

The Osher Center for Integrative Medicine

AT THE UNIVERSITY OF CALIFORNIA, SAN FRANCISCO

1701 Divisadero Street (at Sutter), Suite 150, San Francisco • 415/353-7718 • www.osher.ucsf.edu

Shed Those Pesky Pounds, Boost Your Moods, Triple Your Energy & Rev Up Your Libido

Time: Noon – 1:00 pm

Date: January 10, 2008

Location: 1701 Divisadero Street
Suite 150 at Sutter Street

Fee: **Free Lecture**

Speaker: Connie Bennett, C.H.H.C.



Does your excess weight linger no matter what diet you try? Do you need chocolate or soda just to cope with morning blahs or afternoon slumps? Are you cranky, depressed or wiped out—and baffled why? If you want to get more energy, boost your moods, banish brain fog and improve your health, then you'll want to attend this fun, interactive talk, which will dish the sour scoop about sugar and other “culprit carbs” and give you secrets to squash your habit for good. Discover how to:

- Undertake three simple, but powerful tactics to kick start your freedom from sugar and quickie carbs;
- Stomp out scary sugar cravings as they strike;
- Become a "Sugar Sleuth" so you can find sneaky hidden sugars.

Learn how life is sweeter naturally when you desert more desserts.

Connie Bennett, C.H.H.C. is the author of *SUGAR SHOCK!*, which the Osher Center's clinical programs director Dr. Donald Abrams said offers a “much-needed wake-up call... like *Fast Food Nation* and *Super Size Me*.” Connie is a former sugar addict, experienced journalist, frequent TV and radio guest (“CBS News Sunday Morning,” “Oprah & Friends Radio”), holistic health counselor, radio host and sugar-liberation coach. Visit her sites: www.SugarShock.com and www.SugarShockBlog.com

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