



Dr Libby's Sweet Food Story: Real Food Recipes and Wisdom

Dr Libby Weaver, Chef Cynthia Louise

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Countless people make great food choices for breakfast and lunch and then at 3 o'clock in the afternoon or after dinner, they feel like someone else has taken over their body. The desire for and subsequent consumption of sweet food can take hold without you really knowing why or what to do about it.

Too many people reach for sweet food that doesn't serve their health; in fact it may contain substances that actually have the potential to take away from their health, yet they feel powerless to live any differently, having "tried" to change their sweet food habits many times.

Dr Libby explains the sugar conundrum, how the body uses sweet foods and ingredients, and why you may crave them. She also explains the biochemical pathways involved in the digestion, absorption and utilisation of sweet foods, and provides you with recipes created by the incredible Chef Cynthia Louise that offer practical and very delicious ways to enjoy sweet foods made from whole-food ingredients. Included in this book are drinks, sauces, snacks, baking, puddings and desserts that your body, mind and soul will thank you for.

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