



The Cheese Trap: How Breaking a Surprising Addiction Will Help You Lose Weight, Gain Energy, and Get Healthy

Neal D Barnard

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New York Times bestselling author Dr. Neal Barnard reveals the shocking truth about cheese-the dangerous addiction that is harming your health-and presents a radical program to lose weight and feel great.

We've been told that dairy does a body good, but the truth is that cheese can be dangerous. Loaded with calories, fat, and cholesterol, cheese can make you gain weight and leads to a host of health problems like high blood pressure and arthritis. Worse, it contains mild opiates that make it addictive, triggering the same brain receptors as heroin and morphine. In *THE CHEESE TRAP*, Dr. Neal Barnard presents a comprehensive program to help readers break free of their cheese addiction so they can lose weight, boost energy, and improve their overall health. This easy-to-follow diet features a treasury of healthy recipes that will tame even the toughest cravings-from pizza, to lasagna, to ice cream and cheesecake.

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