

GAIN CONTROL OF YOUR EATING! To Shed Pounds Fast, Eliminate Sugar

Excerpt from Lose the Lies, Lose the Weight
The Ultimate Guide to Permanent Weight Loss by Laurie Bell,
<http://www.losethelieslosetheweight.com>

Eliminating sugar will reduce your cravings, making weight loss much easier. Eliminating sugar is very tricky. Manufacturers know sugar sells. Muffins, pastries, cookies, chips, soda, and candy get prime shelf space. Addictive sugar and its equivalents are everywhere, even when the label says “sugar free” or “no sugar added.” Sure, you are aware of the obvious sweeteners like sucrose, honey, and high fructose corn syrup, but those are just the tip of the iceberg, as you’ll learn in this chapter.

WOULD YOU LIKE TO GAIN CONTROL OF YOUR EATING?

Many of you are on a “high rolling sugar roller coaster ride” all day long. Your moods are reflective of what you just ate or what you are craving. How would you like to be in control instead of having an addictive white substance control you? For many, that white substance—sugar—is highly addictive. If you find that hard to believe, stop and think. How many hundreds, thousands, or millions of times have you been unable to say no to sugar?

You may be physiologically addicted to sugar. If so, you are not alone in your addiction. Approximately two-thirds of Americans are overweight or obese. Empty calorie sugary foods, large portion sizes, and lack of exercise are prime reasons. The following questions will help you decide if you’re addicted to sugar.

SIGNS OF SUGAR ADDICTION

- Do you feel out of control with your eating?
- Do you hide your eating habits from others?
- Do you struggle with binge eating?
- Do you feel incomplete without your soda?
- Are you happiest when you’re eating sweets?
- After eating sweets, do you feel depressed, irritable, tired, or experience difficulty concentrating?
- Do you get angry when someone eats your sweets?
- Does the thought of giving up sugar seem impossible?
- Do you ever go a whole day without sugar?
- Do you feel sugar controls your life?

If you answered yes to one of these questions, you may be addicted to sugar. If you answered yes to three or more questions, you’re likely addicted to sugar. If you’re addicted to sugar, you may be sugar sensitive.

Sugar sensitivity means you don’t process simple carbohydrates normally. Your blood sugar levels rapidly spike and plummet whenever you eat simple carbohydrates. You get intense physiological cravings for simple carbohydrates, when you’re eating them and even when you’re not. Your intense cravings for sugar are not due to a lack of self-discipline.

People who aren’t sugar sensitive experience smaller fluctuations in their blood sugar levels after eating simple carbohydrates. They don’t experience such wild cravings for sweets. They can easily say no to sugar. They can eat one cookie and stop.

I used to think I couldn’t say no to sweets because of pathetic willpower, when I was actually sugar sensitive. When my husband would try to stop me from eating sugary foods I’d say, “Don’t

even think about it!” The thought of eating half a bag of candy was unconscionable. If candy bags were meant to be half eaten, they would come with zippers!

If you’re physiologically addicted to sugar, you’re an all or nothing eater. You’ll never be satisfied with a tiny bit of sugar. One dessert a month won’t satisfy you. One dessert a week won’t satisfy you. One dessert a day won’t satisfy you! Once you have that first bite, you’re like a runaway train!

Because sugar has more power over you than you have over it, eliminate it. When you eliminate sugar, you’ll eliminate or reduce your cravings. Without your intense cravings, you’ll regain control of your eating and lose weight.

When you’re physiologically addicted to sugar, the thought of giving it up may seem impossible. However, you can get over your sugar addiction. I know you can do it because I did it.

I used to be addicted to sugar. In college, I always ate desserts and drank a six-pack of soda every day! My energy level was so low I took naps between all my classes. One spring quarter I dropped all my classes, except one; I just didn’t have enough energy to study. Things changed when I joined a health club, eliminated sugar, and began eating healthy foods. Suddenly my energy level and attitude soared.

You won’t “die” without sugar—really! There is an awesome, superior lifestyle waiting for you after candy, cookies, donuts, ice cream, and soda! For a million tax-free dollars or the risk of losing a loved one, you could give up sugar, right?

SO HOW DO YOU QUIT SUGAR?

The faster you get sugar out of your system, the faster you’ll lose weight. To quit sugar immediately, do three things. To learn more, read Chapter 18 of *Lose the Lies Lose the Weight*, <http://www.losethelieslosetheweight.com>.

About the Author

Laurie Bell, BS is a two-time bodybuilding champion, health club owner, 42 year old mother, fitness lifestyle expert, and the author of *Lose the Lies, Lose the Weight*, a comprehensive resource covering weight loss motivation, fitness, nutrition, and body shaping workouts. For everything you need to lose weight, tone, firm, and sculpt your body, read *Lose the Lies Lose the Weight* by Laurie Bell. No hype. No fad diets. No excuses.

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