



Your Body Speaks: The Sugar Addict's Food Diary

Kathleen DesMaisons

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The perfect companion for sugar-sensitive people on the road to recovery

Keeping a journal is a vital step in the seven stages of healing sugar addiction. And it's simple to do—the more you are able to observe and note your food and your feelings, the easier it will be for you to make changes in the amount and kind of foods you eat and how your body reacts to them. The food journal translates the language of your own body—its symptoms, moods, and cravings—into words you can use to heal your sugar sensitivity.

With this convenient diary, getting started now is much easier! Designed by Kathleen DesMaisons and sugar-sensitive people in the Radiant Recovery Web community, *Your Body Speaks* features a daily, four-column format, with plenty of room to write for ninety days. Check boxes for water and vitamin intake, helpful hints, motivational quotes, inspirational stories, and guidance for expressing physical and emotional feelings will help keep you on track.

Give voice to your body and benefit from its wisdom and guidance. Discover new ways to feel radiant and energized when *Your Body Speaks*!



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