

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.



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

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