

SHORT ORDER

THE MIAMI NEW TIMES FOOD BLOG

TOP
blog
STORIES

Restaurant Opening
Pizzarium Brings the Roman Art of Pizza
By Hannah Sentenc

Booze Hound
Schnebey Brewing Seeks Pinup Model
By David Minsky

Miami Spice
Restaurants That Offer Miami Spice on Weekends
By Laine Doss

Home Cooking
How to Master Risotto
By Emily Cook

Beet Reporter

How to Kick Your Sugar Addiction

By Camille Lamb Fri., Aug. 17 2012 at 1:36 PM
Categories: **Beet Reporter** 1 Comment

Like 3 Send Tweet 4 +1 2

Elizabeth Garner (name has been changed) is a complete hottie, even by South Beach's ridiculously tough standards. Her butt sits high and tight, her arms are defined, her tummy's toned and her thighs are lean and muscular. She wouldn't mind me saying that she has a great rack, too. Peering through strands of her light blonde hair, her deep brown eyes are shiny with health and perfectly rimmed with carefully drawn liner, whether she's at the club or doing yoga headstands on a paddle board while wearing a metallic bikini. A manager at a local health club, the 27-year-old has worked in the fitness industry for five years.



To look at her perpetually smiling face and to hear her chronically positive speech patterns, you would never know that Garner struggles with a serious addiction. Well, two serious addictions, actually. Like a number of her family members, she's in recovery for alcoholism - she's been sober for nearly five months now. But as she's gone through the process of eliminating alcohol from her life, she's found an incredible and somewhat baffling draw to another evil substance: sugar. Read on for the specifics of her problem, and a proposed solution from the country's leading expert on sugar addiction.

Most of the time, Garner's eating habits are "good." She eats a lot of vegetables, lean protein, healthy wraps, and organic natural juices and smoothies. Usually, her biggest vice is throwing back cup after cup of coffee and espresso throughout the day. But every once in a while -- say once a week -- she wolfs down an entire box of cookies, half a chocolate cake, or a big bag of M&Ms, and she doesn't know why.

"It's kind of like a drug. It reminds me of drug addiction and alcohol because the cravings are similarly compulsive. I'll restrict myself from sugar because I know I have problems controlling myself with it. But after a certain length of time, I can't control it any longer," Garner says. "I get this craziness and all I can think of is a sugar fix. My logical mind goes blank. It's like I'm on auto pilot."

Next thing she knows, she's buried her pretty little face in the nearest bag of Lindt truffles.

She says she never makes herself vomit after these binges, which is good, considering this type of bulimic behavior can lead to permanent intestinal problems, heart arrhythmia or

Now Trending

- Ten Restaurants That Offer Miami Spice on Weekends
- South Street Restaurant & Bar Moving Into Former Sra. Martinez Space
- Anthony Bourdain's *No Reservations*: Final Season Starts September 3

\$99 for 4 sessions of non-invasive lipo-laser (\$600 value)

VOICE DAILY DEALS
VoiceDailyDeals.com

View Deal

SAVE UP TO 83%

1 Tip for a flat belly:

Cut down 4 lbs of fat every week by simply using this 1 weird tip.

Tip >

Short Order on Facebook

6,615 people like Short Order.

failure, tooth decay or loss, and eventually death. The downside, though, is that Garner has to sit in misery, waiting for her body to digest the mounds of sugar and fat so that she can bounce off and frantically try and burn all those excess calories. She commonly works out two or even three times a day, a routine she calls "exhausting."

When Garner came to me for advice on how to get of the sugary roller coaster ride, I decided to consult an expert on the subject: Dr. Jacob Teitelbaum, M.D., author of *Beat Sugar Addiction Now!* and several other titles related to sugar addiction and its effects on the body. The doctor maintains that there are four distinct types of sugar addiction, fueled by (1) fatigue, (2) adrenal exhaustion, (3) yeast overgrowth, or (4) hormonal shifts.

Upon hearing about Garner's case, Dr. Teitelbaum almost immediately diagnosed her a type-2, or "adrenal exhaustion" sugar addict. The doctor explained that when the body's stress handlers - the adrenal glands - are so overused that they can no longer function properly, a person can go into adrenal fatigue mode. The intense sugar cravings that result are the body's frantic attempt to find another source of energy once the adrenal glands are totally tapped out.

