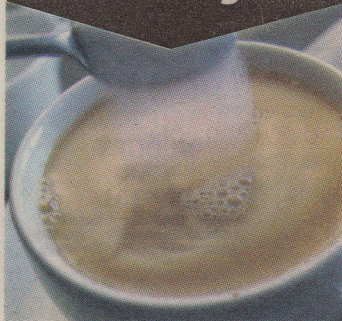


Stop Sugar Cravings



It is clear that sugar causes more harm to health, than merely adding calories.

Be careful when choosing foods that may have refined sugar, and replace them with natural sweets like fruit, maple syrup, stevia, or raw unfiltered honey.

■ Remove temptations from your home. Throw out all cookies, sweets, chocolate bars, and ice cream.

■ Never skip meals. Eat at least three times a day and don't miss your breakfast. Hunger makes you grab for a quick snack, and most likely it will be unhealthy junk food. Besides, eating small, frequent meals will keep your blood sugar level stable.

■ Eat healthy food which are rich in protein. Protein and fat will keep you feeling full longer.

■ Don't overeat. Overeating leads to fatigue and lack of energy, which creates the desire to use a snack bar as stimulant.

■ Avoid artificial sweeteners. Research shows that although sweeteners contain less calories, they are as harmful as sugar, and may cause sugar cravings.

■ Always brush your teeth after eating. This will remove aftertaste, make your mouth fresh and clean, and lessen the desire to chunk something else.

■ Choose desserts made of fresh fruit and with less sugar added. Fruits contain vitamins, fibre, folic acid and minerals. Eat fresh fruit only, and not canned and dried fruits.

CONSUME LESS SUGAR

JUST about everyone has a sweet tooth in one-way or another. Studies have shown that sugar consumption has increased in the last 20 years.

Nowadays, refined sugar is available in many of our food products. Excess daily intake of sugar has many harmful effects to our body and health, and can lead to diseases such as diabetes and obesity.

Other ill effects include suppressing our immune system, leading to tooth decay, depletion of minerals and vitamins, besides other health risk factors. Like anything else, sugar should be consumed in moderation as it is addictive, and can bring a "high" to those who consume excessive amounts in a short period of time. Here are some of the dangers of a high sugar diet:

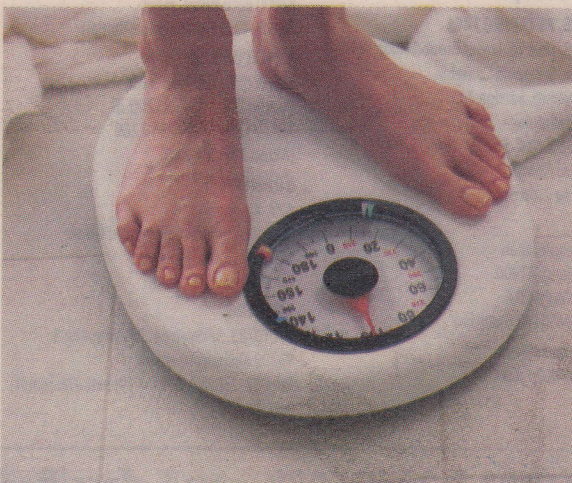
STEPS

1 Immune System. One of the unknown dangers of high sugar intake is its effect on the immune system. Sugar suppresses white blood cells and reduces their number, therefore it suppresses of our immune system, making us more prone to infections and diseases.

2 Type 2 diabetes. Constant sugary intake in the diet will increase the secretion of insulin in your

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blood. Raised blood insulin levels suppress our immune system. If your immune system is low, your ability to fight disease will be weakened as well.

3 Weight Gain. Raised blood insulin levels can also cause weight gains.



Insulin promotes the storage of fat; so, when you eat foods high in refined sugar, you increase fat storage. Obviously, the result is rapid weight gain.

4 Impede Metabolism. Refined Sugar contains no vitamins or minerals, so in order for sugar to be metabolised it must draw on the body's reserve of vitamins and minerals. When these reserves are depleted, metabolism of cholesterol and fatty acid are impeded, contributing to higher blood serum triglycerides, cholesterol, and promoting obesity, due to higher fatty acid storage around organs.

5 Processed Sugars vs Fruit Sugars. All forms of processed sugars such as nutra sweet, cane juice, corn syrup, brown sugar, splenda,

powdered sugar, and others have the same effect on our body.

The chemical structures of these compounds are very harmful to the body and should be consumed moderately.

Fruit sugars on the other hand are healthy. The monosaccharides (simple sugars) in these natural foods are beneficial to your cells. Fruit sugar has a much different effect on your body than processed sugar.

Fruit sugars nourish and energise your body naturally.

Your cells require simple sugars from fruits consistently, since they help to fuel the body.

Start a sugar-free lifestyle today, or limit your sugar consumption to recommended six teaspoons per day for women, and nine teaspoons for men, to have a healthy lifestyle.