

"Don't quit sugar without it!" Eve O. Schaub, author of *Year of No Sugar*

# THE SWEET TOOTH DILEMMA



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Founder, Breaking Free from Sugar program

# THE SWEET TOOTH DILEMMA:

Sugar is seductive, dangerous and hard to quit. Here's how to walk away.

You may know that eating too much sugar is fattening—but did you know that it also causes inflammation and can lead to heart disease, which is the #1 killer in the United States? It contributes to many other health issues too, including:

- Diabetes,
- Depression and other mental health disorders,
- Dementia, and
- Heart disease

...to name just a few.

If you've ever tried to quit or cut back on eating sugar, you know that it's not so easy—with cravings and energy crashes keeping you from succeeding.

In simple language, *The Sweet Tooth Dilemma* explains the science of why sugar is so bad for you, what makes it so hard to quit, and how to quit—with a proven program that thousands of people have taken to successfully cut back or quit. Now you can do it too!

Category: Self-help / health

- Author: Andrea Grayson
- Format: Paperback
- Size: 5.5 x 8.25"
- Pages: 246
- Price \$19.99
- ISBN: 979-8-9875464-0-6
- Distribution: IngramSpark

"The Sweet Tooth Dilemma is required reading for anyone who has ever wanted to feel better and be healthier. This book thoughtfully breaks down the how and why of our contemporary society's addiction to sugar, dispels harmful sugar myths, and offers an empowering guide to quitting sugar long term and without deprivation. Don't quit sugar without it!"

— Eve O. Schaub, author of *Year of No Sugar*



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## ABOUT THE AUTHOR

Dr. Andrea Grayson teaches about behavior change and Public Health Communications in the MPH program at the Larner College of Medicine at the University of Vermont. She is the creator of Breaking Free from Sugar, a proven program for helping people break free from sugar dependency.