

## HOW TO REDUCE SUGAR WITHOUT LOSING YOUR MIND



Presented by Cheryl A Major, CNWC

## How To Reduce Sugar Without Losing Your Mind

If you are struggling with weight gain, difficulty losing weight, lack of energy, rising glucose levels, depression and digestive issues, it may very well have something to do with how much sugar you consume. Sugar is in almost everything you buy in a package or box, from your bacon to your milk...cookies to crackers.

The following information is designed to help guide you through the process of gradually cutting down on your sugar intake without losing your mind.

### 1. Why You Should Reduce Your Sugar Intake

While it is a standard joke among people to refer to themselves as a “sugar junky”, the reality is that it is really not that funny. Refined sugars are responsible for or contribute significantly to many medical issues. The average person in the United States consumes 22 to 30 teaspoons of the stuff each day. It would be so much healthier if they could drop the sugar, but what stands in way is that sugar is addictive!

The answer to the problem is to do a gradual reduction of sugar from your diet. A true sugar detox means that you drop all types of sugar from your diet for a specified length of time, but I’ve found that is really hard for people, and too often they quit or don’t even start. It’s from these results that this approach I’m now sharing with you was born.

First, you need to understand there is a difference between natural sugar and added sugar. Natural sugar, which is permitted, is contained in fruits and vegetables. Because you will consume them in their whole form, they are processed more slowly.

Added sugar by contrast is simple, not complex and will leave you consuming empty calories. Many times, refined sugar is added to other foods. Refined sugar may make you feel good in the short run, but this short burst of energy will be followed by a dip in energy.

The way this works is that this refined sugar is released into the bloodstream rapidly, causing a spike in blood sugar. As a result, there is an increase in insulin in the body. Then, the insulin knocks down the sugar level, and this low sugar level stimulates appetite. The cycle then repeats itself, and you will be left craving another dose of sugar.

If you lead a sedentary existence, added sugars will cause you to gain weight and may eventually lead to diabetes and/or heart disease among other chronic health conditions.

## **2. A Problem Addiction**

Some people claim addition to sugar is not a true addiction, however, research indicates it is. After you consume sugar, your body releases opioids and dopamine. Those substances stimulate you in a way not unlike the way addictive drugs do. Research also shows you can go through sugar withdrawal. While the withdrawal is not as severe as it is with a substance like heroin, it is still a real withdrawal effect.

As stated before, sugar can be responsible for various ailments. The fact is that one-third of our country is clinically obese. That is a serious problem. Diabetes is rampant, and even young children now are falling prey to the illness.

Other research also indicates that sugar is responsible for a myriad of health problems. It is implicated in more rapid aging and certain types of cognitive issues. Sugar has even been linked to some kinds of cancer. For all of these reasons, it is certainly smart for a person to be concerned about the sugar in their diet.

## **3. The Basics of Cutting Out Sugar**

The problem with having a sugar dependency is that the more that you indulge, the worse the problem becomes. Your cravings are bound to get worse. By making a plan to reduce your sugar intake, you can begin to reverse the hold sugar has on you.

One thing to watch out for is restaurant food. Restaurant food tends to be loaded with added sugars. Also, for the most part, restaurants do not provide nutritional information concerning their offerings. For this reason, you will be wise to do most of your own cooking and only eat out occasionally...at least for the short term.

For the best results, you will want to plan your meals out ahead of time. You don't want to be caught in a pinch with only processed food in the cupboard. The best thing to do is to plan things out on the Sunday at the beginning of the week. To keep things palatable for you and make up for the sweet taste you will no doubt miss, you will need to add some spice and variety to the foods on your list.

#### **4. What to Avoid on Your Sugar Reduction Journey**

You will want to stick to a healthy eating plan, consuming certain foods and avoiding others.

So, what foods do you need to avoid? The key is that you should avoid foods that have a high glycemic index. (Glycemic index is a ranking of foods based on their effect on blood sugar levels on a scale from 1 to 100.) Obviously, you will need to avoid sweets that are made with refined sugars. You need to remember that most processed foods contain a lot of added sugar.

The most common source of sugar in the American diet is that found in soft drinks and “energy drinks”. You basically should dump these drinks down the drain. They are totally worthless. You also need to remember that the term “energy drink” can be very deceptive. Energy drinks can be an even worse source of added sugars than soda!

