

'Sofa and the City....'

Living with M.E./CFS but still totally fabulous!!



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Wednesday, 30 June 2010

Yes, but can I still eat chocolate?!

When I was asked to do a book review recently, 'Beat Sugar Addiction Now' by Dr Teitelbaum, I thought it was hilarious. I have only been blogging for 2 months, have never done any writing before this, what do I know? Then I thought, why not? In the spirit of trying something new and all that. So I emailed the marketing person, and asked the all important questions. 1. How big is the book? (Any fellow M.E. person will know that reading can be really tough on the energy front.) 2. Will it help me with my mission of world blog domination? (Answers, manageable and maybe!)

This is not the first time I have explored the relationship between nutrition and M.E. The treatment I did with the **Optimum Health Clinic** taught me a lot about diet and I made some key changes to my eating such as cutting out wheat and dairy, and of course, avoiding sugar. However, the clinic had a very pragmatic approach, advocating sticking to the eating plan 80% of the time and allowing yourself the odd treat. And this is how I run my life now. My overall diet is pretty good-lots of fresh fruit and vegetables, protein with every meal, no wheat or dairy etc etc-but I allow myself the odd glass of wine, some dark chocolate when I fancy and frappuccinos.



So when I opened the book, the first thing I wanted to know was can I still have my Green and Black's?! I'm glad to report Dr T is not from the school of extreme 'wheat grass drinking, carrot munching, no nice food ever again' school and most importantly dark chocolate is allowed, as is alcohol-in moderation of course. Lucky for him really, as I'm not sure I would have carried on with the book if this was not the case! The book is not specifically for people with M.E. but a general guide to eating less sugar (although Dr T does have a **Chronic Fatigue Syndrome and Fibromyalgia Centre** and there is a chapter dedicated to CFS/FM.)

Let's face it, the impact of eating too much sugar is not news. However, just because it is not a groundbreaking suggestion does not mean that we shouldn't be doing it. Dr T outlines four different types of sugar addicts and goes on to give practical advice for each type. The book is well laid out and easy to navigate, so you can easily find the parts that are most relevant to you. There are summaries at the end of each chapter, which make it easy to identify the key points. All very important factors for the energy limited M.E. reader! His diet advice is sensible and achievable. For example, alongside reducing sugar intake, he also advocates sensible strategies such as limiting caffeine, eating wholegrains and allowing yourself the odd treat. (Yay!!) He acknowledges the importance of a holistic approach to healing by also covering the importance

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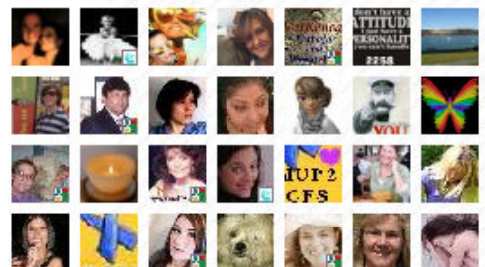
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of lifestyle and supplements.

He then has a series of chapters on different health problems, including: anxiety, depression, migraines and obesity. And there is a chapter dedicated to CFS and FM. He believes that the snowball effect of sugar addiction can overwhelm the system and trigger CFS/FM. He argues that in the 15,000 patients that have been treated at his Fibromyalgia and Fatigue Centres, that the patient invariably has a sugar addiction. His treatment protocol is called SHINE (sleep, hormonal support, infections, nutritional support and exercise as able). He believes that CFS/FM are real physical illnesses and that they are treatable.

So, I've done my first book review and I have to say it was exhausting! I find reading a really high energy activity. Interestingly, I find writing much easier. So this M.E. chick may need to find another way to achieve world blog domination. It was good to push the boundaries though-again. I am always fascinated by what activities are high energy to me and what aren't. So, I may not be rushing to become a book reviewer but I enjoyed learning that it's not for me. Silver lining people. And more importantly, I think I've earned at least two pieces of Green and Black's!

More information

Dr Teitelbaum is the Medical Director of the Fibromyalgia & Fatigue Centers, Inc. (FFC). To find out more about Dr T you can visit his website www.endfatigue.com Here you can find a summary of the different types of sugar addiction. There is also a free on line symptom analysis programme for CFS.

His book: 'Beat Sugar Addiction Now' is available at Amazon he has also written a book called '[From Fatigued to Fantastic](#)'



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