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Beat Sugar Addiction NOW!

By Jacob Teitelbaum, MD

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Are YOU a sugar addict?

In the United States, with ~ 18% of the average American diet coming from added sugar, many people eat their weight in sugar every year. And it may be why you are tired, bloated, achy, "brain fogged", anxious, and unable to lose weight.

As most people have found, simply trying to cut out sugar usually does not work very well.

In addition, who wants to cut out things that give you pleasure? Put simply, if you live a long life because you've cut out everything you enjoy, why bother?



Finally, there's a simple solution to sugar addiction! Dr. Jacob Teitelbaum's new book, *Beat Sugar Addiction Now!* identifies four main types of sugar addiction. In each type, there are different forces driving the sugar cravings. By treating the underlying causes that are active in your type of addiction, you will find that not only do your sugar cravings go away, but you also feel dramatically better overall.

Here's more good news. Once you have broken 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. Natural sweeteners like stevia are also a healthy way to satisfy your sweet tooth, but you need to use the right brands. Sweet and Low (the pink packet-saccharin) is also safe

To beat sugar addiction, first you'll need to figure out which type of sugar addict you are. Simple quizzes in the book will quickly let you know. *Beat Sugar Addiction NOW!* then offers clear and simple directions on what to do. This includes natural therapies, simple lifestyle changes, as well as directions for your inner journey, a journey that will heal not only your body but also your mind and spirit. A journey that can change your life!

Here are the 4 types of sugar addiction:

Type 1: Hooked on "Energy Loan Shark" drinks. Chronically exhausted and hooked on caffeine and sugar

When daily fatigue causes sugar (and caffeine) cravings, sometimes all you need is to improve nutrition, sleep, and exercise. When your energy increases, you won't need sugar and caffeine for an energy boost. It's easy to turbocharger your energy in an easy and healthy way. Instead of reaching for a store bought energy drink, here's an alternative morning drink:

Try

Take ½ to 1 scoop of a high potency vitamin powder (called the Energy Revitalization System vitamin powder) plus a 5 gram scoop of a special healthy sugar called Ribose (Corvalen). Our recently completed study showed Ribose increased energy an AVERAGE of 60% in 3 weeks!

Type 2: Feed Me Now or I'll Kill You. When life's stress has exhausted your adrenal glands

For those of you who get irritable when you're hungry and crash under stress, it is important to treat your adrenal

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Dr. Oz's Seven-Minute Workout

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exhaustion.

Try

A-Increase water and salt intake (unless you have high blood pressure or heart failure)

B-Eat a low carb—high protein diet with many small meals during the day instead of 3 large ones (called "grazing")

C-Licorice, Vitamin C and Vitamin B5 can support adrenal function –markedly

D-Contrary to news media hype, life is not a crisis. Turn off the "news" when it feels bad or stresses you out

Type 3: The Happy Twinkie Hunter. Sugar cravings caused by yeast/candida overgrowth

For those of you with chronic nasal congestion, sinusitis, spastic colon, or irritable bowel syndrome, treating yeast overgrowth is critical.

Try

A-Starve the little yeast buggers by cutting out sugar

B-Use "Pearl Coated" probiotics

C-3 -5 months of a good natural antifungal mix (I like one called "Anti-Yeast")

D-6 weeks of the medication Diflucan (200 mg a day—will usually need a Holistic doctor for a prescription—see www.holisticboard.org)

Type 4: Depressed and Craving Carbs. Sugar cravings caused by your period, menopause, or andropause

Standard blood testing for hormonal deficiencies will not reveal the problems until they are very severe, sometimes leaving people deficient for decades.

Try

Bioidentical natural hormones, edamame, and for hot flashes the herb Black Cohosh (Remifemin)

To make it easy, *Beat Sugar Addiction NOW!* is also a simple workbook. So that when you're done reading it, you will have a treatment protocol tailored to your specific problems.

Are you a sugar addict, and ready to get a life you love? *Beat Sugar Addiction NOW!* will show you how!



Jacob Teitelbaum MD is author of the popular free iPhone application "Natural Cures" and author of the best-selling book *From Fatigued to Fantastic!* (3rd revised edition, Avery/Penguin Group) and *Pain Free 1-2-3—A Proven Program for Eliminating Chronic Pain Now* (McGraw- Hill). His newest book is *Beat Sugar Addiction NOW!* (Fairwinds Press; March 2010). Dr. Teitelbaum does frequent media appearances including *Good Morning America*, *CNN*, *Fox News Channel*, the *Dr Oz Show* and *Oprah & Friends*. He lives in Kona, Hawaii. Web site: Vitality101.com

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