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*

<table>
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<th>WHAT EXPERTS RECOMMEND</th>
<th>SUGAR WE ACTUALLY EAT EACH DAY*</th>
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<tr>
<td>Adults consume about 22 teaspoons of sugar a day</td>
<td>Limit sugar to 5 teaspoons a day (women) and 9 teaspoons a day (men).</td>
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<tr>
<td>Children consume even more: 34 teaspoons a day</td>
<td>Kids should consume no more than 4 teaspoons a day.</td>
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According to the American Dietetic and Diabetic Association, INCREASED SUGAR CONSUMPTION IS THE LEADING CAUSE OF DEGENERATIVE DISEASE.

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

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

Sources:
- ncbi.nlm.nih.gov/pubmed/23803881
- youtube.com/watch?v=Wm7cP95lBxs
- consumerscompare.org/infographic-14-facts-about-sugar
- drhyman.com/blog/2013/06/27/5-clues-you-are-addicted-to-sugar
- health.clevelandclinic.org/2015/04/how-you-can-break-your-sugar-addiction-in-10-days-video/
- cdc.gov/nchs/fastats/obesity-overweight.htm
- clevelandclinic.org/HealthHub

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.

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 rises 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.

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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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