

WEIGHT LOSS FOR LIFE

THIS SITE IS TO PROVIDE YOU WITH HELPFUL INFORMATION ON DIET, WEIGHT LOSS, NUTRITION, EXERCISE AND MOTIVATION TO HELP YOU REACH ALL OF YOUR FITNESS GOALS.

Overcoming sugar addiction - Ways to break the cycle

We all love to have a tasty treat every now and then, but if you are not careful it can easily lead to sugar addiction.

Overcoming sugar addiction can be as tough as being a hardcore drug addict. Just like any other drug addiction you must realize that you do have a problem. When you finally admit that you have a problem, you can overcome your addiction to sugar and live a much healthier lifestyle.



You may have a problem if you are doing the following

- Hiding sweets from yourself and others
- If you are replacing your regular meals with sugar
- Eating too many processed packaged foods
- If you can't function correctly without sugar, or it changes your overall mood and personality
- Eating so much sugar that it is effecting the health of your teeth

Can you relate to this.....?

If you can relate to one or more of these on a regular basis **you are an addict**. Eating too much sugar can cause your metabolism to crash and also put you at high risk for type 1 and type 2 diabetes. Don't worry because just like any other addition, this can be broken also!

You don't totally have to give up on all sugars, just the ones that are processed and are not good for you. When you replace those bad sugars with good sugars you will begin to have more energy. Your weight will also come down a lot.

Keep in mind that you need to cut back on the amount of sugar that you are consuming. This could be done cold turkey, but most of the time it's the gradual approach that works the best. Drinking plenty of water is one of the best ways to break your sugar addiction. If you just need to taste sugar, just eat some of the "good sugar" on the chart that I listed above.

Overcoming sugar addiction is something that you can conquer!

Don't let another day go by without you doing something about it.



Get one of the top selling books on the subject of overcoming sugar addiction. You will get critical information on how to kick the sugar habit for good! This book will benefit anyone that has tried the free themselves of this habit, only to be unsuccessful time and time again. It's written by Dr. Jacob Teitelbaum, some of the questions that his book will answer do include

Chapter = The type 1 sugar addicts diet

Chapter = Sleep deprivation in type 1 sugar addicts

Chapter = Treatment plans for severe addicts

These are just a small sample of the topics that Dr. Teitelbaum digs into. After reading Dr. Teitelbaum's book you will know exactly how you can overcome your personal struggles with sugar, because no two situations are alike.