

Natural & Organic Solutions

PRESENTS



WINNING TACTICS FOR BREAKING THE SUGAR HABIT

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Introduction

Are you along with many other adults, trying to limit your intake of sugar? A [2013 health and food survey by the International Food Information Council](#) found that **75% of Americans** want to cut down on their sugar consumption.

However, wanting to do it and actually doing it are two different ball games. The reason for that begins in the biological reality of our infancy.

Our **first food**, breast milk or its substitutes, **was sweet**. So, not only do we develop a **biological desire for the sweet taste**, we also **emotionally equate sweet foods** with a period of being nurtured, safe and secure.

This developed taste is bolstered with social celebrations such as our first birthday cakes and sweets as treats, rewards or bribes for good behavior.

This taste is shored up once we reach the work place with sweets in the company kitchen as treats for employees. We may reinforce it ourselves at home with desserts after every dinner or a nightly glass of wine (having convinced ourselves that it is healthy for us), which by the way some nutritionists label as the adult substitute for sugar.

In addition to all of the above factors, the desire to curtail your intake has been made even more difficult in that it seems like **sugar, in one form or another, is in everything on food store shelves**. Our society has become so flooded with sugar in recent decades that it is no easy task to find prepared foods without some form of added sugar in them.

If you begin to read labels, you will soon see how many of them have some kind of "ose" ingredient or another ingredient listed which belongs in the sugar group.

The reality is that sugar consumption in the United States has grown exponentially. When **all forms of sugars**, including added sugars in foods, are taken into account, the **average American eats 28 teaspoons of sugar daily** which works out to **90 pounds of sugar a year**.

However, the sugar explosion is **not** just in the U.S. The worldwide consumption of **added sugar has tripled over the last 50 years as well**. Significantly, as the rate of sugar consumption has grown [so has the domestic and global level of obesity, especially in children](#).



All said, that kind of increase is quite a bit sugar for our biological systems to handle. They actually don't, as we shall see.

As noted in the book [Natural Alternatives to Sugar](#) by Marilyn Glenville, **before the 20th century** it is unlikely we would have eaten any more than **a teaspoon of sugar, per head, per year!**

Today we **average 28 teaspoons a day**. That jump in sugar intake is having quite a negative impact on human health all over the planet in return.

The combined influence of all of this is to make it very difficult to control and limit our intake of sugars.

The goal of this report is to help you do just that. As you may already know, refined sugars are not contributing to your good health over the long haul.

Inside this report is an introduction to what **you** can do to break **your** sugar habit, **restore yourself** to a healthier state and **probably lose some weight** in the process since sugar is a culprit in that growing issue as well.

What Is in the Sugar Group?

When we refer to sugars, we are not referring to any sugar, but generally refined, concentrated sugars such as the most common ones sucrose (refined white or brown sugar) and more recently high fructose corn syrup (HFCS). There are others which are included on food labels that many people are unaware of such as the ones on the label list below.

The graphic shown here provides a list of aliases for added sugar which you may find on a label. The higher up the list that they appear, the more added sugar there is in the product.

Carbs also have a sugar in them called glucose. However, we do not typically consume that in a refined and concentrated form.

The Big Two - Sucrose and Fructose

Most people think of sugar as those white crystals of sucrose. However, sucrose is not typically consumed as white or brown sugar but rather is generally blended into the food we are eating.

The **two main sources of sucrose are sugar cane and sugar beets** (55% of the U.S. sugar produced).

Another primary source of concentrated sugar is fructose. It is primarily consumed these days in the form of **high fructose corn syrup (HFCS)**. It too is generally blended into the food we are eating. The primary source of fructose is corn which is a highly government subsidized crop with a large amount of excess.

Corn growers in the 70's discovered that one way to use up this excess was to convert it into HFCS. The supply being high (because of government subsidies), the cost of HFCS was low. As a convenient liquid, it began to appear in a great many products. Look for it today and you will easily locate it on the ingredient list in quite a few prepared foods.

The Sugar Habit/Addiction

Could it be that sugar or simply the intake of sweetened substances is an addictive behavior? Most of us think of drugs when we think of addictive substances. Could sugar qualify as a drug as well?

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients: Dextrose, fructose, honey, invert sugar, raw sugar, malt syrup, rice syrup, sucrose, xylose, molasses, corn sweetener, fruit juice concentrate, high-fructose corn syrup, brown sugar, corn syrup, glucose, lactose, maltose, sucrose, evaporated cane juice, agave nectar, cane crystals, cane sugar, crystalline fructose, barley malt, beet sugar, caramel.



[Pharmacologists define a drug as](#) a **chemical** that in its **concentrated nature interacts with proteins in the body to produce an action that affects a physiological function.**

The physiological impact of highly refined isolated sugars actually has more in common with what we consider a drug than they do a food- particularly a whole, natural food.

As a food, they contribute very few- if any - nutrients to our bodies. In truth, added sources of concentrated sugars are a **non-essential part** of our diets.

As noted in the introduction, they satisfy an acquired taste and emotional need but they also produce a **short-lived stimulant spike in blood sugar**- an action which can become addictive.

In fact, concentrated sugars act almost like a drug in the body. We'll take a look at how this is so below.

AMERICANS CONSUME 10 TIMES MORE SUGAR THAN OTHER FOOD ADDITIVES [BESIDES SALT]

REFINED SUGAR HAS NO NUTRITIONAL VALUE.

