

Health Notes

SUGAR ADDICTION



Sugar addiction seems casual, but don't be fooled. Sugar addiction is very real.

Starting from infancy, sugar can quickly become a habit that is hard to break. Once you have that sweet taste, you need more. If you quit sugar cold turkey, you'll experience withdrawal symptoms of sugar addiction, including feeling tired, cranky, and sick.

It has to do with a neurotransmitter called *dopamine*. Dopamine promotes a sense of wellness. When there's plenty of dopamine floating around, you feel good. And guess what? Whether you abuse drugs like cocaine and heroin or binge on sweets—the brain is flooded with dopamine!

A surge of dopamine makes you “want” the taste of sweet. According to researchers at Princeton University, sugar withdrawal isn't a far cry from heroin withdrawal—with similar changes in behaviour and brain chemicals. Withdrawal from sugar includes anxiety and depression followed by cravings.

We have been 'hardwired' to seek out sugar – there is hidden sugar in so many products, even the most unlikely ones. Commercially, sugar is a preservative, furthermore often when a product is 'fat free' it is replaced with.....yes sugar! Our cells have evolved to rely on sugar as their number one fuel source. This addiction has caused numerous health problems throughout the world. Not least an alarming increase in obesity, which is often a symptom of a body overloaded with toxins.

Withdrawing from sugar should not be undertaken lightly – the release of the toxins can make you feel terrible. For the best long term benefits a full body assessment followed by a treatment plan can help you achieve optimum health.

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