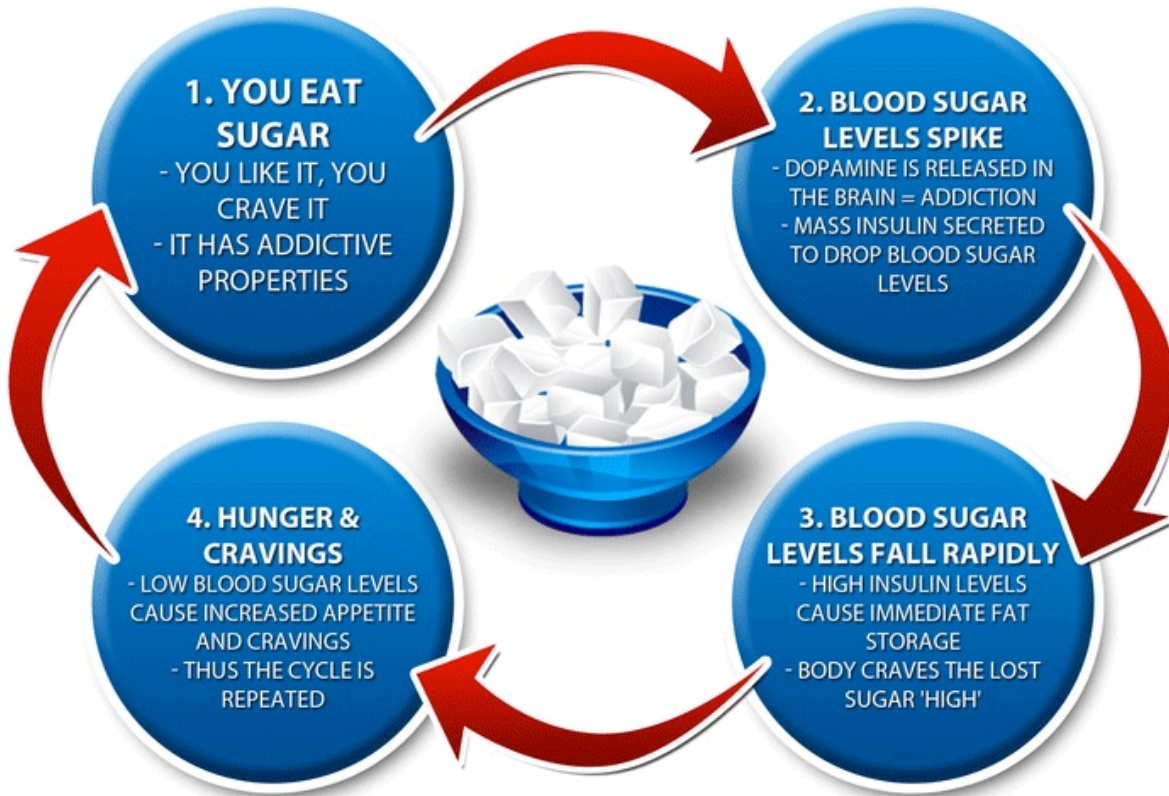


JULY 30, 2018

OVERCOMING YOUR SUGAR ADDICTION!

SUGAR ADDICTION: THE PERPETUAL CYCLE



LOOK FAMILIAR?!?

AS YOU CAN SEE, SUGAR IS A QUIRKY LITTLE FELLA! HERE'S HOW IT TRICKS YOUR BRAIN INTO WANTING MORE:

1. EXCESS SUGAR DRIVES THE PANCREAS TO PRODUCE EXTRA INSULIN, A HORMONE INVOLVED IN BLOOD SUGAR REGULATION.
2. THE INSULIN SIGNALS FAT CELLS TO STORE EXCESSIVE AMOUNTS OF GLUCOSE, FATTY ACIDS, AND OTHER SUBSTANCES RICH IN CALORIES.
3. WITH TOO FEW CALORIES REMAINING IN THE BLOODSTREAM, THE BRAIN, WHICH HAS VERY HIGH ENERGY NEEDS, BELIEVES IT'S NOW LOW IN FUEL!
4. AS A RESULT, YOUR HUNGER LEVEL RISES QUICKLY. NOTHING SOUNDS BETTER THAN SUGAR WHEN YOU'RE REALLY HUNGRY, BECAUSE IT DOES PROVIDE QUICK ENERGY.

