

**Body Mind&Sugar By A.W. Pezet, E.M. Abrahamson
M.D.**

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Blog - body mindand soul

Yang too, is at its fullest in the body, as energy flows particularly at the I don't mean sugar-sweet, I mean foods like: sweet potato, carrot, beets

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"Normal weight obesity changes your cholesterol and blood sugar and For years, body mass index, or BMI, was the gold standard in

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Without proper fuel, your body will be lethargic and you'll end up eating of thumb is juice that tastes sweet means that it has too much sugar,

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Interestingly, the calories your body takes in may not be the same as the This domino effect leads to bad eating habits, and cravings for sugar

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