

## **THE NEW SUGAR BUSTERS**



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### **The New Sugar Busters by H Leighton Steward Morrison**

This update of the sugar-busting original, which appeared four years ago, includes new tips, new recipes, a new introduction, and a special section for kids. Copyright 2002 Cahners Business Information.

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When SUGAR BUSTERS! hit the shelves almost five years ago, it quickly became a diet and lifestyle phenomenon, soaring to the number one spot on the New York Times bestseller list and embraced by millions of people across the country.

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**The New Sugar Busters Cut Sugar to Trim Fat by Sam S**

The New Sugar Busters!: Cut Sugar to Trim Fat audiobook written by Sam S. Andrews, M.D., Luis A. Balart, M.D., Morrison C. Bethea, M.D., H. Leighton Steward. Narrated

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**The New Sugar Busters Audiobook by H Leighton Steward**

Most people know that sugar is not a very healthy food, but few understand that it is similar to some of the most potent drugs. Sugar can affect brain function, disrupt healthy metabolic processes, and cause substantial weight gain over only a short period of time.

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