TRUTH IS, WE HAVE MORE SUGAR IN OUR (PROCESSED) FOODS THAN EVER BEFORE. IN FACT, THE AMOUNT OF ADDED SUGAR IN MANY PRODUCTS WE TYPICALLY BUY AND CONSUME WOULD'VE BEEN UNHEARD OF THIRTY YEARS AGO. COUPLE THAT WITH THE FACT THAT PORTIONS ARE ALSO SIGNIFICANTLY BIGGER THAN IN DAYS OF YORE AND - WELL, WE'VE GOT A PROBLEM!

BUT WE ALREADY KNEW THAT TOO MUCH SUGAR WAS NOT A GOOD THING. WHAT DO WE DO ABOUT IT? PERSONALLY SPEAKING, I CAN TELL YOU THAT WHEN WE DECIDE ON A "NO!" FOOD AT THE END OF CLASS I DO TAKE IT SERIOUSLY. IF IT'S SOMETHING THAT'S NEAR AND DEAR TO ME (IN OTHER WORDS, PRETTY MUCH ANYTHING THAT'S SWEET!) I CAN TELL A DIFFERENCE IN THE WAY I FEEL. I ALSO FIND THAT I PAY MUCH MORE ATTENTION TO WHAT I'M EATING. WE'VE TALKED ABOUT THE TERM "MINDFULNESS". IT'S ALL ABOUT STAYING IN THE PRESENT AND MAKING CONSCIENTIOUS CHOICES – NOT JUST EATING SOMETHING BECAUSE IT'S THERE.

THE GRAPH ON THE FIRST PAGE WAS TAKEN FROM A BLOG I READ TODAY. THE FOLLOWING TIPS ARE FROM VARIOUS ARTICLES I LOOKED UP ON THE INTERNET.

MANAGING YOUR SUGAR ADDICTION...TAKE A HINT! (OR TWO! OR THREE!)

1. *ENVIRONMENTAL MANAGEMENT.* REMEMBER, YOU CAN'T EAT WHAT'S NOT THERE. LEAVE IT IN THE GROCERY STORE SO YOU WON'T BE TEMPTED! REMOVE IT FROM YOUR HOUSE, AND THEN STOP BUYING IT. SWEETENED AND SUGARY DRINKS, MANY SNACK BARS AND CEREALS, BAKED GOODS, BAGGED SNACKS...YOUR TEETH WILL THANK YOU, TOO! FOR THIS EXACT REASON, I DON'T BUY COOKIES. DO I STILL LOVE THEM? WITH ALL MY HEART AND SOUL, YES I DO!

2. *GET IN THE RIGHT MIND SET. YOU CAN DO THIS!* STOP THE NEGATIVE SELF-TALK, AS IN, “I CAN’T RESIST SUGAR,” OR “I’M A SUGAR ADDICT, NOTHING I CAN DO ABOUT IT.” PHRASES LIKE THIS THAT ARE REPEATED OVER AND OVER TEND TO HAVE A SELF-FULFILLING PROPHECY. WANT SOMETHING BETTER FOR YOURSELF, AND BELIEVE THAT YOU CAN MAKE IT HAPPEN.

