



THE WHITE STUFF

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HEALTHY EASTER BASKET

- Sugar free candy
- Fun pads
- Coloring books
- Puzzles
- Stuffed animals
- Story books
- Watercolor sets
- Small toys
- Hair ribbons
- Barrettes
- Cars and trucks
- Action figures
- CD
- DVD
- Video games
- Bubbles
- Balls

The average American consumes 150 pounds of sugar a year. Most consumers are so addicted to sugar that they will deny their addictions in the same way that a crack or heroin addict might. And yet, when it comes down to it, sugar controls our behavior.

Sugar comes disguised as many things, including sucrose, dextrose or glucose, corn syrup, high-fructose corn syrup, fructose, maltose, barley malt, mannitol, sorbitol, corn sweetener, evaporated or crystallized cane juice and fruit juice concentrate.

Sugar addiction is a silent killer. Over the years it slowly destroys organs and systems in the body that eventually lead to a variety

of debilitating health conditions, like heart disease, diabetes type II, depression, chronic fatigue, attention deficit, anxiety disorders, chronic headaches, hyperactivity, obesity, hypoglycemia, adrenal fatigue, weakened immune system, nutritional deficiencies and many more.

White refined sugar has a chemical make up that is almost identical to alcohol. It triggers the neurotransmitters in the reward pathway of the brain, that are responsible for addictive behavior, in the same manner as alcohol and drugs. Over time as sugar is continually ingested, tolerance builds and more sugar is needed to achieve the same effects. Eventually this leads to

complete dependence on sugar to get through the day. Unfortunately, for the sugar addict there is no sugar addiction treatment center.

Suggestions to help stop the sugar habit :

- Clean cabinets of tempting high sugar snacks
- Change your grocery habits and buy healthy, low sugar items
- Cut back sugar in your drinks
- Increase your protein intake
- Get enough sleep
- Brush your teeth when a sugar craving hits
- Realize it will take time to overcome cravings

Kick the Sugar Habit

Tips to get you started:

- Know all the sneaky names for sugar
- Eat fruit
- Avoid artificial sweeteners (just a crutch)
- Eliminate the white stuff (flour, rice, potatoes)
- Avoid juice
- Try stevia (herb)
- Learn to use honey
- Limit alcohol
- Bring low sugar dessert to share
- Keep it out of house
- Eat sweet potatoes, red potatoes, and brown rice with meals
- If you must eat sweets, eat them after meals

Sugar is a hard habit to kick. Cravings will lessen with time. The longer sugar is out of your diet the easier it gets.
