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New book helps break your sugar addictions

BY REBECCA DOLAN
JAN 28, 2010

If you are falling asleep reading this article, it might not be because you didn't catch enough shut eye last night. It could be you are eating too much sugar.

In his soon-to-be released book "Beat Sugar Addiction Now!" Dr. Jacob Teitelbaum, who is based in Kona, Hawaii, explores the causes and effects of sugar addiction, as well as how they can be combated.

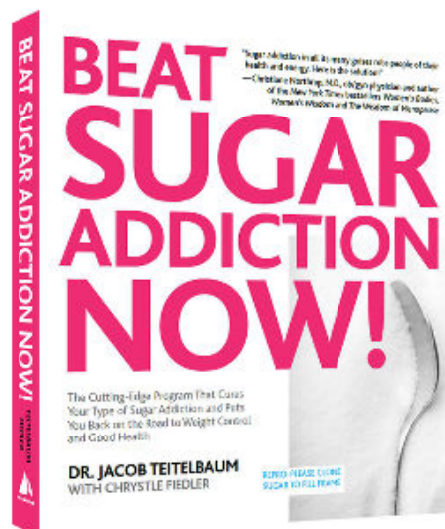
"We're not just talking about people who like dessert," Teitelbaum said. "This is for those out there who are not feeling great and don't have the vitality they want to."

The book identifies sugar addictions related to four other conditions:

- **Exhaustion:** Those who are tired look to replenish energy with a sugar fix.
- **Adrenal exhaustion:** Those with adrenal fatigue get a "feed me now or I'll kill you kind of feeling," Teitelbaum said. These people experience drops in blood sugar and crave sugar with urgency.
- **Yeast/candida overgrowth:** An overgrowth of yeast in the body is believed to release a chemical causing the body to crave sugar.
- **Depression or anxiety caused by hormonal deficiency:** Hormonal deficiencies associated with menopause, PMS or andropause (testosterone deficiency) can lead to sugar cravings.

According to Teitelbaum, the way to break a sugar addiction is to identify which type of addiction someone has and treat the underlying symptoms of that issue. For instance, improving nutrition, exercise and sleep to increase energy can cut cravings for sugar and caffeine as an energy boost.

Each chapter begins with a quiz so readers can assess their symptoms and



Cover design by Luke Herriott

Dr. Teitelbaum's new book, "Beat Sugar Addiction Now!" hits shelves in March.

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determine which type of addiction they may have. Then the chapter corresponding to that type offers a treatment protocol.

"The goal is not to get rid of sugar because sugar is evil," Teitelbaum said. "We want to help people feel better."

Teitelbaum said his own sugar addiction inspired him to study the effects of sugar. In 1975, he dropped out of medical school because he was suffering from fibromyalgia and chronic fatigue. Ultimately, avoiding sugar had a big impact on his recovery and subsequent return to school.

Though his background is in internal medicine, he found that many patients were seeking his help in treating fatigue. He now dedicates himself to finding treatments for chronic fatigue.

Fatigue can be a side effect of consuming too much sugar, as can chronic nasal congestion, sinusitis, depression, anxiety, digestive problems and weight gain. Excess sugar is also a major trigger for diabetes and heart disease. Cut back sugar intake and the risk plummets.

One of the problems with sugar is that it accounts for excess, empty calories with low nutritional value, said Toby Smithson, a registered dietitian and community dietitian for the Lake County Health Department. On its Web site, the American Heart Association recommends limiting the amount of daily added sugar to about 6 teaspoons for women and nine for men.

But, this book isn't a traditional sugar-cutting diet. Teitelbaum said he isn't interested in controlling readers' lives with a list of don'ts. Instead, he wants to teach sensible ways to have your cake and eat it too.

One suggestion is to enjoy sugars in desserts and treats, but only in moderation. You get the most pleasure from the first two bites of a food, he says, so you don't need to eat much to be satisfied.

"The question is how can you make simple changes to help you enjoy life?" Teitelbaum said. "The main reason I'm doing this is because people don't have the same vitality they used to. I want them to look back and say, 'Wow, I turned my life around.'"

Teitelbaum has authored multiple books including the best-selling "From Fatigued to Fantastic!" His co-author, Chrystle Fiedler, writes for "Remedy" magazine and is the author of "The Complete Idiot's Guide to Natural Remedies." "Beat Sugar Addiction Now!" hits shelves March 1.