REFINED SUGAR IS LINKED TO:

OBESITY	NERVOUS TENSION
HYPERTENSION	ACHING LIMBS
HIGH BLOOD PRESSURE	DIABETES
HYPOGLYCEMIA	ACNE
DEPRESSION	SKIN IRRITATION
HEADACHES	STIFFENING OF ARTERIES
FATIGUE	VIOLENT BEHAVIOR

0 VITAMINS
0 MINERALS
0 ENZYMES
0 FIBER

ACCORDING TO BRAIN SCANS,

Sugar IS AS **ADDICTIVE** AS *Cocaine*

The syndrome model of addiction suggests that there is one addiction that is connected with multiple addictions. The object of addiction can be nearly anything. It is the subjective experience one is addicted to not the object of the addiction.

Under that model, sugar's response in our bodies certainly qualifies as a potentially addictive experience since its impact is not benign nor small- and often impulsive. People freely describe themselves for example as chocoholics acknowledging that chocolate is the object of their addiction.

However, beside the taste, if chocolate did not also produce a pleasurable feeling, we would likely not find it to be an addicting experience. We'll look at that part in a bit more detail in the next section.

What we have to be careful of, whether added sugars act like a drug or not, is our food habits -which is to say what we eat regularly. These habits can lead to obesity and other health issues such as diabetes, high blood pressure and even cancer which we'll also look at in more detail further along in this report.

Too often, when people think about their health as it relates to food, they don't give refined sugar the place that it deserves in the overall consideration for producing good health.

Whether or not you are concerned about yourself or a family member as having an addiction to sugar, there are some important side effects to be aware of with regards to the impact sugar has on the human body. There are more than are covered in this report but let's consider a few which impinge upon our overall health.

The Brain on Sugar

The first thing to know about sugar is how the brain is impacted by it. The **brain in its resting state receives 16% of our volume of blood, ten times more than muscle at rest**. Thus, it stands to reason that any substance that enters the blood stream will have an impact upon the functioning of the brain.

A primary impact of sugar on the brain is that sugar causes your brain to generate a large **release of dopamine**. Dopamine is associated with reward or pleasure. [Put into scientific terms:](#)

Dopamine signals the perceived motivational prominence (i.e., the desirability or aversiveness) of an outcome, which in turn propels the organism's behavior toward or away from achieving that outcome.

In layman's terms, if something generates **the release of dopamine, it generally produces a good feeling** in us. One can begin to see how that would contribute to addiction at least on a psychological level since **sugars tend to generate the release of dopamine in our brains**.

Downside to Dopamine and Sugars

For dopamine to have an impact it must use receptors and regulators in your brain. When large amounts of dopamine are generated through the intake of refined sugar, released often, these regulators **become dulled through over use**.



What this means on a practical level is that it takes more and more sugar to get the same initial feeling. Whereas a small cupcake may have been enough for you initially, over time it will take two or more to get the same feeling.

Gary Taubes in his book, [The Case Against Sugar](#) writes about children and sugar as follows after noting that while it may not lead to short-term staggering or dizziness, it nevertheless has a long term impact:

It (sugar) calms their distress, eases their pain, focuses their attention, and then leaves them excited and full of joy until the dose wears off. The only downside is that children will come to expect another dose, perhaps demand it, on a regular basis. [The Case Against Sugar](#)- page 31

Sugar Energy

We are also encouraged to believe that sugar generates energy. However, the truth is that it is **false energy**. Yes, initially sugar gives your body a rush which allows the consumer to get a small boost by **spiking the blood sugar level**, but it **quickly subsides**.

When we take concentrated sugars, the body compensates for the elevated levels of blood sugar to lower them to a more even rate in the bloodstream. So, **after the initial rush** of energy, you have what is known as a **sugar crash** as the pancreas releases [insulin](#) to lower the high level of blood sugar.

However, **since the level was alarmingly high**, the **compensation level is high** as well. **Blood sugar falls below normal** in response producing the **sugar crash**. This crash can leave you feeling tired or light headed and lead to headaches, even to the migraine level.

This can also cause the person to seek more sugar to once again stimulate a short-term spike in energy, increasing their dependence on it as an energy source.

Eventually, the pancreatic glands which secrete insulin get so over used that they wear out leading to blood sugar diseases like **hypoglycemia** and even **adult onset of diabetes**.



Nutritional Deficits

Another side effect of relying on sugar as an energy source is that you end up short changing your overall nutritional needs. It produces short term energy but it contributes nothing to your nutritional stores.

In the case of sucrose, there are no fats or proteins in sugar. No amino acids to build needed proteins including neurotransmitters, enzymes and more. No vitamins. No minerals. [Nothing but pure carbohydrate in a simple form](#) requiring nearly no digestion (like a drug) to be used to spike our blood sugar.

Other [concentrated sugar sources such as HFCS](#) do not fare much better with almost no nutrients as well.

So, if you are relying on concentrated sugars as an energy source, you are playing Russian roulette with your health and eventually the chamber will not come up empty.

