

Sign up for our Newsletter



August's Cookbook Giveaway

5 lucky winners will be chosen
ENTER NOW



Enter to win!

7 SunRidge Farm™ organic & all natural snacks. 5 Winners!



Are You a Sugar Addict?

By Lynn Tryba

[E-Mail](#) [Print](#)

Diabetes, cardiovascular disease, and other medical issues are dramatic examples of how sugar can wreak havoc in your life. But then there's the less obvious signs that we may have a problem with sugar—one that can lead to more serious health problems in the future.



Ask yourself

Are you often tired? Are you plagued by digestive issues? Is your nose always stuffed up? Do you have trouble losing weight even when dieting? Do you experience brain fog?

Consuming too much sugar can cause all of these conditions—you may even be addicted to the white stuff.

The energy expert

There are four types of sugar addicts, believes Jacob Teitelbaum, MD, author of *Beat Sugar Addiction Now!* An Energy Loan Shark feels chronically tired and needs hits of sugar and caffeine. The Feed Me Now or I'll Kill You types have exhausted their adrenal glands. An overgrowth of yeast in the body leads the Happy Ho-Ho Hunter to search for sugar. And the Depressed and Craving Carbs type's desire for sweets is linked to hormonal shifts during one's period, menopause, or andropause (male menopause).

Take this quiz to determine your type, and then follow the Wellness Rx suggested by Dr. Teitelbaum. A much more comprehensive quiz and step-by-step program can be found in his book.

What's your type?

- Do you often feel tired and achy?
- Do you need coffee to get going in the morning?
- Does your energy flag by mid-afternoon?
- Do you get frequent headaches?

You may be a **Type 1 Sugar Addict**, the **Energy Loan Shark**.

Dr. T's Wellness Rx:

1. Get seven to nine hours of sleep a night.
2. Take 15 to 25 mg of zinc per day.
3. Eliminate "energy drinks" loaded with sugar and caffeine.
4. Get 30 to 60 minutes of exercise four to seven times a week (preferably outside).

- Do you find you are often thirsty and need to urinate frequently?
- Do you get recurrent sore throats and swollen glands?
- Do you sometimes get dizzy when you stand up?
- Is life a crisis for you?

Participate in our **Sample Program**

Receive FREE samples from leading health & wellness brands.

tasteforlife 

Summer Essentials

Tips for a Healthy & Safe Summer Season



Discover Essentials for **Natural Hair & Nails**

tasteforlife 

You may be a **Type 2 Sugar Addict**, the **Feed Me Now or I'll Kill You** type.

Dr. T's Wellness Rx:

1. Supplement with vitamins C and B5, the mineral chromium, and an herbal licorice extract to decrease the symptoms of low blood sugar.
2. Eat a high-protein, low-sugar, low-carb diet.
3. Eat small meals frequently during the day.
4. Do a reality check. When you start to feel anxious, ask yourself, "Am I in imminent danger?" If you aren't, realizing this will turn off the fight or flight reaction and allow your adrenals to relax.

Do you have chronic nasal congestion or sinusitis?

Do you have spastic colon or irritable bowel syndrome?

Have you been treated for acne with an antibiotic for one month or longer?

Do you have postnasal drip or clear your throat a lot?

You may be a **Type 3 Sugar Addict**, the **Happy Ho-Ho Hunter**, whose sugar cravings are caused by yeast/candida overgrowth.

Dr. T's Wellness Rx:

1. Make high-protein foods such as meat, eggs, and seafood the foundation of your diet.
2. Eat no more than two servings of whole-grain bread a day.
3. Eliminate sweets except for dark chocolate in moderation.
4. Take anti-yeast herbs, which include oregano powder, uva-ursi, garlic powder, grapefruit seed, olive leaf, and milk thistle, among others.

Do you have a history of PMS?

Are you a woman older than 38 with decreased libido and irregular periods?

Are you a woman older than 47, in menopause, and experiencing depression, fatigue, insomnia, and loss of libido?

If you are male, are you older than 45, and do you have a spare tire around your waist?

You may be a **Type 4 Sugar Addict**, the **Depressed and Craving Carbs** type, whose sugar cravings are caused by fluctuating hormones.

Dr. T's Wellness Rx:

1. Choose whole grains, high-protein foods, and foods that score low on the glycemic index.
2. Exercise for 30 to 60 minutes a day, outside if possible.
3. For depression caused by low estrogen: Take the herbs magnolia and St. John's wort and supplement with the amino acid 5-HTP.
4. Take fish oil, which can elevate your mood.

Some sweet options

Sugar substitutes are a way to "have your cake and eat it too" by satisfying your sweet tooth, says Dr. Teitelbaum.

Stevia is a healthy, natural substitute that comes from the leaves of the stevia plant, native to South America. Leaves from this herb contain an extract that is several hundred times sweeter than sugar. The extract contains no calories, can be used in cooking, and is safe for diabetics. It's available as a liquid, a concentrate, and in powdered form. Choosing filtered stevia ensures that you won't experience a bitter, licorice-like aftertaste.

Erythritol is a natural sugar alcohol that doesn't cause the bloating or gas that can be caused by other sugar alcohols. It's becoming more readily available as Truvia and PureVia (products that mix stevia and erythritol). Be sure to check the substitution equivalents on package labels; for example, one packet of Truvia provides the same sweetness as two teaspoons of sugar.

"Don't settle. Get something that tastes great to you," Dr. Teitelbaum advises. "Medicine is focused on taking away everything pleasurable. You should never take away anything without offering something equally pleasurable."

[Login or register to post comments](#)

About the Author



Lynn Tryba

Lynn Tryba serves as editor-in-chief for Taste for Life magazine. Over the past 20 years, her journalism has appeared in Psychology Today and Robb Report, among other national magazines.

[Contact Us](#)

[About Us](#)

[FAQs](#)

[Privacy Policy](#)

[Terms of Use](#)

Enter Our June
**Cookbook
Giveaway**



5 lucky winners will be chosen to receive Michelle Ann Anderson's, *The Rotisserie Chicken Cookbook*.

[ENTER NOW ▶](#)

tasteforlife.com is your resource for [healthy recipes](#) | [gluten-free](#) | [vegan & vegetarian](#) | [guides to sustainable living](#) | [alternative remedies](#) | [nutrition](#) and [weight management](#)

Popular Categories: [Eating Well](#) | [Healthy Recipes](#) | [Whole Health](#) | [Guide to Vitamins & Supplements](#) | [Resource Center](#) | [Natural Beauty](#)

See our [Contests](#) | [Giveaways](#) and [Free Samples](#) featured on: [Freaky Freckles](#) | [Cool Freebie Links](#) | [Just Free Stuff](#)