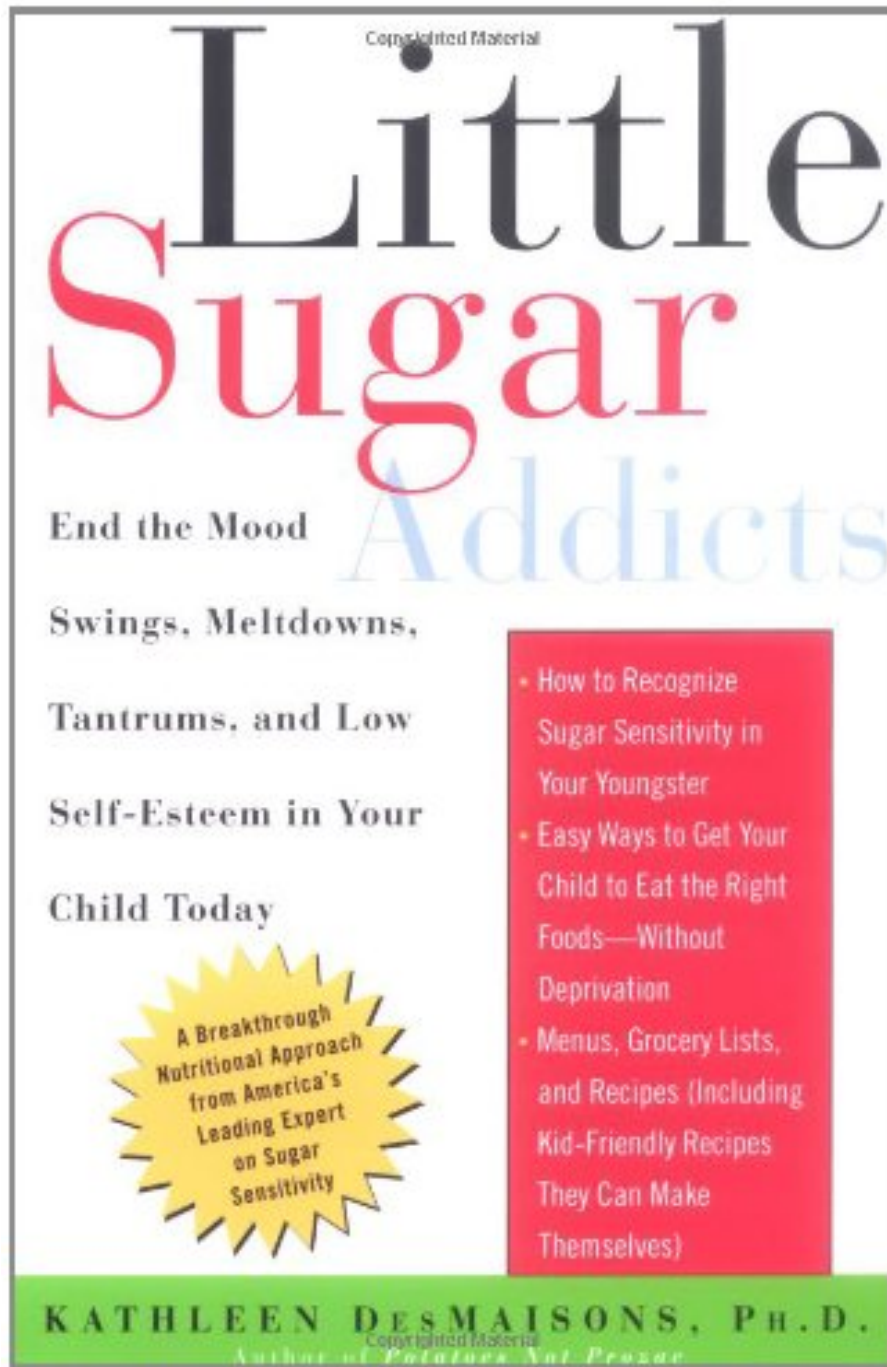


LITTLE SUGAR ADDICTS: END THE MOOD SWINGS, MELTDOWNS, TANTRUMS, AND LOW SELF-ESTEEM IN YOUR CHILD TODAY BY KATHLEEN DESMAISONS



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There is no doubt that book *Little Sugar Addicts: End The Mood Swings, Meltdowns, Tantrums, And Low Self-Esteem In Your Child Today By Kathleen DesMaisons* will certainly consistently give you inspirations. Also this is simply a publication Little Sugar Addicts: End The Mood Swings, Meltdowns, Tantrums, And Low Self-Esteem In Your Child Today By Kathleen DesMaisons; you can find many categories and also kinds of books. From entertaining to adventure to politic, as well as sciences are all supplied. As what we explain, right here we offer those all, from renowned authors and also publisher worldwide. This Little Sugar Addicts: End The Mood Swings, Meltdowns, Tantrums, And Low Self-Esteem In Your Child Today By Kathleen DesMaisons is one of the collections. Are you interested? Take it currently. Just how is the method? Read more this short article!