"So people get this sudden irritability when they're hungry, and getting between this person and his or her sugar fix is like getting between a mama bear and her cub. Not a really safe thing to do," Dr. Teitelbaum said.

The first part of the solution to this problem can be found at the coffee bar -- but it's not coffee. "[Type 2 sugar addicts should] have a sugar packet in their pockets and pour half of it under their tongue and let it dissolve there," Teitelbaum said. "And all it takes is half a teaspoon and it goes immediately into your blood stream and then your brain says 'Hey, I'm happy again.' That's enough to beat those sugar cravings back. Then she should go ahead and eat some salted nuts she carries in her purse, or a hard-boiled egg would be good. A healthy protein source."

Teitelbaum's solution -- one he's used to help thousands of people overcome sugar dependency - is different from the wisdom of many food addiction support groups in that it does not advocate total abstinence from white sugar or flour. Instead, he uses principles of biology and psychology to try to bring pleasure back to desserts while avoiding overindulgence.

"Pleasure is good, as long as it's working for you," the doctor said. "If chocolate cake is something I really want and I'm sitting there and feeling guilty about the prospect of eating it, I'm going to inhale the whole platter and never have tasted it. But if I take a small serving and have that on a plate in my hand, I can walk anywhere in the room with that. So once I get far from the serving dish, then I can savor it with no guilt. Most of the pleasure is in the first two bites. After that you've saturated your taste buds anyway. Twenty minutes later, if you want more you can have more, but chances are in 20 minutes you'll be thinking about something else anyway," said Teitelbaum.

The doctor also had something to say about Garner's heavy caffeine habit. "Normally, your blood sugar has to go down to a certain point before the alarm bells [that trigger a sugar binge] go off. When you have a lot of caffeine on board, those alarm bells go off quicker. So you have more of a hair trigger when it comes to these binge episodes." But once again, Teitelbaum does not advocate total abstinence from these pleasurable beverages. "Coffee and tea and most plant-based products are pretty healthy - they're chock full of antioxidants. But it's when people are overdoing it and their bodies aren't tolerating it that it becomes a problem."

He suggested that Garner quit drinking caffeine after noon, and that she opt instead for a natural licorice tea, which has properties that help people recover from adrenal fatigue and fight sugar cravings. (It's thought to reduce the amount of hydrocortisone broken down by the liver, reducing the workload on the adrenal glands.) He also recommends taking vitamin B5 and C supplements, or taking a composite supplement specifically designed to alleviate adrenal fatigue.

As far as the link between alcohol addiction and sugar addiction, Teitelbaum said that further studies need to be done.

Danny Courtney Elena Amanda Toby La

Facebook social plugin

2012 Our 100 Favorite Miami Dishes
(click for one hundred reasons to drool)

Slideshows



South Street Restaurant & Bar Moving Into Former Sra. Martinez Space

\$99 for 4 sessions of non-invasive lipo-laser (\$600 value)

VOICE DAILY DEALS
VoiceDailyDeals.com

View Deal

SAVE 83%

NEWPORT BEACHSIDE HOTEL & RESORT

WE ♥ THE LADIES THEY DRINK FREE

KITCHEN 305

CLICK HERE



Short Order on Facebook

Like

2,615 people like Short Order.



La



Neil



Danny



Amanda



Shawn



Toby

Facebook social plugin

2012 Our 100 Favorite Miami Dishes
(click for one hundred reasons to drool)

Slideshows

Closer Look: Estiatorio Milos



Closer Look: Toscana Divino

"We don't know the why of the cross-addiction; the mechanism is not clear, but it's very common. That's why if you go to an Alcoholics Anonymous meeting, they often have Twinkie and Ho-Ho orgies. [Your friend] should really pat herself on the back for having taken a step to deal with the problem that's causing more harm in her life, and when she's ready she can tackle this problem too."

To learn about the other three types of sugar addiction and how to treat them, check out jacobeitelbaum.com.



Josh's Delicatessen &
Appetizing Pancakes How-To

[More Slideshows >>](#)