



# Potatoes Not Prozac: A Natural Seven-Step Plan to: Control Your Craving

*Kathleen DesMaisons*

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## **Potatoes Not Prozac: A Natural Seven-Step Plan to: Control Your Craving Kathleen DesMaisons Can't say no to fattening foods, alcohol or compulsive behaviors?**

You're not lazy, self-indulgent or undisciplined; you may be one of the millions of people who are sugar sensitive. Many people who suffer from sugar sensitivity don't even know it; they continue to consume large quantities of sweets, breads, pasta or alcohol. These foods can trigger feelings of exhaustion and low self-esteem, yet their biochemical impact makes sugar-sensitive people crave them even more. This vicious cycle can continue for years, leaving sufferers overweight, fatigued, depressed and sometimes alcoholic.

Now there is a solution: in *Potatoes Not Prozac* Dr. Kathleen DesMaisons gives you the tools you need to overcome sugar dependency, with self-tests to determine your sugar sensitivity as well as an easy-to-follow, drug-free program with a customized diet high in protein and complex carbohydrates. Join the thousands of people who have successfully healed their addiction to sugar, lost weight and attained maximum health and well-being by using Dr. DesMaisons's innovative plan.

## **Potatoes Not Prozac: A Natural Seven-Step Plan to: Control Your Craving Details**

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# **From Reader Review Potatoes Not Prozac: A Natural Seven-Step Plan to: Control Your Craving for online ebook**

## **Kristen says**

Despite the impressive bibliography (18 pages long!) this book is not as scientifically based as I'd hoped it would be. She presents an interesting hypothesis that sugar-sensitive people are prone to true addictions of sugar/alcohol/drugs because of their inherited biochemistry, but at the time of this printing (1998) she admits there's very little research to prove it. Her "proof" comes from comparing exaggerated, dissimilar cases: Normal Mary eats a hearty breakfast of healthy stuff, while sugar sensitive Susie skips breakfast and has 2 coffees, 3 donuts and a bag of candy on her way to work. Now look at their blood sugar levels....It also was very repetitive and read like a self help book with sentences like, "It's not your fault!" and "You are a bright, sensitive, and awesome person."

While I don't recommend this book, it was not entirely a waste of time. I was primarily interested in the basic biochemistry of sugar highs and lows and she does take a bit of the book to discuss neurotransmitters and how they affect energy levels.

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## **Lisa Greer says**

I have read the first version; now I'm working on this one. Simply put, this book and all of DesMaisons' books changed my life. I now understand myself. :) If you have an irresistible attraction to sugar and white carbs, then this is the book for you. Yes, sugar is addictive, and some of us are born with the biochemistry for sugar sensitivity and addiction. This is the way out.

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## **Sue says**

This book is about sugar sensitivity. I bought this book years ago, and it still makes so much sense to me. I think it will be on my book shelf forever. I read it about every 2 years, and say " That's me! That's me !!!", but have yet to do anything about it. It explains how white sugar is man-made, and how we were not meant to consume this chemical that has become such a staple in our lives.....It is definitely worth the read. What do you think?

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## **Oriyah Nitkin says**

As someone who is a big supporter of Intuitive Eating and the Health at Every Size Movement, my feelings about this book are somewhat torn. On the one hand, what the author says sounds intelligent and emotionally resonates with me. On the other hand, there have been other intelligent sounding things that emotionally resonate that are boohockey.

Both this book and the IE/HAES movements have sound bases of their efficacy of functioning in science, so I'm thinking that objective reality has room for both.

Wisdom can be found in many places, as long as you don't get wound up in and brainwashed by diet culture....

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### **Tessa says**

This book is a life-changer. Just eating breakfast with a sufficient amount of protein has stabilized my mood swings and energy level throughout the day. I don't crave sugar like I used to. It's hard to believe because it's so simple, but I swear that IT WORKS.

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### **Christie says**

I wanted to find out more about the connection between carbs and depression, so I checked this book out from the library. It advocates seven steps to balancing the body's chemistry and overcoming sugar addiction. These steps are:

1. Keep a food journal
  2. Eat three meals a day at regular intervals
  3. Take vitamins as recommended
  4. Eat the recommended amount of protein at each meal
  5. Adjust carbs to include more complex foods
  6. Reduce or eliminate sugars
  7. create a plan for maintenance
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### **Brendan McManus says**

This can be summed up into 7 steps.

- 1) Eat breakfast that includes protein and a complex carbohydrate within an hour of waking up every day
  - 2) Keep a food journal that includes the date and time, what you ate and drank, how you feel both physically and emotionally to aid in determining how food impacts you feel
  - 3) Eat three meals a day at regular intervals that provide an adequate amount of protein
  - 4) Increase serotonin naturally by taking recommended vitamins and eating a potato before bed
  - 5) Shift from eating white foods like white flour products, rice and pasta to whole grain or brown foods such as whole grains, beans and root foods
  - 6) Reduce or eliminate sugars
  - 7) come alive by finding a place of calm where you no longer have to live in drama and learn new skills.
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### **Joyce says**

My copy, which I no longer have. This is what I wrote after reading it four and one half years ago:  
**WOW!** This book is going to change my life! I am going to get a life now! This is me. I am not alone. It's not my fault. I'm going to be okay! God helping me. By God's grace, I will be the best doulos (servant) I can be now.

