



# Cut the Cheese: Quit Your Dairy Addiction to Transform Your Life

*Cathleen Woods*

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Quitting cheese is incredibly hard, not just because we enjoy the flavor and texture of the food, but because there is actually a type of morphine in the animal protein in cheese, casein. We crave it, we love it, and we think we cannot live without cheese.

We are literally addicted to cheese, and though most people assume cheese is a great source of calcium and would rather stay addicted to something they love so much, studies show that dairy products are linked to many illnesses, such as certain cancers, heart disease, diabetes, obesity, Parkinson's disease, multiple sclerosis, asthma, allergies, arthritis, and many others. Cheese is making us sick, fat, and lethargic.

Once you learn the tricks to quitting cheese, you'll lose weight, feel more energetic, and be free of the toxins that used to inhabit your body. Cut the Cheese is the guide to quitting cheese and feeling great.

If you can learn to make your favorite cheese dishes without cheese, the next time we have a craving for something cheesy, you can throw a few things together and end up with an awesome substitute.

My Top 12 Best Vegan Cheese Recipes include:

- Grilled White Bean Quesadillas
- Mushroom Spinach Lasagna
- Perfect Vegan Parmesan Cheese
- Nutritional Yeast Nacho Cheese Sauce
- Kwik Mac-N-Cheese
- Fancy Cashew Cheese for Crackers
- Classic Grilled Cheese Sandwiches
- Old-Fashioned Vegan Macaroni and Cheese
- Broccoli and Cheddar Soup
- Elegant French Onion Soup
- Vegan Fondu
- NY Style Vegan Cheesecake

The idea of having a cheese addiction may seem absurd, but once you read Cut the Cheese, you will see that most of us are in fact addicted to cheese, and you will feel amazing and free without it as well.



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