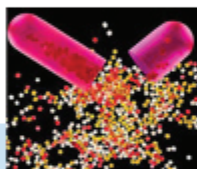


DR. VAGNINI'S HEALTH & LONGEVITY E-REPORT

HEART, DIABETES & WEIGHT LOSS CENTERS
OF NEW YORK



JANUARY 2012

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Are You an Involuntary Sugar Addict?



When I talk to my patients about sugar intake, a lot of them tell me they "don't use sugar." These are people who seldom, if ever, add sugar to their cereal, coffee, tea or other food and drink items.

Then I ask them about the foods and beverages they regularly consume throughout a normal day. And that's where the real trouble begins.

You see, manufactured and processed foods often contain very large amounts of sugar. It's called "added" sugar. It goes above and beyond the sugar you intentionally consume each day. And amazingly, the average U.S. adult ingests about 150 pounds of "added" sugar a year. That's almost a half pound of sugar every single day!

The sad part is that many foods that sound like they should be good for you are the *worst* offenders. Vitamin water, energy bars, canned fruits and fruit juices, yogurt, applesauce, protein shakes and a long list of other so-called "healthy" products are often loaded with sugars.

Other foods are much more obvious – like donuts, cookies, candy, soft



ABOUT
DR.
VAGNINI

Dr. Frederic J. Vagnini is one of the most unique physicians and health educators in the world. After graduation from St. Louis University School of Medicine in 1963, Dr. Vagnini underwent 8 years of post doctorate internship and residency.

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drinks and other sweets you may reach for to satisfy your sweet tooth.

Here's the thing. Once you start consuming foods with a high sugar content, your body begins craving more of the stuff. In other words, you truly become a sugar addict.

And if you're worried about your heart health, diabetes or your weight, being addicted to sugar is really bad news.

First off, researchers have discovered the more sugar you consume, the lower amount of HDL (good) cholesterol you have. It also increases your triglyceride levels. Combined, this duo increases your risk of heart attack and stroke.

If you're diabetic, pre-diabetic or have metabolic syndrome, it can worsen blood glucose abnormalities, add to diabetic complications and increase your chance of cardiovascular risk even further. Plus, all that sugar will cause you to pack on the pounds.

One thing you can start doing immediately to reduce your sugar consumption is begin checking nutrition labels for sugar content. But if you really want to break the sugar habit, I suggest taking a look at Dr. Jacob Teitelbaum's and Dr. Deirdre Rawlings' new book, "**Beat Sugar Addiction NOW! Cookbook.**"

What I like about this book is that it provides a simple, delicious path – meal by meal – breakfast, lunch and dinner – to help you break the sugar habit once and for all. And right now, it's being offered at a pre-publication discount. When you order the cookbook now at the following link , [Order Right Now](#) you'll get 35 percent off the regular price *plus* five free bonus gifts.

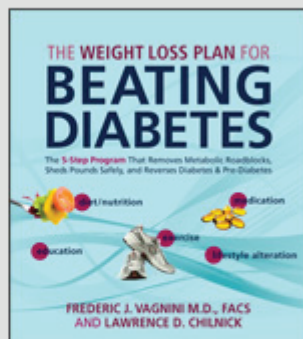
The "**Beat Sugar Addiction NOW! Cookbook**" focuses on the underlying causes and provides easy-to-implement lifestyle and dietary solutions that finally break the habit—regardless of how long you've had it.

"With our approach, you can have your cake and eat it too!" says Dr. Rawlings. "The recipes are yummy and you start feeling better fast by treating the hidden causes of your sugar addiction."