The book was the beginning of life-changing eating habits which have enabled me to be in control of what I put into my body, and stay away from the foods which are harmful to me. I do recommend the book, and the principles of the program, but I also recommend that each individual find what works for them once they get the program.

It is not the program which heals, and it is not magic. It is lots of hard work. The program enabled me to be able to think for myself and take control of my physical health. It literally saved my life. My son recommended the book to me.

I also read the updated 2008 edition in August 2009, which I borrowed from the Racine library. Excellent, of course.

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### **Rebeca Campalans says**

I haven't actually read the book but discovered the website based on the book many years ago. Everything you really need to know is on her website. 5 small meals a day that includes a little protein, no caffeine, no sugar, and a small potato 1 hour before bedtime. That little potato and staying off sugar restores your serotonin levels. I still turn to that little potato when I'm wanting a little extra excitement at night. Guarantees an active dream life for the night.

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### **Louise says**

I really liked this book. Aside from the fact that anything that tells me I'm not lazy or self-indulgent or totally lacking in discipline is, of course, what I want to hear, the 'science bit' seems completely logical.

DesMaisons theory, and it is just a theory, is that some of us are 'sugar sensitive': our biochemistry is different to those who are not, and our behaviours - the craving sweets/chocolate, sweet foods and white flour based carbs; the mood swings; the low self-esteem; poor reactions to stress; depression; and even being over weight - are all biochemically based. DesMaisons' work with alcoholics in recovery, and her own experience of 'food abuse' as a compulsive eater led her to hypothesise that there might be a link between the two. Her conclusion was that both are 'sugar sensitive'. From that, she has developed a seven step plan to recovery from sugar addiction: eat breakfast with protein; journal what you eat daily; eat three meals a day with protein; take specified vitamins daily and a potato before bed time (yes, really!!; move from white to brown carbs; reduce or eliminate sugars; get your life back!

Well, the proof of the pudding, so to speak, is in the eating. I've started step one. It's much harder than it might seem. You have to eat a specific amount of protein proportional to your body weight which, at breakfast time, I'm finding quite difficult. I'm not managing quite the right amount for me yet, but I'm almost there most days. I've had no sugar cravings, no desire to snack between meals even on fruit, and my mood seems at least stable. The only day I haven't had protein at breakfast time my mood dipped and by mid-afternoon I'd hit the chocolate - only to feel ten times worse for the rest of the day.

This is not a quick fix. DesMaisons recommends giving oneself at least a month to complete each stage, more if you need it, and to take one step at a time, not try to rush ahead or swap steps around. It is a simple programme, but not necessarily an easy one. However, if it delivers the results then it has to be worth it and I have to say that, for me, the initial results are really encouraging.

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## Shari says

I followed the steps in this book and have been sugar-free since 2005. This book did for me exactly what it sets out to do: taught me how to keep my blood sugar steady, eliminate my cravings, lose weight, and recognize how foods affect how I feel. As a bonus, I also dropped my cholesterol by 20 points. It was a relief to me to learn how to eat to control my blood sugar; I was always terrified of my blood sugar dropping and, as a result, I snacked constantly to keep it from happening. It feels very freeing to know how to eat right to keep a crash from happening.

When I first read it, the idea of following the seven steps seemed overwhelming, especially giving up sugar. But I decided not to worry about that and just tried it. I was amazed at how much better I felt and how quickly. I did the first four steps and then stopped for quite a while; I thought I would be happy and content to stay at step four the rest of my life. But I eventually realized that although I felt a lot better than I used to, there were still good days and bad days, so I ventured onto the fifth step and kept going.

I would recommend this book to anyone who struggles to control their blood sugar or feels a little obsessive about when and where their next sugar fix is coming.

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## Skylar Burris says

This book is about how to improve your mood and life (and lose weight) if you have a ravenous sweet tooth. So what do you do? You eat a lot less sugar. Problem solved.

Admittedly, there's more to the book than that. In fact, it's a detailed, seven step program for overcoming sugar addiction. The first several chapters describe how some people are more "sugar sensitive" than others, how sugar works as a kind of drug for these people, how this is genetic and not your fault, and how all this is presumably evidenced by experimentation on mice and other such research. It details the hypothetical link between alcoholism and sugar addiction (the author worked in recovery for many years and is now a nutritionist). It offers a checklist you can use to self-diagnose yourself with sugar sensitivity. "Did you check more than three items on this list? If so, you might be a human being." No, sorry – "If so, you might be sugar sensitive." Well, I checked six items, and I don't doubt that I'm "sugar sensitive," but I didn't fit the personality profile she described of a sugar sensitive person (wild mood swings, sudden unexplained bursts of anger, and a tendency to forget to pay the bills...). Nevertheless, I do tend to keep sweets from the house because I'm the sort of person who will eat the entire bag of Oreos. So I thought I'd keep reading.

