

Sugar.

WHY IT ISN'T
SO SWEET.



Are you fueling your recovery or getting in your own way?

Did you know that studies have found that sugar is just as addictive and has similar effects on the brain as cocaine?

Sugar can create systemic inflammation which can increase pain in your joints and tissues, contribute to gastrointestinal disturbances, and even lead to an overgrowth of yeast in the body.

It may take a few weeks of sugar elimination to get rid of your cravings! To reduce cravings, drink a glass of water, get adequate sleep, eat protein, or choose natural sugars such as fruit.

When consuming packaged foods, read labels and check for "added sugars." When you see natural flavors and natural flavoring these can trigger your sugar cravings as well!

Sugar consumption contributes to:

- Diabetes
- Obesity
- Heart Disease
- Fatty liver disease
- Gout
- Increased risk of cancer



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