NUTRITION INFORMATION		
Amounts per 1 serving packet (3g)		
Calorie Information		
Amounts Per Selected Serving		%DV
Calories	10.6 (44.4 kJ)	1%
From Carbohydrate	10.6 (44.4 kJ)	
From Fat	0.0 (0.0 kJ)	
From Protein	0.0 (0.0 kJ)	
From Alcohol	0.0 (0.0 kJ)	
Carbohydrates		
Amounts Per Selected Serving		%DV
Total Carbohydrate	2.7 g	1%
Dietary Fiber	0.0 g	0%
Starch	~	
Sugars	2.7 g	
Fats & Fatty Acids		
Amounts Per Selected Serving		%DV
Total Fat	0.0 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	0.0 g	
Total trans-monoenoic fatty acids	0.0 g	
Total trans-polyenoic fatty acids	0.0 g	
Total Omega-3 fatty acids	0.0 mg	
Total Omega-6 fatty acids	0.0 mg	
<small>Learn more about these fatty acids and their equivalent names</small>		
Protein & Amino Acids		
Amounts Per Selected Serving		%DV
Protein	0.0 g	0%
Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Vitamin C	0.0 mg	0%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	0.0 mcg	0%
Thiamin	0.0 mg	0%
Riboflavin	0.0 mg	0%
Niacin	0.0 mg	0%
Vitamin B6	0.0 mg	0%
Folate	0.0 mcg	0%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.0 mg	0%
Choline	0.0 mg	
Betaine	~	
Minerals		
Amounts Per Selected Serving		%DV
Calcium	0.0 mg	0%
Iron	0.0 mg	0%
Magnesium	0.0 mg	0%
Phosphorus	0.0 mg	0%
Potassium	0.1 mg	0%
Sodium	0.0 mg	0%
Zinc	0.0 mg	0%
Copper	0.0 mg	0%
Manganese	0.0 mg	0%
Selenium	0.0 mcg	0%
Fluoride	0.0 mcg	

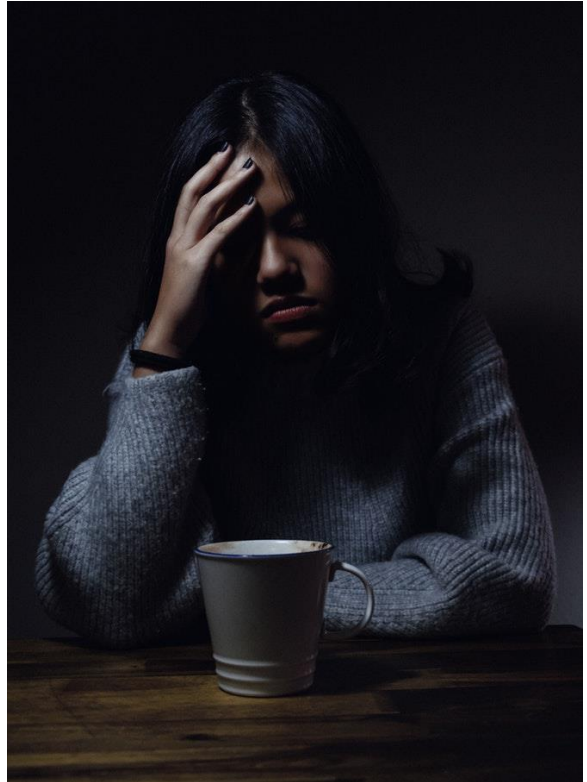
Additional Side Effects

Migraines

As discussed above, your dopamine regulators become dulled over time. This means that you also lose the ability to feel the full effects of how sugar is having an impact on your system. You don't notice that it also means that more and more sugar is needed over time to produce more energy.

However, **sugar also produces inflammation** in the body. Since the **brain** uses a lot of blood, it too **experiences inflammation**. When you do not have the amounts of sugar your body has now become used to, the brain cells begin to contract from outside in.

The nerves being more internal are still inflamed. When the **outer tissue contracts** it **presses upon still inflamed nerves in the brain**. The **result** is a **feeling of pain experienced as a headache**. Dull at first and tamped down with milder over the counter drugs, if you continue to take sugars which produce the inflammation, you eventually will likely progress to the migraine headache stage. You may reach a point where nothing works, even the most intensive drugs.



If you already get **headaches** regularly or have serious migraines, **sugar may be a culprit** and contribute to them getting worse over time. Take a serious look at markedly curtailing your sugar intake.

Hypertension

Hypertension is a **more serious side effect** of the sugar addiction. This danger refers to the increased amount of high blood pressure in the system.

As [noted by Health Central](#):

In a review article published online in 2015 in the journal Open Heart, researchers culled interventional and epidemiological studies and came up with an eye-opening conclusion: **Excessive amounts of sugar, not salt**, may be more strongly and directly linked to hypertension and the risk of developing cardiovascular problems.

High blood pressure often leads to heart attacks, strokes, and circulation issues throughout the body. It also causes your blood vessels to become smaller and narrower which affects your entire body and the blood flow through it.

Reducing or eliminating sugar, will reduce your risks and help you avoid these cardio-vascular dangers.

Metabolic Issues

Another danger includes **fat deposits in your cells** which can cause problems with **obesity** and problems with the way cells function in your body.

A side effect of the over stimulation of **insulin** mentioned above is that it also **signals the body to take up fat and hold it in the cells**. This can not only lead to obesity but also interfere with normal metabolism of fat leading to excessive fat deposits in the blood making circulation and blood flow difficult, especially with the hypertension dangers mentioned above that may already be present.

Dental Health

Dental health- an expensive side effect of sugar intake as well. For years dentists have told us to reduce sugar intake to reduce cavities. That is because **sugar creates an acidic condition** in your body.

To **neutralize** these acids and restore our Ph to a more normal level, the **body will use minerals**. The largest mineral source in the body is calcium, heavily used in the brain and nervous system and the bones- including the teeth.

Thus, our teeth become more porous, so to speak, as they lose calcium. The acids in the bloodstream generate more bacteria which help erode our tooth enamel contributing to decay and abscesses. In case you may have not have noticed, this is not only painful and inconvenient, it is quite costly.

