

Bitten Jonsson RN, Sugar Addiction Specialist

David Wolfe MS, RD, Certified Food Addiction Counselor

“SUGAR ADDICTION!”

If you think you have a problem with “sugar” ...

These 4 days will change your life

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

Have you dieted without reaching the permanent results you desire? Do you CRAVE sweets, bread, pasta, and such? Do you suffer from mood swings, fatigue, aches or pains, and/or a multitude of strange symptoms you can't explain?

Food/Sugar/Starch Addiction is caused by an imbalance in brain-chemistry, which can lead to a cascade of negative results/symptoms and diseases.

Therefore, Sugar addiction or any addiction for that matter is a brain illness which results in physiological, psychological, social, and spiritual consequences affecting not only your entire body but your life and relationships as well.

Sugar, by depleting your energy, creates stress in your body, your brain, and your mind. When stressed (*desserts* spelled backwards) your body wants and craves sugar. Sugars (in all forms) have an effect on the neurotransmitters in your brain which increase CRAVINGS. Now the vicious cycle begins. Sugar leads to wanting more sugar. 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 is being offered in the US.

Biochemical Repair by David and Bitten, the field's leading experts.

You see your doctor for a check-up for your body, including your blood, liver, heart, blood-pressure, kidneys, etc. But when was the last time you asked your doctor for a check-up for your ***brain***?

Most importantly, you will meet and be supported by others with the same problem and become 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
- The difference between Sugar-sensitivity (harmful use) versus Sugar-addiction
- How to heal the craving brain and manage cravings
- Understanding metabolic syndrome and hormone imbalances and what to do about them
- Learning about the thoughts, feelings, and behaviors that lead to relapses and strategies to prevent relapse
- How to eat as a food addict in recovery as well as how to use supplements to support your recovery
- 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, ongoing learning, and re-learning
- And More...

A new journey starts with a single step...

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

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

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 CRAVINGS and the other symptoms of this debilitating disease.

Date: October 17-20, 2019 in The Boston Area

Location: 87 Salisbury Street, Worcester, MA 01609

Cost: \$1,390

Includes: Course Fee, Materials, Lunch Daily, and Aftercare:
6-monthly, 2-hour online video Relapse Prevention Sessions with Bitten and David to reinforce the new knowledge learned and to maintain the new behaviors established during this life-changing 4-Day Intensive.

Breakfast, Dinner and Lodging are to be arranged individually.
Details will follow.

Additional Continued Support following Aftercare will be available:
6-monthly, 2-hour online video sessions with Bitten and David to continue strengthening your recovery. **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 in 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 with questions or to ask how to speak
with one of our past participants.**

*For booking and more information, contact us at
bitten.jonsson@bittensaddiction.com*

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