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Just another sugar addict, stumbling around the web, trying to figure out why I feel like I'm going nuts. I started eating Paleo only about two weeks ago, and MAN. Those cravings are ROUGH.

Beating Sugar Addiction ~ The Paleo Mom

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Dr. Nicole Avena explains the concept of sugar addiction. Studies have shown that excess intake of carbohydrates can produce behaviors and changes in the brain that resemble drug addiction. After describing the science, Dr. Avena offers advice on how to deal with the addictive nature of carbohydrates in our modern food environment.

The New Science of Sugar Addiction - Paleo f(x)â„¢

a list of paleo diet meats, vegetables, fruits, nuts, seeds, oils that are allowed on the paleo diet (and even some paleo diet desserts â€œ yes, they exist!). This list will not only give you a solid starting point for the paleo diet, but also get your mouth drooling (but you won't hear us complaining).

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