That cheap sugar shot ends up becoming much more costly than it appeared in the long run.

These are not all of the side effects of sugar. There are more but that should raise some alarms making you want to change up the diet in return. We'll cover that next.

This infographic lists a number of the toxic effects which have been related to sugars:

SUGAR TOXIC EFFECTS

Sugar increases risk of: Osteoporosis, Alzheimer's, Diabetes & Hypoglycemia, Gallstones & Kidney stones, Coronary heart disease, Asthma, Arthritis, Cancer, Appendicitis, Crohn's disease & Ulcerative colitis, Emphysema, Atherosclerosis, Headaches & migraines, Candida (yeast infection), Fatty Liver...

- Speeds up aging process
- Suppresses immunity
- Disturbs mineral balance
- Raises cholesterol & triglyceride
- Tooth decay & periodontal disease
- Weakens eyesight
- Causes acne
- Weight gain
- Obesity (insulin resistance)
- Malnutrition (obesity)
- Hyperactivity
- Hypertension (high blood pressure)
- Depression & anxiety
- Causes hormonal imbalances
- Decreases growth hormone
- Constipation
- Fluid retention
- Dependency



As you can see there is quite a list of negative health impacts related to sugar intake.

Sugars and Children

One brief point about children and concentrated sugars, before moving to the suggestion section.

If you have children, keep in mind that the impacts listed are greater on their still developing systems. With these known effects on adult health, one doesn't need to be a scientist to understand the greater impact they will have on the developing bodies and brains of children.

If you have concerns about the long-term health of your children, don't feel guilty about curtailing or substituting healthier alternatives for their intake of concentrated sources of sugar. You are helping them, not depriving them. They will reward themselves and yourself later with a healthier adult state of health, even if they don't fully appreciate it now.



Suggestions on Taming Your Sugar Habit

The following suggestions will help you to begin to tame your intake of sugars. To gain a little perspective let's look at daily recommendations and the relationship of calories to grams which will help you understand nutritional labels with a bit more clarity.

Daily Recommendations

A [15 year study published in JAMA Internal Medicine](#) on added sugar found that those who consumed **25% or more of their daily calories as sugar** were more than **2x as likely to die from heart disease** as those whose diets included less than **10% added sugar**.

From studies such as this, health authorities such as [Kimber Stanhope, PhD., R.D.](#) research nutritional biologist at U.C. Davis, recommend getting **10% or less of your calories from added sugars**. On a typical **1600 calorie intake**, this amounts to about **40 grams of added sugar daily**.

The **American Heart Association (AHA)** Daily Recommendations are even lower with:

- **Woman - 6 teaspoons daily (25 grams)**
- **Men- 9 teaspoons daily (38 grams)**

All of which I believe are still too much, but places grams and calories in perspective for starters. Below are some tactics to help you break your sugar habit:

Look for Hidden Sources of Sugar

The first thing to be aware of is where you are getting your entire sugar intake from. You can be working towards a healthy diet. clean eating and more exercise but still be getting more sugar than you think.

The reality is there probably are a few **hidden sources of sugar** you may be missing. Let's look at a few, while also considering what steps you can take to remove them from your daily diet.

	Calories	Sugar (g)	Teaspoons
■ Starbucks caramel Frappuccino with whipped cream and skimmed milk (Tall)	273	44.3	11
■ Coca-Cola Original (330ml)	139	35.0	9
■ Pepsi Regular (330ml)	142	35.0	9
■ Mars Bar (51g)	230	30.4	8
■ Pret a Manger Very Berry Latte with milk (295g)	145	26.9	7
■ Muller Crunch Corner Strawberry Shortcake Yogurt (135g)	212	23.6	6
■ Sharwood's Sweet & Sour Chicken With Rice (375g)	420	22.1	6
■ Cadbury Hot Drinking Chocolate with semi-skimmed milk (200ml)	160	22.1	6
■ Yao Valley Family Farm 0% Fat Vanilla Yogurt (150g)	120	20.9	5
■ Solero Exotic Ice Cream (88ml)	94	17.0	4
■ Kellogg's Frosties with semi-skimmed milk (30g)	172	17.0	4
■ Butterkist Toffee Popcorn (25g)	105	16.5	4
■ Glaceau Vitamin Water, Defence (500ml)	65	15.0	4
■ Heinz Classic Tomato Soup (300g)	171	14.9	4
■ Ragu Tomato & Basil Pasta Sauce (200g)	80	13.8	3
■ Kellogg's Nutri-Grain Crunchy Oat Granola Cinnamon Bars (40g)	186	9.0	2
■ Pot Noodle Curry King Pot (114g)	507	7.6	2
■ Heinz Tomato Ketchup (15ml)	18	4.0	1
■ Heinz Salad Cream (15ml)	50	2.6	0.7
■ Hovis Soft White Bread Medium (40g)	93	1.4	0.4

Amounts of sugar - both added and natural - per portion, Source: Action on Sugar

Coffee and Tea

You may not think about coffee or tea when you think about **hidden sugars** in your diet. After all, coffee and tea does not contain sugar. The problem is we have become habituated to adding it without considering it in our overall daily sugar intake total.

This added sugar totals up, particularly with more than one cup of coffee a day.

Those **specialty coffee drinks** (like the Starbucks Frappuccino) may have **much larger amounts of sugar** than you think as well. Even though you can request the nutrition facts, there may be artificial flavors that have sugar in them that are **not listed** separately.

