

# SUGAR DETOX

A Simple Guide To Curb Sugar Cravings  
And Beat Sugar Addiction



**TED BEGNOCHE**

# **Sugar Detox**

## **A Simple Guide To Curb Sugar Cravings And Beat Sugar Addiction**

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267 Neck Street North Weymouth MA 02191 USA  
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## Disclaimer

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This book is intended solely as a source of information and for motivational purposes.

Please note the author is not a physician or nutritionist, and this book should be viewed as for recreational purposes only.

The information contained in this book should not to be used as medical advice of any sort. Any recipes should be checked for compatibility with your current medical condition by your physician. Do check with your doctor before making any dietary changes. For those currently on medication of any sort, or with pre-existing medical conditions such as diabetes, it is vitally important that you work in conjunction with your doctor when making any changes at all to your diet or exercise routines.

## Meet The Author

Hello, I'm Ted, and it's nice to meet you. I've been writing for almost as long as I've been reading, which by now is longer than I'd care to admit.

I'm passionate about my writing, and I strive to produce the absolute best product that I can each and every time I sit down to work.

I have a few other passions as well. In no particular order, they include, fishing, being outdoors, my amazing family, all things technology, and researching subjects I'm interested in.

All of which leads us to this book. I have an intense interest in food and nutrition, and I feel as though there are gaps in what we learn as we go through life regarding nutrition and what effects food has on our bodies.

I decided to write this book because I had heard many differing opinions about sugar addiction and what the effects of eating too much sugar has on the body. The more I learned, the more I realized that sugar addiction is indeed very real, and a very big problem for a lot of people.

As I continue to research the subject of nutrition, I invite you to come along on with me. There is no greater investment than you can make than to improve your health through better nutrition.

Please use [this link](#) to enter your name and email address and sign up for my email list. Doing so will offer a number of advantages.

You'll get advance notice of any upcoming books, and my books usually launch as free offers for the first few days. In addition, any time I update any information in this book I will send you the updated version free of charge.

Also, to accompany this book you'll receive a PDF file of delicious recipes that will put you on the right track as you begin your sugar detox.

What I won't do is bug you with unnecessary emails – that is one thing I refuse to do. Your email address is safe with me, and there is a link included in every email that will allow you to unsubscribe any time you wish.

I'm betting you won't though, because this is good stuff, if I do say so myself.

Sincerely

Ted Begnoche

## Recipe Book Free Download

Please take a moment to sign up for my email list. It's quick and painless and I promise I won't bug you with unnecessary emails because I know we all hate that. And let me assure you that your email address is safe with me, I'll never rent out my list for any reason.

I've created a short recipe book that you can download immediately when you sign up. It contains some delicious recipes that have become my favorites since I've kicked the sugar habit to the curb. I'm hoping you enjoy them as much as I do.

Signing up will also give you the opportunity to learn when my next books are coming out, and many of them are free for a few days at launch time!

You can download it here: [Sugar Detox](#)

## Introduction

Welcome! Thank you for purchasing this book. By doing so, you've demonstrated a commitment to improving your understanding of the value that proper nutrition plays in your life, and to ridding yourself of one of the most ubiquitous and damaging food addictions that we face today.

Addiction to sugar is a very real and menacing problem. Most people who are addicted to sugar don't actually realize it, and this is one of the reasons it can be so difficult to deal with.

In this book we'll examine the reasons why we need sugar in our diets, the dangers of ingesting too much refined sugar, and how to spot and avoid all the places where sugar hides.

We'll also cover ways to find healthier substitutes for sugar, and how to avoid sugary foods when eating out or grabbing meals on the run.

You'll learn a great deal, I promise, and some facts may shock you, but please stick with the recommendations and advice contained here.

You CAN beat sugar addiction, and armed with the knowledge you're about to uncover, combined with a healthy dose of good old fashioned will power, you will be successful in your quest.

We'll take an honest look at sugar, and then come up with a gentle and realistic way to begin removing it from your life. We can call it a detox, but sometimes that word conjures up some bad images. I assure you that while removing sugar from your life is not an easy task, it doesn't have to involve radical changes either.

I should also mention that I'm not a doctor or nutritionist, but don't let that put you off. I've been researching and writing on the subject of nutrition and food for a number of years, and have started blogs and websites dedicated to raw foods, detox and cleansing, and also nutrition in general.

I've also been a content provider for nutrition websites as well as a ghost writer for various ebooks and blogs.

I've done numerous guest posts as well.

The point I'm trying to make is this. I've done the research for you, so you don't have to search all across the Internet to find answers to your questions about detoxing from sugar.

That's totally enough about me, though. This book is really about you, so let's get started and dig in.

Wait! One more thing. Later on in the book, in the Doing Your Own Detox section, I'll recommend keeping a food journal if you're not doing so already. This is something that's easy to do and a week's worth of data should be enough to get an idea about your processed sugar intake, so please consider starting an informal journal tracking everything you eat during the course of a day.

