

# BREAK YOUR SUGAR ADDICTION

## IN 10 DAYS

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\*

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

Children consume even more: **34 teaspoons** a day.



### WHAT EXPERTS RECOMMEND

Limit sugar to **5 teaspoons** a day (women) and **9 teaspoons** a day (men).

Kids should consume no more than **4 teaspoons** a day.



### PUT IT IN PERSPECTIVE:

**ONE** 12-ounce can of soda =

**10 teaspoons** of sugar

## CUT SUGAR OUT OF YOUR DIET AND YOU MAY ALSO REDUCE:

- Acid reflux
- Irritable bowel
- Fatigue
- Migraine
- Anxiety and stress
- Joint pain
- Rashes

According to the American Dietetic and Diabetic Association, **INCREASED SUGAR CONSUMPTION IS THE LEADING CAUSE OF DEGENERATIVE DISEASE.**

## HOW TO KISS SUGAR ADDICTION GOODBYE.

**Do this for 10 days for a quick, powerful detox.**



### MAKE THE DECISION.

Commit yourself to this 10-day detox. These changes will reset your brain and body.



### QUIT COLD TURKEY.

Stop all forms of sugar: white flour, artificial sweeteners, hydrogenated fats, MSG and pre-packaged foods.



### DON'T DRINK YOUR CALORIES.

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



### ADD PROTEIN TO EVERY MEAL.

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



### 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.



### MANAGE YOUR STRESS.

When you're stressed, your cortisol shoots up. This will drive up your hunger and can fuel sugar cravings.



### QUIT GLUTEN AND DAIRY.

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



### SLEEP.

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

**You can break the sugar habit.** Doing a detox doesn't mean you never eat another cupcake. But it does give you control over your cravings — and your health.



### OUR EXPERT:

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## Cleveland Clinic

[clevelandclinic.org/HealthHub](http://clevelandclinic.org/HealthHub)

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

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