Have you ever thought of drinking your coffee black or substituting green or herbal teas in its place?



Train yourself to not add sugar to tea or coffee. Instead, **buy organic varieties.** Learn to enjoy the subtleties of the different flavors from different varieties by drinking them without sugar.

It may be a bit of effort to transition, but in a shorter time than you think, you will not miss that added sweet jolt. You will likely even enjoy your coffee and tea more in the long run.

Juices

You may think that you are being healthy by picking up a juice instead of a soft drink. The truth about bottled juices is that **many of them do not contain real juice.**

Most of them contain a small percentage of juice combined with a number of sweeteners and sugars. Thinking you are being healthy in your head doesn't fool your body which responds to excess sugars found even in organic, fresh juices.

Wean yourself off of juices. At the very least, cut back on them emphasizing fresh over bottled. Adapt to using filtered or spring water, green teas or coffee as mentioned above or try eating whole fruits rather than juices.

Whole fruits generally contain less sugar. Since it is locked up in the pulp of the fruit, it takes more digestive activity to extract it. This means it does not spike the sugar level in the blood as quickly as concentrated sugars such as in juices, especially with their added sugars.

Frozen Foods

Sugars can be found in most frozen dinners and many frozen foods. Dinner dishes like lasagna, meat loaf or Salisbury steak have sugars in them to help sweeten the sauces and gravy.

To avoid this, **make your own frozen dinners**. Doing this will ensure that you know what is going into your frozen food. It also gives you the option of having food on demand instead of making the choice to get something quick that can be heated but may be loaded with sugar.

Pre-Made Smoothies and Other Health Drinks

Health drinks, like smoothies, are similar to pre-made juices. They may seem like a healthy pick because of the advertising, but are not really as good of a choice as they are made out to be.

Some smoothies contain sweetened milk as well as sugar-based yogurts or fruits with very high natural sugar contents.

Instead, make your own health smoothies and high protein drinks at home. This way you know exactly what is going into your drinks and are in full control of any added fruits and sugars.

Search for Lower Sugar Content Substitutes

There is nearly always an alternative to concentrated sugars that is healthy. You don't have to resort to the chemical sugar substitutes - like xylitol, sucralose, saccharin and aspartame (grouped together as **NAS** or non-caloric artificial sweeteners) either which may actually negatively change the microbiome for our needed internal bacteria [having significant effects on health](#).

[Stevia](#) is a non-sugar source having a sweetening effect, without the negative impacts that concentrated sugar sources have, which is more like a food than the **NAS** grouping.

The example used below of health bars shows how by comparing products, you can find a lower sugar content substitute in the same food category. This is a good transition step to help lower your overall sugar intake:

[Nature Valley](#) Maple Brown Sugar Granola Bar (**11 grams** of sugars)

Kind Bar Nuts and Spices Maple Glazed Pecan and Sea Salt (**5 grams** of sugars)

This leads to and reinforces the need to use the next recommendation suggestion which is to:

Read All Labels

This suggestion incorporates all foods- even natural ones.

NEW LABEL / WHAT'S DIFFERENT

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
<small>Trans Fat 0g</small>	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
includes 10g Added Sugars	20%
Protein 3g	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Servings:
larger,
bolder type

New:
added sugars

Change
in nutrients
required

Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

Develop an awareness of the list of added sugar names previously covered. Keeping these added sugars in mind, **read the labels on what you purchase.** Do this particularly when selecting **new foods.** If you haven't done this before, I guarantee you will be in for some surprises.

Don't operate on assumption. Operate with facts. Food manufacturers slip sugars of a wide variety into everything these days. Calling sucrose organic doesn't eliminate its effects. It is still a concentrated, blood sugar-spiking food source- organic notwithstanding.

You **can't rely on taste** either because the sweetness of concentrated **sugars may be masked by other flavors.**

Create a new habit. Read the labels. This is especially the case if it is a food you are seeing for the first time, or one you have never bothered to read the label of.

Once you become aware of a food, you'll learn which ones are safe to eat. You won't have to read the labels any more unless you see the words - new and improved should be read as a red flag for the careful, health-oriented consumer.

Even with previously approved foods, an occasional spot check now and then won't hurt either- just in case the formula has changed for some reason.

Quitting Sugar - Initial Step

Quitting sugar is not always a simple one step process- find and then substitute an alternative. It may be a little more difficult for some to transition to a low or no sugar diet rather than happen overnight.

Kicking your sugar habit or addiction may take more effort at first than you might expect. You can't just drop it without some pay back in the form of side effects from your biological system which has adapted to its regular intake and created cravings which come from how you have trained your taste buds.



The first step in breaking the sugar habit is to remove known sugars. We already covered how to be aware of where the sugars in your diet may be lurking. The first step is to **actively remove them**.

Eliminate sugar laden drinks. Don't fall into the **diet drink trap**. Even diet drinks contain sugars. For your health safety remove sugars that are artificial as well. They may even contain more health risks and dangers than sugar.

As suggested above, **remove processed foods that contain high sugar contents** as well.

Removing known sugars from your diet, will immediately reduce the amount of risks and sugars causing health issues. This may seem like the simplest and easiest step, but is often the hardest step for some people. Make the sacrifice, it will pay off in the short and especially the long run.

Detoxification Process

There may also be some detoxification involved as your body adjusts to your new and healthier diet. This is normal and expected. You can choose to do a cleanse which removes the buildup from your system to speed up the detox process, but it is not necessary. Stopping the sugars will be difficult enough without throwing in a special detox.

