



Suikervry: 8 Weke na Vryheid van Suiker en Koolhidraatverslawing (Afrikaans Edition)

Karen Thomson

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Suikervry is die eerste selfhelpboek wat in Suid-Afrika geskryf is om mense met 'n suiker- en koolhidraatverslawing te help om dit te bowe te kom. Dit is deur Karen Thomson en Kerry Hammerton met die steun van die dieetkundige Tamzyn Campbell geskryf, en daar is 'n voorwoord deur prof. Tim Noakes. Dit staan eetgewoontes met min koolhidrate en meer vet voor. Dit is die enigste beskikbare boek wat die emosionele en gedragspatrone van 'n suiker- en koolhidraat-verslaafde aanspreek. Vir baie mense is dit nie genoeg dat hulle bloot weet wat om te eet nie. Suikervry spreek dié saak aan. Bo en behalwe 'n program van agt weke lank, bevat Suikervry ook persoonlike verhale van verslawing, maaltydprogramme en resepte sonder suiker.

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