

Bitten Jonsson  
David Wolfe

RN, Sugar Addiction Specialist  
MS, RD, Certified Food Addiction Counselor

## **“SUGAR ADDICTION!”**

### **If you think you have a problem with “sugar” ... These 4 days will really change your life**

Are you concerned about your eating, have you lost control over certain foods?

Have you dieted with out reaching the permanent results you desire? Do you CRAVE sweets, bread, pasta and such? Do you suffer from mood swings and/or a multitude of strange symptoms?

Food/Sugar/Starch Addiction is caused by an unbalanced brain-chemistry, the leads to many consequences and will cause a cascade of negative results/symptoms and diseases.

Sugar addiction (any addiction) starts as an imbalance in our brain chemistry. Addiction is a brain illness, that starts in the brain and it results in physiological, psychological, social and spiritual consequences all over your life and throughout your body.

Sugar creates stress in body, brain and mind (actually it depletes energy) and when we are stressed (dessert spelled backwards) we want sugar. Sugars (in all forms) has an effect on our neurotransmitters in our. That in turn increases CRAVING and then the vicious cycle is on. If you have this problem you need special knowledge about addiction and special tools to recover from it.

***For The First Time Ever, this unique and specialized program, Includes an individualized biochemical repair plan by David and Bitten, the fields leading experts.***

We see the doctor for a health-check on our bodies, blood, liver, hearth, blood-pressure, kidneys etc. but when did you ask your doctor for a health-check on your brain?

Most importantly, you will met and be supported by individuals with the same problem and be part of a large international network of recovering supportive sugar addicts.

#### **This Program Includes:**

- Detoxing from sugars and junk-food. Biochemical repair. Repairing your body and mind.
- Knowledge about the brain and how to eat to support, heal and nourish your brain
- Sugar-sensitivity (harmful use) versus sugar-addiction
- How to heal the craving brain and manage cravings
- Metabolic syndrome and hormone imbalances and what to do about it
- Learning about the thoughts, feelings and behavior that lead to relapses and strategies to prevent relapse
- How to eat as a food addicted person & how to support your recovery with supplements
- Learn why salt is not the culprit and why your body needs it
- New research about the microbiome and how it relates to weight loss
- Learn how to incorporate movement to heal your body and mind
- Introduction to The 12 steps and or other self-help groups
- The need for support and ongoing learning and relearning
- And More

**A new journey starts with a single step...**

***One who cannot howl cannot find their pack... Start howling!***

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This 4-day intensive will provide you with the latest research about sugar/flour/processed food addiction and how your brain works. It will provide you with a new, lifelong toolbox to handle your CRAVING's and all the other symptoms of this debilitating disease.

**Date: April 25<sup>th</sup>-28<sup>th</sup> 2019 in The Boston Area**

**Location: 87 Salisbury St, Worcester, MA 01609**

**Cost: \$1,790**

**This Includes: course fee, materials, and lunch daily.**  
Breakfast, Dinner and Lodging are to be arranged individually.  
Details Will Follow

**More Continued Support:**

Offering 6 monthly 2-hour online video relapse prevention sessions with Bitten and David. This will provide you with the support you need to maintain all of the new information and behaviors you established during this life changing 4 day intensive. **Cost: \$249**

**Comments from Past Participants in Sweden:**

"I now have hope about the future and the will to live"

"I have grown in empathy and understanding of the disease and the addictive personality. I am inspired and motivated to work within this field professionally"

"My self worth and confidence has grown, today I can see where I come from and where I am, and trust my skills not to mention the positive feedback I got from you and the group"

"A new life! I don't have words big enough to tell. I finally understood self worth."

Feel free to reach out to us to speak with one of our past participants

*For booking and more information contact us at  
[bitten.jonsson@bittensaddiction.com](mailto:bitten.jonsson@bittensaddiction.com)*

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