There is no precise amount of time the detox process can take. It varies with each person. One day, three days, or up to a month may be necessary to remove excesses and begin to restore healthy cells.

One of the factors assisting you will be the [clean eating diet](#) in which you select healthy and sugar free foods with sound nutrition while paying attention to freshness and natural quality as well.

After moving through detox, have a plan to set up a long-term healthy diet for yourself and your loved ones. Clean eating is a [good place to start](#).

Detox Side Effects

There are certain side effects which you may experience. One of the more common detox side effects are headaches.

Sugars tend to cause cellular expansion or inflammation as mentioned in the symptom section above. Once you begin to curtail your intake of sugars, the **cells begin to contract**. As mentioned previously, the brain receives a lot of blood because there are a lot of sensitive cells needing nourishment.

As the cells contract from the outer parts to the inner parts, **inflamed nerves** in the brain experience the impact in the form of a headache from the **pressure of restorative contraction**.

These detox headaches can start within the same day or soon after you begin your program of detoxification. They can become increasingly painful as time goes on, then subside gradually.

One way you can deal with the headaches are natural methods like essential oils or specific herbal and nutritional compositions. Here is a [well rated natural migraine defense product](#) that you can find on Amazon. A simple search will reveal other solutions such as [essential oil roll ons](#).

Also, make sure that you are staying well hydrated with filtered or spring water as proper hydration is key to quelling headache symptoms. No need to use the standard over the counter solutions. Natural remedies can help reduce and relieve the effects of this healing symptom helping you get through it without medicinal side effects.

Be patient. Use the temporary remedies. You will arrive on the other side in much better health without the health risks that sugar threatens your long-term health with.

Getting Through Sugar Cravings

Sugar cravings are another difficulty when making the transition to a sugar free diet. These cravings can cause you to stray from your plan completely derailing your health goals. Here are some tips to help you through the cravings.

Prepare with Alternatives

One of the easiest ways to get over or through sugar cravings is to **set up alternatives**. You want something as a **replacement instead of the sugar** choice to give you the sweet taste without the side effects.

A few options are fruits including [dried fruits](#), although dried fruits can also be high sugar sources of fructose, another sugar. There are also flavored powders for foods, and things like plain Greek yogurt instead of ice cream.

These options can be a suitable alternative for your anticipated sugar cravings.

Other healthier choices include [pure organic honey](#), [pure maple syrup](#), [brown rice syrup](#), [stevia](#), [date powder](#) or [date syrup](#) and even spices like cinnamon. But remember with the exception of [stevia](#), these are concentrated sugar sources and should be used sparingly or you will just substitute one concentrated sugar source for another ending up back at square one.

Smell Instead of Tasting

As your condition adjusts to a sugar free state, **sometimes your brain simply needs to be near the sugar to be satisfied**. When you reach this stage, **smelling the sugar instead of tasting it may be enough to satisfy you**.

You can get sweet scented items, go to a bakery, or to a grocery store. Just smell the cupcakes, the sweets, and the chocolate. This can trigger a satiating response in your brain stopping the craving, and lets you move forward on to better choices.

Sometimes highly sugar laden preparations like the frostings used on cupcakes or cookies can be so overwhelmingly sweet that the smell stops the craving, possibly even making you feel a bit ill. Nevertheless, better than returning to your former dietary patterns.

Use Infused Water to Reduce Sugar Cravings

You may not be familiar with what is called **infused water**. It is not only a way of getting more water into your system, but it may also help you with your sugar cravings as you detox.

Infused water is simply **filtered water infused with natural fruits, vegetables, herbs, spices or even edible flowers (without pesticides of course) alone or in combinations.**

I have used this myself at family gatherings loaded with tempting sugar laden offerings.

Instead of going for the sweets, I sipped on the infused water instead which in this case was simply an infusion of lemon and oranges with purified water and ice. By sipping on the infused water I was able to satisfy my urges to binge out on the sweets.

You can do the same at home to stave off your sweet cravings. Also, bring your own if attending gatherings where you know there will be plenty of sugar laden temptations which can throw you off track back and into the sugar binge routine.

Sipping the infused water with no added sweeteners not only hydrates your body, it also helps to calm the appetite mechanisms in the brain. Additionally, the small amount of dispersed fructose in the water helps satisfy your sweet cravings as well. you are get the a mild sugar taste but without the heavy sugar impact.



Some Infused Water Preparation Options are:

- **Sliced limes, lemons, or oranges** with a little **fresh mint** added. Any or all of the aforementioned works.
- **Sliced Apples** with a few **cinnamon sticks** added.
- A **variety of melons** or one specific melon with some **slightly crushed berries** (just enough to release the flavor but not damage the intact berry or sliced if larger like a cherry or strawberry).
- A **refreshing vegetable mix** are **cucumbers, celery and fennel**.

Or How about?

- **Mango-Pineapple-Mint:** Sliced firm-ripe mango, pineapple and a handful of fresh mint
- **Vanilla-Basil-Strawberry:** Vanilla bean pod (with seeds removed), a handful fresh basil and a cup of sliced strawberries
- **Ginger-Lime:** Thinly sliced fresh ginger with some sliced limes (or another citrus fruit)
- **Basil-Melon:** Sliced or cubed melons with an added handful of basil leaves
- **Peach-Fennel:** Thinly sliced fennel bulb and some of the greens with thin slices of peaches (pears or other fruits can also work here)
- **Orange-Chai:** Sliced oranges, cardamom, cinnamon sticks, clove and allspice
- **Lemon or Lime Lavender:** Slices of either or both infused with lavender (a few teaspoons in a string tied cheese cloth bag)

Other ingredient possibilities: rose petals, watermelon, green apples, tangerines,

Herbal flavorings include basil, mint, rosemary, fennel

Spices in addition to cinnamon which can be used are fresh ginger, cloves, cardamom pods and vanilla beans. There are many alternative combinations only limited by your imagination and tastes.

