

Sugar. We may love it, but it doesn't love us back. It's bad for our health — and our waistlines. New research finds it is also biologically addicting.



SUGAR WE ACTUALLY EAT EACH DAY*

RECOMMEND

Limit sugar to **5 teaspoons**

WHAT EXPERTS

Adults consume about **22 teaspoons** of sugar a day.

Children consume even

a day (women) and **9 teaspoons** a day (men).

Kids should consume

more: 34 teaspoons a day.

no more than 4 teaspoons a day.



10 teaspoons of sugar

CUT SUGAR OUT OF YOUR DIET

ONE 12-ounce can of soda =

AND YOU MAY ALSO REDUCE: Acid reflux Joint pain Migraine Anxiety and

- Irritable bowel
- Fatigue
- stress

Rashes

INCREASED SUGAR CONSUMPTION IS THE LEADING CAUSE OF DEGENERATIVE DISEASE.

According to the American Dietetic and Diabetic Association,

ADDICTION GOODBYE. Do this for 10 days for a quick, powerful detox.

HOW TO KISS SUGAR

MAKE THE DECISION.



QUIT COLD TURKEY. Stop all forms of sugar: white flour, artificial

sweeteners, hydrogenated fats, MSG and

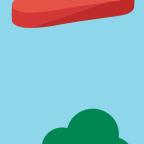
Commit yourself to this 10-day detox. These

changes will reset your brain and body.



pre-packaged foods.

No sweetened teas and coffees, and no juices other than green vegetable juice.



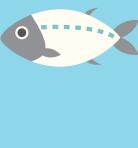
Include eggs, nuts, seeds, fish, chicken or grass-fed meats.

ADD PROTEIN TO EVERY MEAL.

EAT THE RIGHT CARBS. Only non-starchy veggies: asparagus, green

beans, mushrooms, onions, zucchini,

tomatoes, fennel, eggplant, peppers.



INCLUDE GOOD FATS AT EVERY MEAL. Go for nuts and seeds, avocado and fish, which offer omega-3 fatty acids.

fuel sugar cravings.

MANAGE YOUR STRESS. When you're stressed, your cortisol shoots

up. This will drive up your hunger and can



It's not easy, but after two or three days, you will have more energy and fewer cravings.

You can break the sugar habit. Doing a detox

QUIT GLUTEN AND DAIRY.

SLEEP. If you get less than 8 hours a night, it can drive you to eat more calories.

doesn't mean you never eat another cupcake. But it does give you control over your cravings — and your health.

OUR EXPERT:



clevelandclinic.org/HealthHub

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*Refers to adults/children in the U.S.

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