

## **How to Beat Sugar Addiction**

**Sugar, are you drowning in it? It is in the food we eat, most everything we drink, if something does not taste right, we add more sugar to it. There are no vitamins in sugar, no minerals or nutrients-only calories.**

**Do we need it? Sometime in your past, someone you loved introduced you to sugar. Maybe a cupcake, a cookie or chocolate bunny, but you tasted sweet sugar and you wanted more.**

**Sugar made your brain happy. Dopamine is a neurotransmitter that helps control the brain's pleasure centers. Sugar stimulates your brain the way sex, drugs, and gambling stimulate your brain.**

**Addicting? Yes, the more sugar you eat the more you want. The constant supply in the modern diet over-stimulates your dopamine receptors and over time, you need more sugar to maintain a dopamine high. What is the first sweet thing you crave in the morning? How long can you go without your morning sugar? When you experience tremors and craving similar to withdrawal symptoms, you'll realize how addicting sugar is.**

**Are you ready to reduce the sugar in your diet? Here are three steps.**

**Sugar goes by many names; most end in 'ose'.**

**Stop drinking sugar. Many bottled beverages are loaded with sugar. Carbonated drinks, juice boxes, chocolate milk, and frappuccino's.**

**One way to reduce unhealthy sugar intake is to drink water.**

**Watch your snacks. Remember it is not your mouth or stomach that needs sugar it is your *brain*.**