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Most helpful customer reviews

57 of 59 people found the following review helpful.

This book will answer so many questions parent have!

By Heather K. Swift

Kathleen DesMaisons first book, Potatoes Not Prozac, changed my life. I went from a completely depressed person well on my way to taking anti-depressants, to a happy, confident person who loves life--all because I changed the way I ate! Since healing my own body and mind I have changed my children's diets with miraculous results.

Before Kathleen's program my kids would whine, scream, hit, be totally out of control, throw tantrums and in general, I didn't like them very much a lot of the time. I couldn't understand what I was doing wrong?!? How could I feel this way about my kids and what could I do about it? No amount of parenting advice or classes could change what was going on with them. Well, after getting myself steady on Kathleen's program I started to look at my kids diet. It took a little time and adjustment, but now by feeding them differently and at consistant times they are mostly fun, loving, compassionate, focused, easy to talk to and the joys I always knew they were. Food was the answer, pure and simple!

Get this book if you've ever had those feelings of helplessness with your kids. It will change your life and your families life!

45 of 47 people found the following review helpful.

The program in this book can lighten up the whole household!

By C. Brown

This book is an excellent collection and celebration of years of experience helping families clean up their food and being delighted by the rewards: a cheerful, funny, smart, affectionate and connected family.

I am the 'Connie' quoted in the book who says you get your easy kids back. I've been 'doing the food' myself for about 3 years and as the mom, I cook and shop per this program. I have a 17 yo daughter still at home (3d of 3) who has come along this food journey with mom; as a teen she still chooses sugary junk food sometimes, but by gum she is completely knowledgable about its effects!

DD much prefers her cheerful, calm mom. She remembers the old days of moodiness, gloom, cranky. Our house is a place of affection, laughs, and consideration where before it was too often drama, crisis, silence and slammed doors. (Turns out that mom's 'pizza coma' kind of scared her but she never said so at the time!)

It's quite unbelievable until you experience it, how big an effect regular, sugar-and-whites free meals can have. Little by little, step by step, recipe by recipe we have moved to fresh whole foods and family meals.

The reviewer of the book sounds kinda spooked herself at changes like this, LOL. But EVERY change we have made, we made because we like the new way BETTER and feel better. None of this grim stuff for us. Really, it is fun and funny to see what we are ready to change and what we aren't, sometimes.

And I say, never, never, never underestimate what kids will 'get.' My DD has not read one word of any of DesMaisons' books, and thinks the full 'no whites' deal is just for middle-aged me who obviously screwed up earlier (I am dealing with overweight)... but even so, here is what she has spontaneously shared with me:

- she thinks her clear skin and luscious figure is from good food available at home
- she always has breakfast and lunch; no starve/binge
- she notices her high school friends - no breakfast, no lunch, and then kaboom, regrettable choices

- she knows about low serotonin and its relation to diet (they studied it in health!)
- she knows about beta-endorphin and its role in craving / addiction
- she knows it is inherited and biochemical
- one time reading a book for English class about an addicted teen, she said, Mom, she was sugar sensitive before she ever started 'using'
- she knows buying junk is out of her own allowance

You can totally arm your kids with understanding & information. they will LIKE it and their feeling of control!

How I wish I had this when my kids were little!

28 of 28 people found the following review helpful.
one of the best books ever for families

By Mary Margaret Goff

My experience is much like the previous reviewer's, only I was a bit older when I found Dr. DesMaison's

work, and started following her food program. Her books explained my whole life....depression, mood

swings, meltdowns, temper tantrums, low self-esteem etc. "Doing the food" changed all of this. I've just

finished reading "Little Sugar Addicts", and I think how wonderful that families today have this

available to them, and what a difference it would have made in my family's lives. What is so different

about this is it is not the parent/s *telling* the children what to do, but inviting the whole family to

participate in what and how changes will be made. Lots of quotes from real people that are doing this plan.

It works. I recommend this book to all parents, grandparents, aunt, uncles, friends with children.

What a difference it will make.

See all 41 customer reviews...

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