



Did You Know?

Sugar can be 8 times more addictive than cocaine!

Can't eat just one? The fact is, frequently eating sugar and fat-laden refined foods blunts the signals that tell us when to stop eating – and overeating, and activates signals that tell us to keep eating more (talk about rewarding bad behavior!) -- making this kind of food feel like drugs to your body!

"Several studies really do suggest that highly-palatable, highly-processed foods can produce behaviors and changes in the brain that one would use to diagnose an addiction, like drugs and alcohol," according to Dr. Nicole Avena of the Icahn School of Medicine at Mount Sinai. "When we eat white flour and sugar in processed foods, sugar, then insulin spikes. Those are the hormonal disturbances that make you store belly fat, and subsequently make you hungry for more sweets and starchy junk food."

Eating colorful fruits and vegetables and drinking plenty of water can help combat cravings for these types of foods.

To see if you may have a sugar addiction visit:

<http://drhyman.com/blog/2013/06/27/5-clues-you-are-addicted-to-sugar/>