Simple Infused Water Preparation Steps

1. Gather your clean ingredients- organic works well here. Rinse. (Peeled or not peeled will do. Your choice.)
2. Use filtered or spring water and a glass container. [Glass containers with spigots work well](#) for this purpose, but a larger mouthed glass bottle or jar can be used as well. Even a [pourable glass](#) or food grade plastic container will suffice too.
3. Slice or slightly crush your ingredients. Add to the water. Ice is optional.
4. Allow to infuse. A few hours of infusion will do depending on your selections. Citrus infuses more rapidly. Herbs a bit longer. Refrigerate or add ice to keep fresh unless you will be using it same day.

Enjoy during the day to cut appetite, sugar cravings and hydrate yourself.



Improve Your Overall Nutrient Intake

Sugar cravings can also be fueled by an improper intake of nutrients. Our diet has been compromised by factory farmed soils that have been depleted of nutrients with only a few typically synthetic versions added back. Plants can grow and look nice but if the necessary nutrients are not in the soil, they will surely not be in the plant at the end of its harvest.

We end up with **crops selected for appearance more than nutritional value.** They may look good but taste pretty bland in the end. **This has stimulated the growth of prepared foods, heavily seasoned for taste with salt and a variety of sugar laden ingredients.** People now select on taste alone, never considering the nutritional impact.

Another side effect of improper soils has been the advent of **pesticides.** Depleted soils and mono crop production produce weaker plants, unable to resist insect infestation and weeds. The response has been to spray pesticides to kill the insects and weeds. The problem is that these "cides" (meaning "to kill" in Latin) also leave residues on the plant that end up in the consumer. The fact that they certainly are not contributing to well-being if they are meant "to kill" insects or weeds only stands to reason.

Monsanto is beginning to feel the impact of this economically as the glyphosate issue from their weed killer gathers steam.

We feel the impact in depleted and potentially carcinogenic foods.

Processed and Fast Foods

An **additional issue** in the standard American diet (SAD) is the **introduction of processing to food production** creating prepared and fast foods. **Foods are processed for taste leaving the nutritional content on the side.** This additionally contributes to an already depleted nutritional base in the food.

All of this leaves us in a sad state of health. In addition to the lack of nutrients from depleted soils and mechanized processing, we are fed foods loaded with additives and jazzed up with excessive and poor-quality sugar and/or salt.

In addition to abstaining from sugar if you are serious about ending your sugar addiction, it is important to **select better quality foods-** organic and wild grown if available. Look for the organic label to provide some assurance of organic quality. Or, grow your own if you have the room and time. That way, you will know what you are getting for sure.

Four primary foods to consume to help reduce cravings are:

1. Clean proteins
2. Healthy fats
3. High quality fiber
4. Naturally fermented foods

Clean protein would be organic meats prepared healthfully. For the vegetarian oriented, black beans, pinto beans and red beans (chili beans or adzuki beans are good). The proteins tend to slow digestion (as do healthy fats) and help to regulate blood sugar levels.

Healthy fats may be found in nuts and seeds like sunflower and pumpkin seeds, cashews, almonds, macadamia nuts (good healthy fat source), pecans. These healthy fats slow digestion but also help to remove LDL cholesterol from your veins and arteries promoting a healthy cardio vascular system.

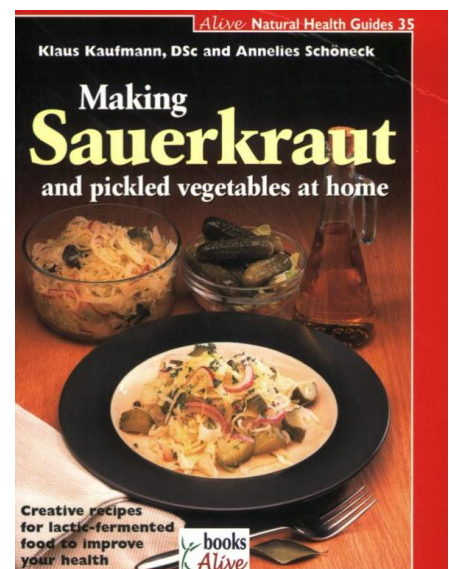
High quality fiber works to rebalance blood sugar levels helping to reduce cravings but also stimulate good digestion. Sprouted seeds and other vegetables like broccoli are good sources for high quality fiber. [Microgreens](#) are another excellent source of high quality fiber and natural sugars which you can [find out more about at this post](#). Brown rice and other whole grain preparations are good sources as well. Flour products not so much as they tend to concentrate the carbohydrate content even in whole grains.

Naturally fermented foods like sauerkraut and pickles are important to rebalance the pH of your digestive system especially the stomach and intestines. If you want to make sauerkraut home which is far superior and fresher than anything you can purchase commercially [here is a good resource](#) to get you started.

Another resource is the highly rated book [Fermented Vegetables: Creative Recipes for Fermenting 64 Vegetables & Herbs in Krauts, Kimchis, Brined Pickles, Chutneys, Relishes & Pastes](#) by Christopher and Kirsten Shockey.

