



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

**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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