

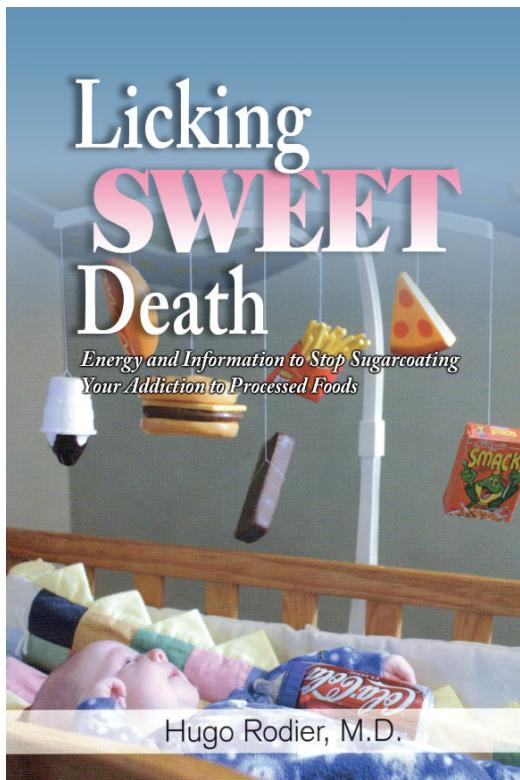
STRATEGIC BOOK GROUP

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FOR IMMEDIATE RELEASE

LICKING SWEET DEATH: ENERGY AND INFORMATION TO STOP SUGARCOATING YOUR ADDICTION TO PROCESSED FOODS



You don't have to be obese or diabetic to yearn for a body that works more efficiently, communicates more effectively, and promotes improved health and well-being. This life-changing book about human "energy and information" is a must-read for anyone who wants to reverse the effects of insulin resistance and improve overall fitness, vigor, and quality of life.

In *Licking Sweet Death*, author Hugo Rodier, M.D., expands our understanding of human frailties by explaining how the cellular membranes of our 50-100 trillion cells are "TOILING" daily with Toxicity, Oxidation, Inflammation, and Less than optimal mitochondrial function. Dr. Rodier offers us an intriguing and eye-opening account of how our delicate cell membranes, which at all times should remain soft and flexible, are becoming stiffer and less responsive due to the refined sugars, transhydrogenated fats, and highly processed proteins we ingest in the numerous sweetened and processed foods available to us every day. You will be transfixed and enriched as Dr. Rodier explains how optimal

cellular membrane function is central to providing our bodies with the energy and information they need to keep us hale, hearty, and productive. *Licking Sweet Death* is an indispensable book about the influences our diet and lifestyle have on our cellular communication, energy/information flow, and physical condition.

***Licking Sweet Death* (ISBN: 978-1-60860-475-3) will be available on June 29, 2010 for \$22.95 and can be ordered through the publisher's website:**

<http://www.strategicpublishinggroup.com/title/LickingSweetDeath.html>

Or at www.amazon.com or <http://search.barnesandnoble.com>

Wholesalers please email BookOrder@AEG-Online-Store.com

About the Author: Author Hugo Rodier, M.D., is an adjunct professor at the University of Utah College of Health. As a medical doctor, he was inspired to write *Licking Sweet Death* by his many patients in need of relief from chronic diseases. Several other books, nonfiction and fiction, are in the works.



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