Please realize that both kinds of drinks are harmful. The American Heart Association blames the deaths of many people on these types of drinks.

#### **5. Know Where Sugar Hides**

Many people are shocked when they learn about some of the hidden sources of added sugar in their diet. This is probably because these people are so used to really sweet things that they don't think that added sugars are present.

Some hidden sources of added sugar are the following:

- Salad dressing
- Sauces
- Granola bars
- Yogurt
- Oatmeal
- Cereals
- Canned fruit

You really need to look out for condiments. Most people don't know that ketchup is loaded with sugar. A sugary salad dressing can turn a healthy salad into a poor meal choice.

In addition, people are not aware of the fact that refined carbohydrates are really no different than sugar. Anything that is made from bleached white flour is to be avoided as it is rapidly converted to sugar in your body, often before you finishing chewing and swallow the food! It's a good idea to avoid corn and white potatoes during your new eating plan. They are starchy

and convert to sugar rapidly as well.

It is recommended that you avoid fruits with a high glycemic index. These include bananas, pineapple, and watermelon. Also avoid eating dried fruits as they are extremely high in concentrated sugar, and they may be prepared with added sugars.

### **Artificial Sweeteners – Avoid Them!**

Why should you avoid artificial sweeteners? Outside of the fact that they just are not healthy for you, there are other issues as well. *Artificial sweeteners are many times sweeter than sugar.* This can desensitize your taste buds to sweetness resulting in more intense sugar cravings.

Artificial sweeteners are known to increase your appetite, slow down your metabolism and can bring on a bout of depression if you have issues with that health challenge.

## **6. Foods You Are Encouraged to Eat**

### **Vegetables**

Emphasize vegetables that have a low glycemic index. Particularly good are dark leafy greens and cruciferous types of vegetables such as cauliflower and Brussels sprouts. You can prepare them roasted, sautéed or eat them raw.

### **Protein**

Emphasize plant-based proteins in your new lifestyle diet. Lentils are a wise choice, and seeds and nuts are a great snack. If you eat fish or animal protein, be sure to keep your serving to the size of a single deck of playing cards.

### **Healthy Fats**

Healthy fats include olives, avocados, seeds and nuts. These types of good fats are important in your diet. It also aids in slowing down the absorption of sugar into the bloodstream.

### **Whole Grains**

Emphasize whole grains on your diet plan. Focus on varieties like quinoa, wild rice, black rice, buckwheat, and millet.

## **Make it a Lifestyle**

Remember this isn't a short term detox we're talking about. It's a lifestyle change that will improve your overall health, both mental and physical and will help your body find its perfect weight. How does "no more dieting" sound?

## **Handling Withdrawal**

While the effects of reducing sugar are great for your health, if you are strongly dependent on sugar, you might even experience some headaches or other symptoms during this sugar reduction.

If you cut your supply of sugar, your energy levels may be affected. Experts recommend that you should nourish yourself with high-quality foods that can help fight that moodiness. One tip is to keep yourself satisfied. You should particularly emphasize foods that are rich in healthy fats.

Drink lots of water. Staying properly hydrated can aid in staving off fatigue and headaches. Add a piece of lemon, lime or freshly sliced orange to your water to make it more interesting and give you more variety.

One important thing to remember is that much of the withdrawal you may feel might be psychological. To counteract this feeling, you should treat yourself to foods that you appreciate and that satisfy you.

Getting sugar out of your life is a great way to reset your body to a healthier state that will ward off illness and keep you trim. While there are arguments among researchers about just how toxic added sugar can be, everyone agrees that added sugar is just empty calories. It is definitely an improvement to your diet to dump the sugar and emphasize nutritious foods.

All this should get you started in a new direction and with a new attitude about sugar, what it does and how to begin to control it rather than allow it to control you.

If you need direction, motivation and a cheering section, I encourage you to check out my course, "[Crack Your Sugar Habit](http://CrackYourSugarHabit.com)"! It is now available as a home study course, and you will have access to it for two years. You will also be included in any additional sessions and calls. At only \$25.00, it's a steal that can change your life and your health!

It's getting rave reviews from those who attended live and you can now learn with us in your own time. <http://CrackYourSugarHabit.com>

Join our community of people dedicated to learning about sugar, what it does and how to manage, reduce it and get it off your plate!



## Crack Your Sugar Habit!

with Cheryl A Major



Helping You Achieve Major Wellness!

*Cheryl A Major*