Not only do naturally fermented foods eliminate disease-causing bacteria while introducing friendly bacteria, they also help restore a digestive system harmed over time by excessive sugars.

By selecting these four food groups and high quality natural nutrition, your cravings should be markedly reduced and controlled. Additionally, you will provide your body with nutrients that will help your body to restore itself to a healthier state of balance.



A Final Suggestion

In addition to the four foods previously mentioned, it is important to add mineral laden nutrients to your diet. This helps to restore you to a healthy balance which was compromised when you were consuming mineral depleting sugars.

The best and most convenient source I have found for wild grown, organic mineral and amino acids is **wild harvested blue green algae**. Taking this supplement will provide you with a concentrated yet convenient source of organic nutrients with an amino acid and mineral emphasis year round. I use it daily as an insurance against nutrient depletion.

More details on this supplement can be researched at [this page](#).

Personally, I have used [New Earth's blue green algae](#) for nearly three decades and have never been disappointed. It is a **wild grown product**, harvested on site with **no additives or processing other than freeze drying** to preserve the nature created nutrients.

With excessive sugar intake, mineral emphasis is important because concentrated sugars deplete minerals because they are used to neutralize sugar's acidic response in the body. So, it is best to replace those minerals with easily assimilated minerals as well to restore your mineral balance as quickly as possible.

Wild grown and organic and easily assimilated, New Earth's blue green algae is the most effective and expedient way to restore your mineral balance along with a boost to the brain and nervous system from the well-balanced amino acids which are readily transformed into needed neurotransmitters for brain and nervous system functioning.

Remember quality in all food selections is important, preferably grown in healthy soil. While it is hard to determine that, unless you actually grow the foods yourself or visit the place where the food stuffs originate, a good start is to look for the organic label for starters.



A **second step** is to **avoid the foods and substances that take nutrition out of the body like sugar and alcohol**, an adult substitute for sugar.

Wine in particular is **high in sugar content** and **highly acidic**. Red wine less so than white, although some studies show that red wine can trigger migraines. Beer is better with some nutritional content. Nevertheless, the alcohol content dehydrates your body which [can lead to other complications](#).



The thing to keep in mind is that a good base of nutrients in the body will naturally create a balance that will make it easier to resist foods that are bad for you.

There is much more that can be said on the topic of breaking the sugar habit, but this information and suggestions will get you a long way towards a lifestyle where your health is not being eroded by the damaging impact of concentrated sugar sources.

By incorporating these tips and combining them into a plan, you can reduce and eliminate the sugar cravings you have. Moving towards healthier choices to replace sugars will help your body repair itself, helping you reach a state of health that leaves you with more natural energy and overall vitality.

Please feel free to Contact me (Terry) at: support@naturalandorganicsolutions.com with any questions that you may have.

Good luck in creating the new sugar free you. Keep in mind however, luck comes from those who make the effort. So, use the suggestions made in this report to create your own good luck and good health.

Recommended Resources:

1. [Sugar Crush: How to Reduce Inflammation, Reverse Nerve Damage, and Reclaim Good Health](#) by Richard Jacoby (Author), Raquel Baldelomar.

A research backed look at the link between sugar, inflammation, and a host of preventable chronic disease from leading nerve surgeon Dr. Richard Jacoby. Dr. Jacoby acquired his experience in the field while treating patients, sometimes engaged in removing the diseased limbs of adult diabetics.

2. [The Case Against Sugar](#) by Gary Taubes

From the best-selling author of [Why We Get Fat](#). This is a groundbreaking, eye-opening exposé that makes the convincing case that sugar is the tobacco of the new millennium: backed by powerful lobbies, entrenched in our lives, and making us very sick.

3. [The 21-Day Sugar Detox: Bust Sugar & Carb Cravings Naturally](#) by Diane Sanfilippo

A clear-cut, effective, whole-foods-based nutrition action plan that will reset your body and your habits. Tens of thousands of people have already used this groundbreaking guide to shatter the vicious sugar stronghold. Includes over 90 recipes along with easy to follow meal plans.

4. [The 21-Day Sugar Detox Cookbook: Over 100 Recipes for Any Program Level](#) by Diane Sanfilippo

Companion to [The 21-Day Sugar Detox guidebook](#). Covers over a hundred grain, gluten, legume, dairy, and sugar-free recipes to keep you inspired as you blow your cravings for sugar and carbs to smithereens.

5. [Zero Sugar Diet: The 14-Day Plan to Flatten Your Belly, Crush Cravings, and Help Keep You Lean for Life](#) by David Zinczenko and Stephen Perrine.

Lose up to a pound a day and curb your craving for sweets with delicious recipes and simple, science-based food swaps from David Zinczenko, NBC's health and wellness contributor and bestselling author of [Zero Belly Diet](#), [Zero Belly Smoothies](#), and [Eat This, Not That!](#)

6. [Zero Sugar Cookbook](#) by David Zinczenko

Lose up to a pound a day with more than 100 mouthwatering recipes for sugar-free meals, drinks, snacks, and desserts, based on the cravings-busting, fat-melting science from [Zero Sugar Diet](#).

7. [Natural Alternatives to Sugar: How Sugar Can Devastate Your Health and What Natural Sweeteners You Can Use Instead](#) by Dr. Marilyn Glenville =, PhD

[Natural Alternatives to Sugar](#) will show you how to quit sugar without any cravings. If you've been wondering how to quit sugar without the cravings this book will show you how. It offers a 5-day sugar detox diet plus 40 delicious sugar free recipes.