

Connie Bennett's Fast-Track, Kick-Sugar Countdown Program™

This is Your 10-Week Tele-seminar Schedule From Jan. 5 to March 9, 2006. The regular tele-seminars are on Thursdays at 8:30 p.m EST (5:30 PST). Bonus tele-seminars are held Tuesdays at the same time. (Rev 1-15-06)

(Week 1) Thurs., Jan. 5, 2006: "Tales of Two Ex-Sugar Addicts and Hypoglycemics, Who Now Devote Themselves to Help Others." With Connie Bennett and Roberta Ruggiero, founder of the Hypoglycemia Support Foundation.

(Week 2) Thurs., Jan. 12, 2006: "How to Kick-Start Your Kick-Sugar Program With the `One-Day Detox Diet.'"` Host Connie interviews Ann-Louise Gittleman, Ph.D., C.N.S., author of *The Fast Track One-Day Detox Diet* and *Get the Sugar Out*.

(Week 3) Thurs., Jan. 19, 2006: "Why Lick the Sugar Habit?" Interview with renowned sugar expert **Nancy Appleton, Ph.D.**, author of *Lick the Sugar Habit*.

Bonus Tele-Seminar # 1 – Tues., Jan. 24, 2006: "Letter-Write Your Way to Sugar Freedom." With Lisa Delman, author of *Dear Mom, I've Always Wanted You to Know: Daughters Share Letters From the Heart*.

(Week 4) Thurs., Jan. 26, 2006: "Learning the Fiction & Facts About Losing Weight on a Low-Carb Diet." With Jonny Bowden, M.A., C.N., C.N.S., author, *Living the Low Carb Life: Choosing the Diet that's Right for You from Atkins to Zone*

Bonus Tele-Seminar # 2 – Tues., Jan. 31: "Learn E.F.T. (Emotional Freedom Technique) to Conquer Cravings & Face Feelings" with certified EFT specialists/wellness coaches Salma Shamy and Rebecca Daniels.

(Week 5) Thurs., Feb. 2, 2006: "Become a "Savvy Sugar Sleuth" by Decoding Food Labels." (Also, "Supplements That Could Help Curb Sugar Cravings.") With host Connie Bennett and nutritionist Jill Vollmuth, B.S., C.N.C.

(Week 6) Thurs., Feb. 9, 2006: "Are Artificial Sweeteners Such as Splenda A Smart Way to Wean Off Sugar?" Interview with Janet Hull, Ph.D., nutritionist, toxicologist and author of *Splenda: Is It Safe or Not?* and *Sweet Poison*

(Week 7) Thurs., Feb. 16, 2006: "Revelations from an M.D.: How You Can Help Heal By Stopping Sweets." Interview with integrative medicine physician Fred Pescatore, M.D., author of *The Hamptons Diet*

(Week 8) Thurs., Feb/ 23, 2006: "February 23: "How Mindful Cybernetic Eating Can Curb Your Carb Habit" with Naras Bhat, M.D.

(Week 9) Thurs., March 2, 2006: "Use Movies to Mend & Master Your Sugar Addiction & Unhealthy Eating Habits." With psychotherapist Maria Grace, Ph.D., author of *Reel Fulfillment: A 12-Step Plan for Transforming Your Life through Movies*

Bonus Tele-Seminar # 3: Tues., March 7, 2006: "Tackle Stress Without Turning to Sweets." With integrative medicine physician/stress-management expert Jill Baron, M.D., P.C.

(Week 10) Thurs., March 9, 2006 (Name TBA and Possible Date Change): "How Being Sugarfree and Exercising Can Make You Youthful, Strong, Happy & Healthy – At Any Age" With A Renowned Fitness/Health Guru.
Bonus Call #4 (Date TBA): "You Can Make Your Kick-Sugar Dreams Happen." With a World Famous Motivational Speaker/Author.

To prepare for the tele-seminars, you may wish to buy the speakers' books at www.SugarShockBlog.com.