



## Have Your Sweet Treats In Moderation

### Sugar Addiction Explained



Why do we become so addicted to sugar? Let's take a can of coke as an example:

1 can of Coke contains close to **13 teaspoons of sugar!!** When we ingest sugar in large amounts it causes our Blood Sugar levels to rise within an hour. This results in the body's pH level plummeting to around 3.5 which is **acidic**. (Normal is around 7 to 7.2 which is alkaline.) **Acidity** in the body equals **toxicity and disease**.

Once the blood sugar is low the body struggles for the next couple of hours to bring it back to normal and rebalance the system. This is where the addiction comes into play.

The initial 'high' we get from the sugar hit is followed by the low; that sluggish, flat feeling of lacking in energy and concentration. In an attempt to feel better the body naturally responds to the very substance that gave it the 'high' and so we crave something sweet.

So if you are a soft drink/sweet junkie try this one simple thing for a week or two and see just how much better you feel and how those sweet cravings subside and possibly disappear. Next time you feel like a soft drink, piece of cake, lollies etc. try having a glass of water (preferably filtered) and something more savoury with a low GI rating such as a handful of nuts or some cucumber or carrot sticks. Not only will you reduce your sweet cravings but if your weight is an issue you will benefit there as well. And just think about all the money you will save not only now, but in the future, because you have maintained a healthy body!

*Towards Your Better Health!*