

Sugar. It feeds inflammation in the cells and suppresses the immune system. It is truly the silent killer and yet it is everywhere. Often we are not even aware of our daily consumption because it is hidden in so many foods.

It is said that sugar is eight times more addictive than cocaine! It's no surprise then that sugar cravings are very common. How often does your child have some crackers for a snack and then comes racing back for another snack?

Sugar can sneak into our diet through “whole grain” crackers, wheat bread, wraps, sauces, salad dressings, processed snack, and protein bars. Did you know the average child consumes up to 5 lbs of sugar a month and adults up to 3 lbs in a week! When you really start to look at ingredients in your food, refined sugar adds up quickly over the course of a day and then a month.

Why is it so important to reduce added sugar? In addition to feeding inflammation in the cells and suppressing immunity, sugar can also:

- Lead to gastrointestinal problems (i.e. constipation, bloating, IBS)
- Lead to diabetes
- Disrupt sleep
- Cause hormone imbalances
- Interfere with the absorption of protein
- Cause food allergies
- Hamper weight loss
- Increase cholesterol
- Accelerate the aging process
- Increase anxiety and make you moody
- Complicate ADD, ADHD, and spectrum-related issues
- Weaken eyesight
- Increase the risk of cancer

What is the difference between naturally occurring sugars and refined sugar?

Sugar occurs naturally in all foods, and when in its most natural state contains vitamins and minerals. Great examples of foods that contain sugars in its natural state are: bananas, pineapple, raw honey, real maple syrup, coconut, and dates.

All carbohydrates contain sugar, but they are processed differently. A SIMPLE carbohydrate (like white flour) contains highly processed and refined sugars with few vitamins and minerals – these are short chains of sugar that enter the bloodstream and cause a rapid increase in blood sugar. Complex carbohydrates are high fiber foods, which help stabilize the blood sugar and help satisfy you, and keep you fuller longer.

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This is not intended to diagnose, treat, cure, or prevent any disease.

Did you know there are 60 names of sugar? Now that you have the knowledge about what sugar is doing in the body, we challenge you to go to the pantry or the grocery store and see how many of these names you see in the list of ingredients that you commonly buy.

60 NAMES FOR SUGAR

Agave Nectar	Glucose
Amasake	Glucose Solids
Apple Sugar	Golden Sugar
Banana Sugar	Golden Syrup
Barbados Sugar	Grape Sugar
Barley Malt	High-Fructose Corn Syrup
Beet Sugar	Honey
Black Strap Molasses	Icing Sugar
Brown Sugar	Invert Sugar
Buttered Syrup	Locust Bean
Cane Juice Crystals	Gum Lactose
Cane Sugar	Maltodextrin
Caramel	Maltose
Carbitol	Malt Syrup
Corn Syrup	Mannose
Corn Syrup solids	Maple Syrup
Confectioner's Sugar	Molasses
Carob Syrup	Muscovado Sugar
Castor Sugar	Panocha
Date Sugar	Raw Sugar
Demerara Sugar	Refiner's Syrup
Dextran	Rice Syrup
Dextrose	Sorbitol
Diastatic Malt	Sorghum Syrup
Diatase	Sucrose
Ethyl Maltol	Sugar
Fructose	Treacle
Fruit Juice	Turbinado Sugar
Fruit Juice Concentrate	Yellow Sugar
Galactose	Xanthan Gum

Please note that sugar substitutes, like Sweet'N Low, have the same effects on blood sugar and contain toxins as well, so are to be avoided. (Yes, this means no diet sodas and gum!)

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HOW TO ADD SWEETNESS IN YOUR LIFE WITH NON-SUGARY FOODS:

Finding the power to just say no to a sugary treat that will disrupt sleep, leads to toxicity, and metabolism issues has to come from a deeper place. Find your reason for Why. Make sure you are prepping and planning for your success during this program and after. You are worth not feeling tied to sugar or a cup of caffeine or a piece of candy or chocolate.

- Protein balls. Recipes found on www.thewholetulip.com.
- Low-glycemic fruits such as green apples, berries and grapefruit
- Smoothies made with natural low-glycemic fruits
- Baked apples with cinnamon
- Celery sticks with a nut or seed butter (check for added sugar!) and cinnamon
- Pumpkin seeds sautéed in coconut oil and cinnamon
- Avocado and raw cacao chocolate mousse
- Walnuts and homemade applesauce with cinnamon
- Non-dairy or plain greek yogurt with cinnamon
- Baked root vegetables with cinnamon
- Shredded coconut with pumpkin seeds and raw cacao nibs
- Trail mix made with raw nuts, seeds, raisins, goji berries and shredded coconut
- A piece of raw dark chocolate sweetened with coconut palm or stevia
- A cup of tea with stevia
- Veggies sticks (carrots and red peppers) with pumpkin seed dip

TIPS TO BEATING SUGAR CRAVINGS

1. Make sure you are eating regularly throughout the day. Often we go too long and our bodies go into starvation mode and we crave sugar.
2. Adding cinnamon, nutmeg, cardamom, or cloves to your meals or smoothies to naturally sweeten your food
3. Consuming more clean protein to balance blood sugar
4. Eating foods high in B vitamins, such as:
 - o Grass-fed meats (preferably organic)
 - o Fish such as salmon or sardines
 - o Pasture raised or Cage-free eggs
 - o Leafy greens and vegetables such as kale, asparagus, and spinach
 - o Lentils
5. Make sure you are getting enough healthy fats—coconut oil, avocado, ultra premium olive oil and seeds, for example.
6. Exercising and relaxing—often we reach for sweet treats when we're feeling stressed.

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