

# Soddie's Place

Tuesday, July 20, 2010

## Giving Up Sugar


It's time to break my sugar addiction.

Plagued with jet lag this week after a 6 day trip to India, I was up late last night reading a book on how to stop sugar addiction. The book is "[Beat Sugar Addiction Now!](#)" by Jacob Teitelbaum MD and Chrystle Fielder.

I've known for a while my sugar addiction is a problem. I let the everyday stresses of life get to me; 2 small kids, full time job, high maintenance dog, keeping everyone fed, healthy and at the right place at the right time. I've gradually packed on the pounds over the past few years. It's time for change. I know my weight is a direct correlation to the amount of sweets I eat. I let myself believe treats are okay on days that have been particularly stressful. There are more of those than not these days.

Today is day 1 of the sugar purge. So far so good. I'm to expect some moodiness and irritability. My husband may ask how that is different than other days (poor guy), but I hope it's not too bad. Drinking water is key, to cleanse myself of the elevated sugar levels in my body...

I'm going to stock up on vegetables, fresh fruit, lean meats and proteins, low sugar yogurt, cheese, etc.. I'm not a fan of artificial sweeteners so I'll have to be creative with some of my food choices. If I'm true to my goals, I'll track my progress here. If sugar wins, I won't write anything about my progress because I'll be snuggled up with a chocolate bar and a bowl of ice cream somewhere.

Posted by Susan at [1:16 PM](#) 

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### About Me



**SUSAN**

I'm a working mom, wife and dog owner.

I try to keep order in our lives and chaos at bay, I'm sometimes successful. In my spare time I enjoy cooking and crafting.

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