

**Interview Questions for Susan Neal regarding *7 Steps to Get Off Sugar and Carbohydrates***

**Have you struggled with health issues?**

**What are the statistics regarding the health of Americans?**

**Do you believe there are root causes when a person gets hooked on sugar and refined carbohydrates?**

**What exactly is a candida infection and how does a person know if they have one?**

**Tell us more about food addiction.**

**Are emotions and eating behaviors interrelated?**

**Why is wheat bad for us?**

**What inspired you to write *7 Steps to Get Off Sugar and Carbohydrates*?**

**How can a person change their mind-set to overcome poor eating habits?**

**What type of results can someone expect from getting off sugar and carbohydrates?**

**Can getting off sugar and carbs help prevent dementia and Alzheimer's?**

Her award-winning Healthy Living Series includes:

- *7 Steps to Get Off Sugar and Carbohydrates*
- *Christian Study Guide for 7 Steps to Get Off Sugar and Carbohydrates*
- *Healthy Living Journal* (awarded “2019 Best Inspirational Gift Book”)
- *Healthy Living Series: 3 Books in 1*

## Interview Questions for Susan Neal

Her latest publication is *Solving the Gluten Puzzle*. You can find Susan on [SusanUNeal.com](http://SusanUNeal.com).