

## Do You Have a Sweet Tooth?

Can't have a cuppa without a biscuit? Need that Coke for an energy boost? Always have a dessert after a meal? Constantly crave sweet treats? Indulge in a sweet "Because you deserve it"?

You're not alone!

Why do we crave sweets? Is it habit? Conditioning? Triggers? Or perhaps a Nutritional Deficiency?

When you see an ad for Coke showing you how happy people are and have a great lifestyle from drinking Coke. Who doesn't want that?! This is a blatant trigger. You see a sugary treat and want it.

Sugar-free isn't free! There's a huge cost involved...the cost being your health! What they don't tell you is one Coke exceeds your full day's allowance of sugar and that a Coke Zero, Diet Coke or Coke Zero Sugar all have aspartame, a known neurotoxin as well as being the #1 food item the FDA in the states receives complaints about. Safer substitutes would be natural stevia, Xylitol or Manitol.

Have you ever heard "Clean your plate and you get dessert" or "If you behave, I'll get you an ice cream"? This is pure bribery that develops habitual behaviour like always having dessert after a meal. These are habits we develop, not a craving.

A craving can be like a gnawing desire for something sweet, void of triggers or habitual conditioning.

A deficiency in calcium, magnesium or zinc might cause sugar cravings as sugar blocks absorption of these essential minerals.

So, what's the big deal with sugar? "It gives me energy." Well, so does cocaine...both of which are highly addictive. Sugar has also been reported to cause dental caries, diabetes, obesity/weight gain and a weakened immune system, to name a few. It is toxic to the blood vessels in the body in the exact same way that cigarette smoke damages the lungs as sugar in the blood stream damages blood vessels. Harmful gut bacteria feed on it creating problems like IBS and candida overgrowth. Cancer cells grow and thrive on sugar. Why would you feed cancer cells?!

When you want something sweet, eat a whole piece of fruit, berries are best. Mix the fresh fruit up with some plain Greek Yoghurt (Not Greek Style). Have a few pieces of dark chocolate, make some dark chocolate chia seed pudding (YUM!). Smoothies made with whole fruit, yoghurt or pea protein can be sweet, filling and satisfying. Cheese, eggs and whole grains can keep you fuller longer to help ward off cravings. Fermented foods like sauerkraut, kim chi or kombucha promote healthy gut bacteria which also reduces cravings.

But, best of all would be to eat regular, well-balanced meals to keep cravings at bay, read labels and be mindful of what you put in your mouth and, remember, moderation is the key!

To Your Health!

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