

20 Best Motivators to Quit Your Sugar Habit & Stop the Cravings

Constant added sugar use can create many health issues...Here are 20.

1. Added sugar is 8 times more addictive than cocaine. If you want to stop the sugar demon within, you cannot keep tasting it.
2. Added sugars can be hiding in about 74% of processed foods under more than 60 different names.
3. Added sugar interferes with the absorption of calcium and magnesium.
4. Added sugar causes a loss of tissue elasticity and function; the more sugar you eat the more tissue elasticity and function you lose.
5. Added sugar can cause premature aging – of the organs and skin.
6. Added sugar use contributes to the obesity epidemic.
7. Added sugar use contributes to the epidemic of Type 2 diabetes.
8. Constant added sugar use creates the uncontrolled growth of Candida Albicans (a yeast- which we all have) and creates more cravings and numerous symptoms, including general malaise– like a constant hangover, lethargy and brain fog.
9. Regular added sugar use and yeast overgrowth can cause nasal congestion and or chronic sinusitis.
10. Sugar use can be responsible for many types of eye deterioration including cataracts.
11. Cancer cells feed on sugar.
12. Sugar is the #1 enemy of the bowel movement and can cause constipation and other elimination disorders.
13. A diet high in refined sugar is now linked to brain-related health issues such as depression, learning disorders, memory problems, anxiety and moodiness.
14. Added sugar use can increase PMS problems.
15. A decrease in sugar intake can increase emotional stability.
16. Sugar use can increase ADHD symptoms.
17. Eating too much added sugar increases the risk of heart disease.
18. Too much fructose can create a metabolic disaster in your body. Where does it go? It turns in to fat! Yes, there is fructose in fruit, but at least there are other beneficial nutrients too. Be careful not to consume too much fruit, and especially juice, which is very high in fructose.

19. Constant added sugar use can cause allergies and many kinds of food sensitivities. Why? It typically gets your gut microbiome way out of balance. If your gut isn't healthy, you can have many types of symptoms.
20. Fructose affects your liver in ways that are very similar to alcohol. Unlike glucose, which can be used by virtually every cell in your body, fructose can only be metabolized by your liver, as your liver is the only organ that has the transporter for it.

Note for improving your health – Become aware of how many grams of sugar (all types) that you have in a day. The daily guide for adults and children is 25 grams. According to the experts, children under 2 should not have added sugar. If you have candida overgrowth (which is a yeast that we all have) or other gut problems, 12-15 grams a day is better until your gut heals and you bring it back to balance which can take 3+ months.

The information in this document called *20 Best Motivators to Quit Your Sugar Habit*, has been accumulated from the physicians and PhD's who research, speak and write on the increased added sugar use topic.

I wanted to show you these facts, so you would see the reasons added sugar can cause so many problems with our health. I also wanted to point out that use of **synthetic sweeteners are not good substitutes for sugar**; they're extremely toxic and detrimental. **Aspartame** (often called NutraSweet) is an addictive neurotoxin, causes increased cravings, weight gain and can cause glucose intolerance, diabetes and more. **Sucralose** (often called Splenda) is also a neurotoxin and can have many of the same negative effects as aspartame, including headaches, seizures, heart palpitations and weight gain. Splenda also reduces beneficial gut bacteria by 50 percent. Both can be responsible for obesity and diabetes.

So, if you're having respiratory difficulties, headaches, intestinal problems, heart palpitations, seizures, weight gain including abdominal obesity, impaired glucose tolerance, stiff achy joints and other health situations including high blood pressure look at whether you're consuming synthetic sweeteners. These can be in your chewing gum, diet sodas, breath products, mints, over the counter medications, prescriptions and "light", "sugar free" or other types of "zero" labeled products.

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