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Sweet Relief

By Tracy Rubert

Jacob Teitelbaum, MD explains how kicking the sugar habit can help us shed unwanted pounds and feel great

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Sugar addiction is a rapidly growing epidemic. If you, like many Americans, regularly consume processed foods, one third of your calories may be coming from sugar and white flour. Jacob Teitelbaum, MD, a frequent guest on shows such as *Good Morning America*, CNN, the *Dr. Oz Show*, and *Oprah and Friends*, has a plan to help you overcome your potentially deadly sweet tooth. A leading medical authority in the field of chronic fatigue syndrome and fibromyalgia—one of the problems associated with sugar addiction—Teitelbaum reveals his plan in his latest book, *Beat Sugar Addiction NOW!*



Q: How do people become addicted to sugar?

A: One hundred fifty pounds of sugar per person per year is added to our diet in food processing. Our bodies simply were not designed to handle this massive load. Many of you have already noticed that although sugar gives you an initial high, you crash several hours later, and this leaves you wanting more sugar.

Q: How can we tell if we are truly addicted to sugar?

A: The following symptoms indicate sugar addiction:

- Chronic fatigue syndrome and fibromyalgia
- Chronic sinusitis
- Irritable bowel syndrome and spastic colon
- Metabolic syndrome with high cholesterol and hypertension
- Heart disease
- Hormonal problems
- Candida and yeast infections

Q: How does sugar affect mental health?

A: It's common for sugar-addicted individuals to suffer from ADHD, anxiety and depression, and fatigue.

Q: How does sugar cause obesity?

A: Eating sugar triggers the release of excess insulin (called insulin resistance), which turns calories into fat.



Q: [What is the treatment for sugar addiction?](#)

A: First, come off the sugar using the tools in *Beat Sugar Addiction NOW!* and see how you feel after 1 to 2 months on the program. It's important to treat the underlying problems causing your sugar cravings in order to eliminate the cravings and to help you feel much better.

There are four key types of sugar addiction. Type 1 is "Hooked on 'Energy Loan Shark' Drinks." These types are chronically exhausted and hooked on caffeine and sugar. Type 2 is "Feed Me Now or I'll Kill You." Life's stress has exhausted this type's adrenal glands. Type 3 is "The Happy Twinkie Hunter." Their sugar cravings are caused by yeast/candida overgrowth. Type 4 is "Depressed and Craving Carbs." Their sugar cravings are caused by their period, menopause, or andropause.

A simple quiz (see betternutrition.com) tells you which type you are. The good news is, once you break your sugar addiction, your body will usually be able to handle sugar in moderation. This means saving sugar for dessert or snacks where it belongs, and going for quality, not quantity. Dark chocolate is especially okay!

Quick Takes

Q: HOW DO YOU START YOUR DAY?

A: My morning energy drink is a scoop of Energy Revitalization System vitamin powder (by Enzymatic Therapy) and a scoop (5 grams) of ribose. Keeps my energy turbocharged all day!

Q: WHAT'S YOUR FAVORITE WAY TO UNWIND?

A: Reading a good science fiction/fantasy book.

Q: IF YOU WERE STRANDED ON A DESERT ISLAND, WHAT ONE FOOD AND ONE SUPPLEMENT WOULD YOU WANT TO HAVE WITH YOU?

A: Mexican food and Energy Revitalization System vitamin powder.

Q: WHAT'S YOUR FAVORITE GUILTY PLEASURE?

A: Chocolate!



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