BY THE WAY, (SPEAKING OF MINDS!) I JUST READ SOMETHING THAT MIGHT WAKE US ALL UP TONIGHT...THE POSSIBLE CONNECTION BETWEEN HIGH BLOOD SUGAR AND ALZHEIMER’S DISEASE. EXPERTS HAVE KNOWN FOR YEARS THAT DIABETICS ARE AT GREATER RISK OF BRAIN SHRINKAGE AND DEMENTIA. AMONG OTHERS, A 2012 STUDY FROM AUSTRALIA SHOWED THAT FOLKS WITH BLOOD SUGAR LEVELS AT THE HIGH END OF THE NORMAL RANGE WERE MORE LIKELY TO HAVE A LOSS OF BRAIN VOLUME IN THE HIPPOCAMPUS AND AMYGDALA – AREAS INVOLVED IN MEMORY AND COGNITION – THAN WERE PEOPLE WHO HAD LOWER BLOOD SUGAR LEVELS. JUST A LITTLE INFO THAT MIGHT INSPIRE YOU TO EAT A PEACH... INSTEAD OF A PIECE OF PEACH PIE!

WHEN YOU EAT A SUGARY SNACK, YOUR BLOOD SUGAR RISES RAPIDLY. THIS IS WEAR AND TEAR ON YOUR BODY, AND OVER TIME INFLAMMATION OCCURS. WHEN YOU REPEAT THE BEHAVIOR, THIS INFLAMMATION CAN BECOME CHRONIC, CAUSING SOME UNWELCOME CHANGES IN YOUR BODY – INCLUDING NARROWING OF THE ARTERIES AND INSULIN RESISTANCE. CHRONIC INFLAMMATION CAUSES CHRONIC ABNORMALITIES, WHICH CAN CAUSE CHRONIC DISEASE! YIKES!

3. ONE OF THE MOST EFFECTIVE THINGS FOR LOWERING BLOOD SUGAR (BESIDES TAKING MEDICATION, IF NEEDED) IS *EXERCISE!* IF YOU TAKE IN EXCESS SUGAR CALORIES, YOUR BODY CAN EITHER A) USE IT AS FUEL OR B) STORE IT FOR FUTURE USE. SIMPLEST SOLUTION? TAKE A WALK AFTER DINNER! REMEMBER: “EAT LESS, MOVE MORE!”
4. *PLAN AHEAD!* YOU KNOW YOU’LL GET HUNGRY AT SOME POINT DURING THE DAY. TRY TO AVOID GETTING TOO HUNGRY! IF YOU’RE NOT AT HOME, WHAT THIS MEANS IS BRINGING A SNACK OR TWO TO AVOID AN EXCUSE TO GRAB SOMETHING QUICK – AND, MOST LIKELY, HIGH IN SUGAR.

I'VE BEEN A LITTLE CLUELESS IN THIS AREA, MYSELF. I USE MEAL REPLACEMENT BARS IN THIS SITUATION, AND I'M PRETTY SURE WHEN I READ THE LABEL I'LL FIND THAT ONE OF THE FIRST INGREDIENTS WILL BE THE DREADED WHITE STUFF! GENERALLY SPEAKING, IF SUGAR (OR A FORM OF SUGAR) IS NUMBER ONE, TWO, OR THREE ON THE INGREDIENT LIST, IT'S TOO HIGH! PUT ON YOUR THINKING CAP. WHAT'S A PORTABLE, LOW SUGAR OPTION?

5. *DON'T SKIP BREAKFAST!* WE TALKED ABOUT THIS LAST WEEK. REMEMBER THE TERM, "MACRONUTRIENTS?" YOU NEED THREE FOR BALANCED MEALS: PROTEIN / FAT / CARBOHYDRATES. IT DOESN'T HAVE TO BE FANCY! IF YOU DO CHOOSE NOT TO EAT BREAKFAST, YOUR BODY WILL REBEL – NEXT THING YOU KNOW, YOU'RE REACHING FOR A DONUT!

HOW DID YOU DO WITH "NO PIE OR CANDY" LAST WEEK?

OUR "NO!" FOOD FOR THIS WEEK: _____

