



Live Your Perfect Weight

Weekly Insight

June 30, 2009

## SUGAR ADDICTION

***“He who has health has hope. And he who has hope has everything.” -Arabian Proverb-***

In my e-book “Live Your Perfect Weight”, there is a chapter about the effects of sugar on your health. As Americans, we eat too much sugar and of course the bad thing is that not only is sugar added to just about everything, it is the bad type of sugar, corn syrup and high fructose corn syrup.

One of the things I mention in my book is the effects of sugar on your hormones and how it contributes to weight gain. I want you to know how important it is to get off the sugar habit. The dramatic rise in diabetes started with the introduction of corn sweeteners back in the ‘70s, and has continued to rise as this sweetener continues to be added to many processed foods.

One of sugar’s major drawbacks is that it raises the insulin level, which inhibits the release of growth hormones, which in turn depresses the immune system. This is something you do not want to happen if you want to stay healthy and avoid disease, weight gain and a host of other health challenges. Besides weight gain it elevates triglyceride levels which have been linked to cardiovascular disease.

It doesn’t matter what disease we are talking about, whether it is a common cold, cardiovascular disease, cancer, osteoporosis, diabetes etc., the root is always going to be at the cellular and molecular level and more often than not insulin is going to play a major role in controlling it.

Sugar can aggravate asthma, provoke personality changes, cause mood swings and depression, nourish nervous disorders, deliver diabetes, speed up heart disease, grow gallstones, weaken the immune system, cause arthritis, cause hormone imbalance and cause weight gain. And yet, knowing this, we continue to increase our daily and annual intake of sugar, in its many and diverse forms.

Did you know that sugar is addictive? The more you eat, the more you want, which is why when you start to eat something sweet, you end up eating the whole thing and feel bloated, light headed etc., but not really satisfied. There is no food value to sugar, especially simple sugars as there are no minerals or vitamins in them. Sugar just messes your body up, making your hormones go out whack and causes dis-ease in the body, including hormone imbalance and

weight gain. Hormone imbalance and weight gain then lead to other diseases in the body and you are left with poor health.

Eating fruits and vegetables will give you the “natural” sugar that your body knows how to process as you do need some sugar for the body to do its job. Fruits and vegetables also give you fiber for proper elimination so that you can naturally cleanse the body of toxic waste.

When you drink juice, try to add a lot of crushed ice or mix it half and half with water so that you are getting your water intake and not so much sugar. Read labels and make sure there is no added sugar and that it is indeed 100% natural fruit juice.

I hope you realize how important it is to get off all the sugary soda drinks. But don't think that if they say “sugar free” that they are healthy, because the sugar substitutes are also not healthy.

Those of you that are wine drinkers also need to pay attention to your sugar intake, and I know you are going to say, “wait it contains “resveratrol, anti-oxidants and flavonoids” which is true. But purple and red grape juice also contains those good substances, without the alcohol which can harden your arteries. But since my article is on sugar, I just want you to read the labels and watch your sugar intake.

If you pay attention to the sugar content in what you are consuming in liquids and foods you will be able to cut your intake quite easily and get your body healthy so it will perform at its optimum level.

In my e-book “Live Your Perfect Weight” I mention some supplements that help in order to cut back on your sugar intake, but I just want to remind you of two “helps” that will get you off the sugar addiction. One is L-Glutamine and the other is Hoodia, both help control sugar cravings. Hoodia comes in a tablet but it also comes in a mint that you can suck on. L-Glutamine is in a gel cap and within 10-15 minutes after taking it, it will stop any sugar craving dead in its tracks.

You can get in-depth information about the sugar problem, and how it affects your hormones, in my e-book “Live Your Perfect Weight”, plus additional ways to avoid weight gain, lose weight, keep your hormones in balance, and enjoy a life of great health. Here is a link where you can also get a wealth of information:

<http://www.healingdaily.com/detoxification-diet/sugar.htm>

*“You must do the thing you think you cannot do.” -Eleanor Roosevelt*

Till Next Time,

Rosemary Evans

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[www.LiveYourPerfectWeight.com](http://www.LiveYourPerfectWeight.com)