

CLEAR PATH COUNSELING
Food Issues Suggested Reading

Sugar Blues by William Dufty

Protein Power by Michael R. Eades MD and Mary Dan Eades ND.

Food Addiction by Kay Shepard

Abstinence in Action: Food Planning for Compulsive Eaters by Barbra McFarland and Anne Marie Erb (Hazelden Press)

Potatoes Not Prozac by Kathleen Des Maisons PhD.

Sugar Busters: Cut Sugar to Trim Fat by Steward, Bethea, Andrews and Balart

The Zone by Barry Sears

Lights Out by T. S. Wiley

Diabetes Type II: Living a Long, Healthy Life Through Blood Sugar Normalization by Richard K. Bernstein MD

Compulsive Overeater by Bill B.