

Sugardreams... *waking up to the bitter reality*

Monica Colmsjö;



The Team;



Sugardreams... waking up to the bitter reality.....

is the culmination of a long and sometimes painful process. I started writing the book a few months after my eldest son passed away. I wanted to share some of my pain and also some of my joyful awakenings.



I believe there is not enough information and education about the role of nutrition in so many of our modern diseases and addictions, whether it is diabetes, obesity, ADD, ADHD or full on addiction to food or any other mood-altering substance.

- Is sugar more addictive than cocaine?
- Learn HOW to drug-proof your child and escape the obesity, diabetes and ADD trap
- Spot the hidden sugar
- TEST yourself and find out if You are sugar sensitive
- *Free Yourself from Sugar Cravings for good*
- Full of vivid real life personal stories, stories of struggle and of victory that we all can relate to
- Learn how to use the amazing amino acids to achieve optimum physical and emotional health
- Easy Healthy Breakfast, Lunch and Dinner menus

The [foreword](#) by Michael Rowland will give you an idea about the content of my book, my wish is that you read it with open minded scepticism, open enough to take it in and sceptic enough to try it out!

The foreword by Michael Rowland will give you an idea about the content of my book, my wish is that you read it with open minded scepticism, open enough to take it in and sceptic enough to try it out!

FOREWORD

By; *Michael Domeyko Rowland*

“So many things in life start out by seeming so sweet and attractive and then later their reality dawns. Perhaps sugar is the most obvious of all.

What a strange substance it is. In truth it has the qualities of a drug rather than a food. Some believe it fuelled the growth of the British Empire and the slave trade, and that slavery only stopped when machines were built that could take over the jobs in the sugar mills that the slaves performed.

Because of its financial power, and the vested interests it supported, it is able to mask its potential health threats. When I was young Type 2 diabetes, the latest plague sweeping the world, was known as Sugar Diabetes and the cynical suggest that it was the sugar industry that caused the name change.

It is so hard in today’s world to find the truth. There are always voices on both sides of any argument. Many of them are paid by their sponsors to shout for one side or the other, depending on who is paying the most.

But one thing is for certain – sugar is implicated in many diseases, the rotting of young teeth being the most well known. It is so prevalent that it is hard to find food products in your supermarket that have no added sugar. It is put into things you would never even imagine would require sugar: so called healthy products like rice crackers, organic bread, sea food sticks, frozen peas and even raw nut butters. Of course it is totally unnecessary to add sugar to these and there are many similar products without it.

But somewhere decisions are being made that aim to addict more and more people to sugar. And this really is the horror: addiction. Because when you add this substance to nearly every food that children eat, it is an immensely difficult task for them to get off it later in life.

I have only ever met one child who refused to eat sugar. She was the daughter of a Yoga teacher. Perhaps her mother was able to dissolve the desire in her, or perhaps she had never eaten any and so never had to resist. For most other children it is a daily task for parents to stop them pouring it down their throats, as it is laced through just about every food they eat. And that is not to mention the chocolates, cakes and other sweets.

When sugar first entered Western society en masse it began as a teaspoon or two a week. Now it is one hundred and fifty pounds a year per head. One has to be very careful. The white powders of our society kill more people than anything else.

Many people find it hard to live without a little occasionally, but really there is no known safe limit to consuming it. The body is an amazing machine. It can deal with so much, but in this day and age you have to be more vigilant than ever. The best defence is to minimise the amount you consume and satisfy the desire for sweet things with fresh, ripe whole fruit whenever you can.

*Michael Domeyko Rowland
Sydney, August 2009*

ABOUT SUGARDREAMS

Sugardreams Is a Book About Our Escalating Sugar Consumption and Sugar Addiction and its relation to alcohol and drug abuse

Would you give your child a shot of cocaine or heroin? Most likely not. - Do you give your child sugar? Recent research shows that sugar is more addictive than cocaine!

Sugardreams explodes the myth that sugar is a harmless ingredient that we require in ever increasing amounts year after year.

The book is a nutritional approach to healing this addiction in the 21st Century.

Empower yourself with this approach, it has been proven to be both fast and effective and has been used by overseas psychologists and clinics since the 1980's.

It shows us how to break our addiction to refined foods and restore our appetite for healthy foods, *shedding unwanted weight as a bonus.*

Most people don't ever think of **nutrition** when they suffer from addiction or emotional disorders although nutrition has a profound effect on emotions and mood.

From *Sugardreams* you will gain an understanding on problems that in the past may have only been seen as psychological.

Sugardreams is filled with vivid personal stories, stories of struggle and of victory that we all can relate to. The author has even included her own moving story.

There is a test to find out if you are sugar sensitive and therefore more prone to addiction. It explains that sugar from an early age slowly builds a path to the pleasure centre in the brain that also makes it easier for nicotine, alcohol and other drugs to find their way there. This causes the brain chemistry to go drastically wrong.

Sugardreams shows how to use the **healing nutrients**, the building blocks of protein, **the amazing amino acids** to achieve lasting physical and emotional health.

Healthy Breakfast, Lunch and Dinner menus and a shopping list to go with them are helpful inclusions in this remarkably informative book.

Sugardreams takes a holistic approach to healing addiction, as well as nutrition it discusses how meditation, heart coherence and physical exercise is needed to heal body mind and spirit.

The Message is:

**Learn to Live in Sugar-Free Bliss,
It Not Only Changes Your Life – It May Possibly Save it!**