

DR. ANDREA GRAYSON



Dr. Andrea Grayson is a behavior change communications consultant who teaches about Public Health Communications in the Master of Public Health Program in the Larner College of Medicine at the University of Vermont. Her life changed in 2016 when she suddenly realized that she had been concealing a lifelong dependence on sugar and carbs beneath a web of denial and rationalization. After she taught herself to quit, she started helping others do the same by creating a program which has helped over 3,000 people reduce how much sugar they eat.

FULL BOOK TITLE

The Sweet Tooth Dilemma: Sugar is seductive, dangerous and hard to quit. Here's how to walk away.

Paperback ISBN: 979-8-9875464-0-6

AUDIENCE

Primary Target Audience: Midlife Women

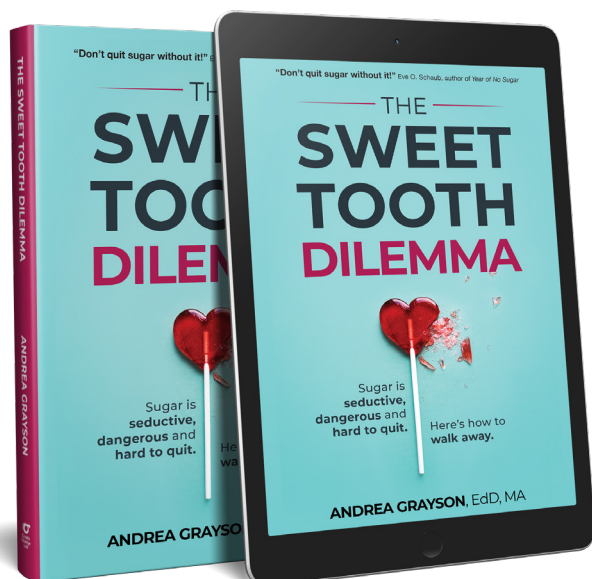
Secondary Audience: Everyone Else

SPEAKING TOPICS

1. Why sugar is so bad for you
2. Why it's so hard to quit sugar (and simple carbs)
3. How sugar talks to you
4. How quitting sugar is a tremendous boon to personal and spiritual growth
5. How are we going to stop the runaway train of chronic disease?

INTERVIEW QUESTIONS

1. Why is having a sweet tooth a dilemma?
2. Why is it so hard to quit sugar?
3. How can quitting sugar support personal growth and a spiritual journey?
4. In the book, you mention the statistic that 74% of packaged foods in the supermarket have added sugar. How did we get this way?
5. What are some simple steps people can take to reduce the amount of sugar they are eating?



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