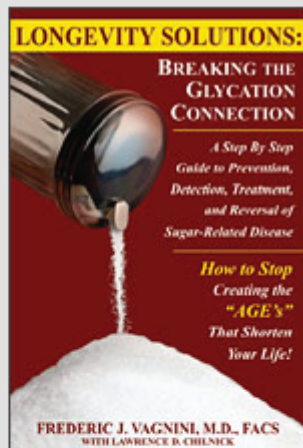
Here are some of the recipes you'll find in the book:

- o Fatigue Fighting Flourless Chicken Flapjacks
- o Greek Goddess Goodness
- o Sustaining Meat Loaf Medley
- o Bam-A-Lam Black Bean Chili
- o Mega Omega Deep Sea Delight

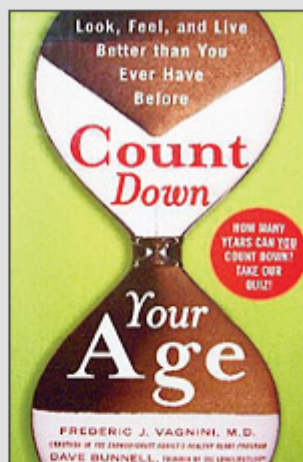
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- o Get-up-and-go Garbanzo Burger

But that's not all you'll find. The **"Beat Sugar Addiction NOW! Cookbook"** features 120 sumptuous low- or no-sugar recipes and a complete program for breaking sugar addiction and nourishing the entire system with healing foods, vitamins, minerals, supplements and simple lifestyle changes that promote optimal health.

Enjoy breakfasts, lunches, dinners, desserts and side dishes for every sugar addiction type; a list of the best supplements for weight loss according to type; and a full appendix with health practitioner referrals and other resources including "The BSAN Weight Loss Program for Post-Sugar Addicts."

Wishing you health, happiness, and freedom from sugar addiction in 2012.

Dr. V

Product of the Month

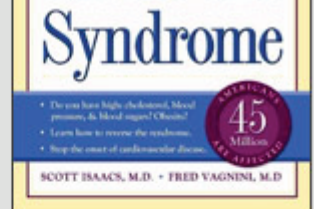


Beat Sugar Addiction Now! Cookbook

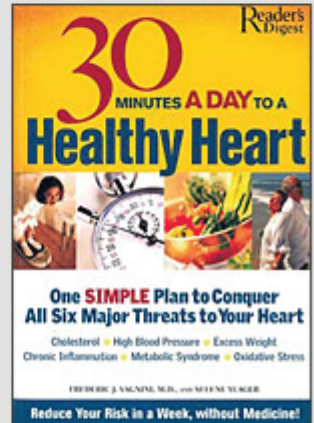
Remember, [order now](#) and you'll get a 35 percent discount off the **"Beat Sugar Addiction NOW! Cookbook."** Plus you'll receive **five free bonus gifts** from the authors. So don't wait!

ABOUT THE AUTHORS

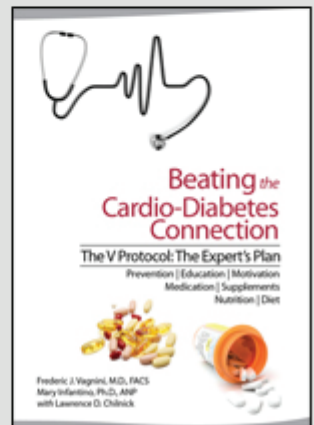
Board certified internist, **Jacob Teitelbaum, MD**, is one of the world's most respected thought-leaders in integrative medicine—renowned for his work as a patient advocate and for helping millions get their life back. "Sugar addiction is one of the most insidious health scourges of the modern world," says Dr. Teitelbaum. "The average American adult consumes 150 pounds of added sugar in their diet every year. There's a mountain of published research today showing that sugar is anything but sweet. "Sugar consumption," he explains, "is a straight path to weight gain, fatigue, moodiness, pain, inflammation, sinus and digestive



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issues, and a host of serious health problems that have held us hostage for too long—including heart disease and diabetes.”

Deirdre Rawlings, Ph.D., ND, is a Naturopath, holistic nutritionist and healthy cooking coach, who, like Dr. Teitelbaum, believes austerity and deprivation aren't the way to beat sugar addiction now...or ever!

Welsh JA, Sharma A, Abramson JL, Vaccarino V, Gillespie C, Vos MB. Caloric sweetener consumption and dyslipidemia among US adults. *JAMA*. 2010 Apr 21;303(15):1490-7

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