Cancer

WORLD

MONEY

HEALTH

## **Newsmax** • health

Thursday, 04 April 2013

Search Newsmax Health Q

Home

Health News

Heart

Brain Health

Diahotos

Natural Health

Anti Aging

Diot & Fitnose

Subscribe to

Health Wire

-

#### Home | Headline

Tags: Depression | Diabetes | Heart Disease | Menopause | Obesity | Thyroid Disorders | sugar intake

## Easy Ways to Cut Your Sugar Intake

Thursday, 04 Apr 2013 08:29 AM By John Bachman and Donna Scaglione

Share: 🚮 🔄 🛍 More

A A | Email Us | Print | Forward Article

Even though most of us know that sugar causes obesity, diabetes, heart disease and other serious problems, it's difficult to stop eating and drinking it because we crave it. Jacob Teitelbaum, M.D. author of the book Beat Sugar Addiction Now!, explains to Newsmax Health how sugar does its damage and suggests ways to kick the sweet habit.



Americans eat too much sugar-18 percent of the calories we consume come from sugar, Dr. Teitelbaum says. That's contributing to not only heart disease, cancer, diabetes, and other physical ailments, but it even affects mental health, impacting mood, behavior, and even contributing to depression.

"It really messes with the metabolism of our body and is arguably one of the biggest killers in our country," he tells Newsmax Health.

#### SPECIAL: Your Sugar Level May Be Killing You. Control Naturally.

Dr. Teitelbaum's research for his book has led him to conclude that there are four types of addictions to sugar: fatigue induced, stress induced, the kind brought on by an overgrowth of yeast in the gut, and another related to menopause.

People with the first type are exhausted and reaching for a pick-me-up. "Think of it as an energy loan shark: It's a good way to get a quick fix but then you pay double down the line," he says.

The second type is affected by fatigue related to adrenal "stress-handler" glands and it spurs moments of irritable hunger. "So [people] get what I call these feed me now or I'll kill you moments," he says.

An overgrowth of yeast in the gut that consumes sugar results in a chemical signal causing sugar cravings, he says. With the fourth type related to menopause, sufferers feeling anxious and depressed use sugar to treat their shifting moods, he says.

One way to cut out a large amount of sugar in your diet is to eliminate soda, which can contain three-quarters of a teaspoon of sugar per ounce, he notes. Skipping fruit juice, which also has a lot of sugar, is important, too.

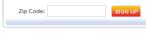
"Instead, have the whole fruit," he says. "Eat an orange or two, no problem."

And while you might think indulging in any chocolate would be a no-no, Dr. Teitelbaum says depriving yourself of the treat is not the way to go. Studies on chocolate eaters have shown reduced risk in strokes and heart attacks and improvement in circulation.

"Find the best-tasting ones you can, take a little bit, walk away from the serving dish, and savor them with no guilt," he says.

4 Bodily Signs a Heart Attack is Near

© 2013 NewsmaxHealth. All rights reserved.



■ Alzheimer's/Dementia ■ Digestive Problems

Newsmax thealth

### Find Your Condition

Country United States

- Cancer
- Heart Disease
- Obesity
- Arthritis
- Cold/Flu
- Depression
- Allergies ■ Chronic Pain
- High Cholesterol Thyroid Disorders
- Menopause Autism
- Osteoporosis Anxiety
- High Blood Pressure
  - Diabetes

More Conditions

### You May Also Like

- → Airline Begins Charging Passengers by Weight
- → Here's How to Kick the Sugar Habit
- Study: Eating Fish Helps Boost Immune
- Obama 'Blunder' Spawns Massive Profit Opportunity Obamacare: Repeal it Before US Goes
- Bankrupt? → Viagra Has Potential for Losing Weight
- These Five Things Flush 40 Pounds of Fat From Your Body
- → Male Raldness Tied to Heart-Disease Risk

# These 7 Things **Activate Alzheimer's** Click Here

#### Around the Web

- Reverse up to 20 years of aging in just 6
- This One Food Reduces Risks of Stroke and Cancer
- → 16% Return with this Retirement Plan? Learn How!