

Triumph Over Tempting “Carb Crack”

Former Sugar-Addicted Journalist Helps Audiences Rebound After Relapse™

CONNIE BENNETT, CHHC

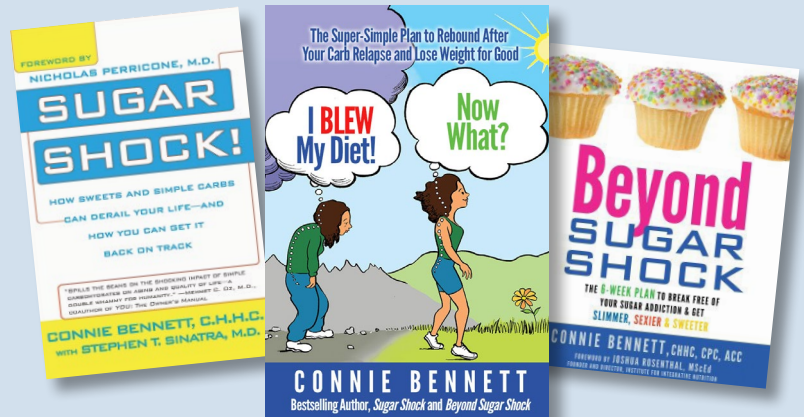
A pioneer in the sugar-education movement, Connie is author of the bestselling books, *Sugar Shock* (Berkley Books, 2006) and *Beyond Sugar Shock* (Hay House, 2012).

Connie was once a sugar-and-carbs-addicted journalist, who was enslaved like the audiences she now serves. But after reluctantly quitting sweets and processed carbohydrates on doctor’s orders, she became “reborn” and ate super-cleanly for 14 years.

But in 2012, after a grueling year helplessly watching her difficult, dying mother lose the battle to cancer, Connie got Crazy Cravings™ for *carbage* (carb garbage), did mindless Heartbreak Bingeing™, and gained 21 pounds.

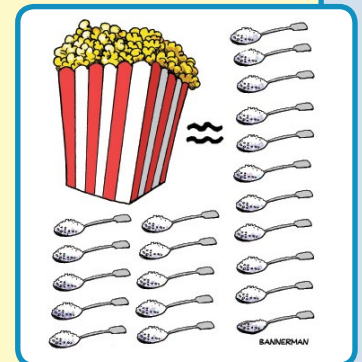
But her “huge failure” lit a journalistic fire under her. Fast forward five years. Connie now reveals her findings in her next book, *I Blew My Diet! Now What? The Super-Simple Plan to Rebound After Relapse, Kick Your Carb Addiction, and Lose Weight for Good.*

Connie is a frequent media guest “CBS News Sunday Morning,” “Oprah & Friends,” etc., motivating speaker, certified health coach, life coach, popular blogger, and host of the *I Blew My Diet!* Available for last-minute interviews.



HOT SEGMENT & STORY IDEAS

- **3 Easy Ways Heartbroken People Can Win the Battle of the Bulge:** Learn how to speed up healing after your divorce, the death of a loved one or other tough times. (Your audiences will love my Hum-Hug-Rock Relief Process™.)
- **The Big Popcorn Fallacy.** When you mindlessly chomp on lots of popcorn at the movies, you’re mainlining sugar. (Great visuals for TV.)
- **Add 5 Top Reasons You Blew Your Diet and 5 Ways to Ditch Your Excess Weight.**
- **Why is Only Sugar Getting the Bad Rap? Learn Why Processed Carbohydrates Have Been Called “Carb Crack.”**
- **Even If You Eat Well, You’re Probably Overdosing on Hidden Sugars.**
- **When 50 million people go on a diet each year, why do only 2.5 million (or 5 percent) succeed and 47.5 million fail?**



BOOK CONNIE TODAY

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TIME



Women'sHealth

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Chicago Tribune



ENTERTAINING SEGMENT & STORY IDEAS

- **How to Quickly Triumph Over Temptation in Our Fast-Food Culture:** 3 FEPP (Fast, Easy, Proven, Powerful) ways to push away popcorn and other tempting, sugary, salty, fatty junk foods. (Your audiences will learn the Handy-Cravings-Crushing Trick™ and How to Turn on The Willpower Switch™.)
- **5 Top Food-Label Misconceptions.**
- **What You Eat During the Day May Harm Your Work Performance and Even Your Love Life.**
- **Warning . . . “Innocent” Carbs Can Make You Depressed, Anxious, Unfocused, Fat and Worse.**
- **It’s Un-American NOT to Eat Apple Pie, Hot Dogs and French Fries, but Those Favorites Are Unhealthy.** Find out how being “patriotic” can shorten your life. (Fun for holidays.)



MEDIA KUDOS

“Connie is a phenomenal interview. . . . Personable with a capital ‘P’. [And] she is so easy to understand.”

—Bob Salter, WFAM, New York City

“Working with you was an absolute pleasure, and I am thrilled by the outcome of your interview. Not only were you informative, but you were captivating as well.”

—Michele M. Huber, Segment Producer, “Seeking Solutions with Suzanne”

“The lines were jammed for the entire show.”

—Niki Guluchi, Host, Page 2 Pantry, KPFK Radio, Los Angeles

“If anybody knows how to knock out that sweet tooth, it’s Connie! She has a great sense of humor about her experience with Sugar Shock, and [she] was a pleasure to work with.”

—Lauren DiSanto, Segment Producer, Your Morning, CN8

“What a great interview! ...The timing could not have been better with Halloween over and the upcoming holidays... My screener said they had well over 60 calls! The topic truly hit a cord with my listeners.”

—Mimi Stoneburner, Host, “Body Talk,” K-TIP Radio, Porterville, CA