"Because I am not giving you sheets and sheets of instructions to follow," writes Dr. DesMaisons, "you may decide this plan isn't really right for you." She says this after spending over 100 pages instructing you to eat a breakfast every morning within one hour of waking up that includes a number of grams of protein equal to a mathematical formula involving your body weight and one serving of complex carbs, to write down every minute detail of what and when you eat and how it makes you feel, to eat precisely three meals a day with a specific amount of formula-dependent protein at each meal, to eat one potato (absolutely without any protein this time!) three hours after dinner and just before bed, to replace white breads and grains with brown ones, and to gradually eliminate all sugars not stemming from complex carbohydrates, including (and especially) alcohol. There ARE reasons I think this plan isn't really right for me, but the lack of sheets and sheets of

instructions isn't one of them. The inability to stop to write in my food journal because I have to dislodge my son's head from the banister and then stop my daughter from attempting to scramble eggs in a colander on the stove, as well as the prospect of not being able to unwind with a glass of wine after the kid's are in bed, are more likely reasons I will find this plan not to my liking.

Her basic recommendation of a low carb diet is of course sound. The low carb diet, in all of its varied forms (Atkin's, South Beach, Primal, Paleo,) has been the reigning nutritional orthodoxy for the past several years. It not only will make you lose weight (which I have experienced, when I manage to stick to a low carb diet), but many claim it will also give you energy and stabilize and enhance your mood (something I have not experienced). Excuse me a moment. I misspoke. It's not a diet. Like all diet books, "Prozac Not Potatoes" offers not a diet but "a way of life." Food is the new religion.

I'd rather go back on the Primal Blueprint (on which I lost about five pounds in two weeks) than try this "plan". Limiting as the Primal Blueprint was, it at least required no journaling and no regulated mealtimes and even gave me license for my nightly glass of red wine (if not for the Woodchuck hard cider I'm drinking at the present moment). My problem, apparently, is that I'm addicted to sugar, and, oh yeah, I don't much like fish or fowl or pork, so I just can't stand to stick to a protein-heavy diet for more than two weeks at a time. But if this is the best sugar detox plan available to me...I think sugar is the one addiction to which I'm simply going to have to resign myself.

A final note. I was skeptical of a number of things she said, but there's one I am absolutely prepared to call b.s. on. "People who are sugar sensitive can eat as little as 800 calories a day, but if those calories are from carbohydrates, they will still gain weight." I'm sorry, but that's simply not biologically or mathematically possible. If you eat only 800 calories a day every day, even if all 800 of your calories come from pixie sticks, you will lose weight - unless you weigh less than 80 pounds to begin with, in which case you seriously need to stop counting calories and start eating Ben & Jerry's.

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## **Cdawg says**

This book is the work of angels. It is a guide for building a healthy, loving and communicative relationship with your body. The results being emotional health and weight loss and It teaches one to understand what your body needs hormonally, chemically and nutritionally and it tells you those needs are discovered through the quality of the relationship you create with yourself. All my life I have been negatively judged because of my body size and through that judgement and mistreatment believed that my body betrayed me and therefore I hated and betrayed my body. With this book I am learning to love, listen and enjoy all that my body is and my body is talking to me and loving me back. We are starting a wonderful and long lasting relationship. Many thanks to Kathleen DesMaisons.

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## **Kimber Martin says**

I came upon this book at the library hoping to learn more about how health lifestyle can help with mood.. while it did have some useful information, I wasn't super impressed. What I found was another step by step guide to living a low carb, no sugar diet. It was a little bit preachy, and nothing ground breaking that I haven't heard before

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## **Sarah Whitney says**

Interesting ideas in this book. It was great learning about brain chemistry and the balance of certain chemicals and how the food you consume affects such. I've never been a candy-craving, soda-guzzling sugar-junkie, but I recognize that I was a sugar junkie in another way... i.e. french bread, simple carbs, etc. Over the past few years of my life I have developed a penchant for chocolate as well. So this was a wonderful insight into why a person craves these foods, what they do to the body on a chemical level, why they make us feel good - and bad, and how to help ourselves feel better without relying on them. One of the most important things I learned was getting an adequate intake of protein - something I KNOW I have not been good with my whole life. Half your body weight in grams. Then split it up between the three meals you have each day. So I'm shooting for 20g of protein at each meal. In addition, the obvious: complex carbs, brown things and not white things, and avoid sugars. Common sense, but like many things, easier said than done. This was a good refresher and motivator in eating right. This book will remind you how vital a good diet is as it impacts how you feel and the quality of your life.

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