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Sugar Intervention

BY Kristen Kemp | WEDNESDAY, NOV 03, 2010 11:30AM | COMMENTS (0)

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Halloween 2010 is dead. But the candy lives on. The sugar aftermath of this spirited holiday is killing me. I didn't eat four mini-packs of Whoppers a day before October 31. And I haven't binged on Nerds since I was 12. I'm not sure what my problem is now.

In recent years, I've simply trashed the leftover sweets to save myself and my children from sugar's evil influence. As my kids have gotten older, I have become softer. I don't have the heart to toss their hard-earned treats so quickly. I mean, I make them eat kale once a week. They are constantly subjected to tofu and spinach. So the least I can do is let them OD on candy—if only for a little while.

But it's getting ridiculous. Everyone in my house needs a sugar intervention. I asked nutritionist and internist Jacob Teitelbaum, M.D., for advice. He's just written the book on this subject called *Beat Sugar Addiction Now!* He says we eat 150 pounds of sugar per person per year. I am pretty sure I hit my quota on Sunday alone. Here are his top three tips for stopping those sugar cravings.

1. If your kids start their day with sugar, and you start your day with sugar *and* caffeine, switch to energy drinks instead. Try a high-potency multi-vitamin powder or shake with a scoop of *ribose* for an extra energy boost.
2. Reduce stress to reduce sugar cravings. Give your adrenal glands some extra support by drinking licorice tea (sans sugar), and be sure to stay hydrated.
3. Digestive and other issues like Irritable Bowl Syndrome or sinusitis can cause sugar cravings. Take probiotic pearls to fight bad bacteria or eat sugar-free yogurt such as Dannon.

Okay, I will try. But sugar, the ultimate white powder, is tough to resist. If these tips don't work, I'll definitely do a candy exorcism next. How do you handle (i.e. not scarf down) all of the post-Halloween treats?

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