

Taming the Sweet Tooth Demon

The over consumption of refined sugar in the normal American diet in both children and adults is at epidemic proportions.

Excessive refined sugar in the diet is leading to obesity, diabetes, hypertension, loss of bone density, yeast infections, cardiac disease, inflammatory symptoms, physical as well as mental fatigue, irritability and the list goes on.

Getting the sweet tooth under control is often incredibly difficult as excess sugar ingestion creates a blood sugar imbalance and more sugar is craved. Some simple additions can be helpful to curb and control excess sugar in the diet.

- ❖ Eat at least 2-3 pieces of whole nutritious fresh or frozen fruit daily
- ❖ Eat something sour, hot and spicy or bitter (dark chocolate, celery) in place of the desired sweet but avoid salty to replace the desired sweet.
- ❖ Eat sweet vegetables such as sweet potatoes, carrots, beets, artichokes, winter squashes can help retrain the palate.
- ❖ Chew your food thoroughly to bring out the natural flavor and sweetness that are inherent in whole foods.
- ❖ Add a source of micro-algae to the diet, spirulina, chlorella, wild blue-green algae to help regulate sugar metabolism.
- ❖ Prepare meals from whole foods and avoid prepared foods such as bottled dressing, canned soups, and bottled drinks, even those who claim to be natural and healthy. Read labels for added sugar and sweeteners, you may be surprised at how much additional sugar is sneaked into our supposed “healthy foods”.

Be patient but persistent with yourself and keep in mind that gradual, but consistent changes in your diet become habitual and are best acquired over time. Consistency is the key. but if you have a set back remember it is not the end of the world. Persist in your dietary changes at the next opportunity.

Small and subtle changes reap large benefits over the long term. Incorporating one or two of the above recommendations can have a marked impact over time. The reduction in refined sugar inevitably leads to a sense of enhanced well-being, better mood, greater energy, and a stronger immune system.

For more information or Chinese Medicine dietary consult call Kathleen Lynch @ 585 232-9089