

Health Notes

SUGAR and PREMATURE AGEING



When we think about anti-ageing methods, most of us think of botox, creams, serums and treatments. **Yet, the most significant anti-ageing procedure actually begins within** and it is the only method that will really have significant long-term effects.

Why worry about how much sugar you eat, especially if you can handle the extra calories without gaining weight? Diets high in sugar have been linked to an increase in diabetes, obesity, higher triglyceride levels, lower HDL (good) cholesterol levels, increased risk for heart disease, depression, migraines, gout, autoimmune diseases like arthritis and even multiple sclerosis, dental problems, osteoporosis, and even poor eyesight. **Plus, sugar promotes toxins in the body, which can contribute to premature ageing.**

Cutting refined sugar from your diet can be one of the toughest things to do. Sugar is highly addictive, and the cravings can be strong and difficult to ignore. It can have harmful effects on metabolism and contribute to all sorts of diseases.

The more sugar you eat, the more you crave. And the more sugar you have in your diet, the higher your tolerance is. It is just a vicious cycle that is hard to break. In fact breaking the sugar habit can be more difficult than breaking a cocaine habit!

There's no doubt why we like our sugar. When we eat foods high in sugar, our brain releases serotonin. This makes us feel good, but this is a temporary feeling and will lead to a rapid crash, causing us to feel fatigued and lethargic, which triggers a craving for more sugar. So on and on it goes. Meanwhile, your body is struggling to cope with the toxin overload, which does not allow your body to repair and protect efficiently.

Breaking the sugar habit and embarking on a new life plan takes more than a sense of willpower. For best results it is essential that you first establish the 'state of your body', you need to discover what elements have been most affected by toxins. Then you can embark on a remedy plan, once this is achieved your body has the opportunity to be fully functional —resulting in a 'healthier you'.

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