

Sugar, Weight issues and Colonics

A common nutrition mistake that may be stopping you losing weight.

Sugar is not an innocent bystander in the battle of the girth; it's an active agent provocateur. Refined sugar causes weight gain and is one of the leading causes of obesity in the world. Sugar is also extremely addictive (causing peak & trough reactions – just like drugs).

Most soft drinks, juices and even some *health* drinks have between 5-10 teaspoons of sugar in each 250ml serving. (Imagine putting 250 ml water in a cup and then adding 10 teaspoons of white sugar- and then drinking it)

It's not just drinks that are loaded with sugar. Many cereals and packaged foods have sugar (in one of its many guises) listed as the first or second ingredient (i.e. highest quantity). It's to be found in *Yakult* and *Actimel*, which are supposedly healthy probiotic products. [See our info pieces on probiotics].

The following words on a nutritional label are basically synonyms for sugar, and thus to be avoided:

Corn Sweetener, Corn syrup, or corn syrup solids, Dehydrated Cane Juice, Dextrin, Dextrose, Fructose, Fruit Juice Concentrate, Glucose, High Fructose Corn Syrup, Honey, Lactose, Maltodextrin, Malt syrup, Maltose, Maple syrup, Molasses, Raw sugar, Rice Syrup, Saccharose, Sucrose, Syrup, Treacle, Turbinado Sugar, Xylose.

Sugar is addictive. The good news is that once you stop eating sugar, the addiction will quickly disappear. People who eat sugar *crave* it. People who avoid sugar, don't even miss it. Taking yourself off sugar (and sugar containing products) will result in a drastic and immediate change in your weight. The first few days will be a bit of a *detox* (after all sugar has drug-like effects) but these symptoms quickly disappear (and so do the pounds!)

The role of colonics

If you are detoxing like this, you might want to make it easier on yourself by having regular colonics. [Holistic practitioners hold that colonics may be an important adjunct approach in the treatment of many addictions]

If not sugar, what?

Artificial sweeteners are not the answer. Evidence is mounting that Sorbitol, saccharin, aspartame and sucralose are actually worse than sugar itself. All of these artificial sweeteners have been linked to cancer, tumors, and obesity. (They cause weight gain by disrupting your body's natural hormones.) Studies have shown that when people *give up* aspartame-laden Diet Drinks they can lose up to 10 lbs in weight- with no other changes.

A great alternative to sugar and artificial sweeteners is the supplement STEVIA. Stevia is a naturally sweet plant native to South America that is 30 times sweeter than sugar in its unprocessed form. There are hundreds of studies showing Stevia is a safe alternative. It's all natural, contains zero calories, and has a zero glycemic index.

Stevia leaves are more than 250 times sweeter than sugar and perfect for helping anyone wean themselves from refined white sugar and artificial sweeteners. Stevia products are great for beverages, soft foods, and baking. Stevia (and products using it) are widely available these days.