## Chapter 1 - Why We Need Sugar

Let's first of all be very clear about one thing: Our bodies need sugar to function properly and maintain optimum health.

But that doesn't mean we should eat it by the spoonful, or drink those carbonated and sugary drinks that taste so good. That's not that kind of sugar we're talking about.

Sugar does play a part in a healthy diet, but it's a certain kind of sugar that we're after, so let's examine sugar in its various forms.

Sugar goes by many names, including molasses, brown rice syrup, brown sugar, cane sugar, and caramel, just to name a few. You can see a complete list of all the common ones [right here](#), for your reference.

All of these are REFINED sugars, which means they've gone through a process to extract and purify the sugar.

In the most simplest of explanations, refining means that all the impurities and plant matter have been stripped away, leaving only pure sugar crystals behind.

The sugar in your sugar bowl, also known as sucrose, is usually derived from either sugar cane or sugar beet plants. All plants produce sugar in some form, but these two plants have sugar available in the easiest form to deal with for refiners.

Refined sugar is the stuff we're trying to cut back on. And this seems like it should be pretty easy, because there are a number of natural alternatives we can turn to that are just as sweet as our beloved sugar, but are also much better for your body.

The stuff I worry about, and you should too, is the sugar that hides itself in processed foods.

We'll talk a bit about that here, but I've devoted a whole chapter to this later on in the book.

**Label Mania** - Over the years I've become a real food label fanatic. The longer the list of ingredients I see, the more likely I'm apt to put an item back on the shelf.

Ideally, I try not to eat anything boxed or canned, but I know this is sometimes not practical. Hey, I'm a realist too, but I do the absolute best I can when it comes to choosing the stuff I put in my body.

If you haven't been studying food labels, it's really time to get started, because you'll be able to avoid most of the bad things we're trying to eliminate just by leaving them behind at the grocery store.



Let's do a short and simple exercise. Go to your pantry right now and grab a box or can of anything. Go ahead, don't feel silly, I'll wait right here.

Okay, ready? Take a look at the list of ingredients on the side or back of the package.

We're looking for aliases that sugar usually goes by in processed foods, things like dextrose, cane crystals, corn syrup, or fructose sweetener.

What about high fructose corn syrup? Do you see fructose, lactose or maltose?

These are all other names for refined sugar, and this is really just scratching the surface.

I know this might seem like a huge hassle to you at the moment, especially if you're new at deciphering these long lists of ingredients, but this is an essential skill to develop and once you get the hang of it, you'll have no problem quickly determining what's good and not so good for you.

**Gimme Sugar** - Let's talk a little about why your body needs sugar.

As you know, the human body is quite a complex mechanism, and the purpose of this book is not to bore you to tears with scientific explanations and facts, but to give you accurate information that you can act upon and implement in your daily life.

The simple truth about sugar is that it gives our bodies the energy we need to make it through the day.

Your body needs all kinds of foods to maintain optimum health, and sugar is a big part of that.

While you might be tempted to eat a spoonful of the white stuff the next time you're feeling a bit sluggish, I have to warn you that this is not the stuff we're after.

White table sugar is what's called a simple carbohydrate, and that's sugar in the wrong form.

What our bodies are really after is complex carbohydrates, the kind that are found bundled together with other nutrients and minerals.

These complex carbohydrates can be enjoyed in fruits, vegetables and grains, in a package that your body was meant to receive.

When our bodies break down the carbohydrates contained in the foods we eat, they get turned in another type of sugar, called glucose.

Our bodies use glucose in the most amazing fashion. It's the primary source of energy for our muscles, and it's the only form of fuel our brains can use.

If you starve yourself from sugar, your body will find another way to create the glucose it needs.

This can include using fat to make what it needs, or even relying on good old protein to make glucose.

The trouble is, when your body is starved for glucose it goes into “stress mode”, and this releases adrenaline and other substances designed to assist your body when it senses it’s in trouble.

Your body is not meant to operate in this mode for very long because it’s very stressful to all your other systems.

So don’t deprive yourself of sugar, just be careful about how you take it in.

I’m sure you’ve heard of the dreaded “sugar high”, and have perhaps even experienced this phenomenon yourself.

Hey, I’m right there with you. During certain periods of my life I was using candy bars and sodas to get through the afternoon, only to come crashing down later on in the day.

I know how hard it is to break the cycle. It took me years to figure out why I was so dependent upon my afternoon sugar high. The peaks obtained with a quick sugar rush are definitely not worth the valleys you have to ride through when you experience the letdown.

This is, of course, a quick and over-simplified view of what your body does with sugar.

The purpose is to make sure you understand that not all sugar is evil, and that your body really needs sugar to operate at peak performance.

In the next chapter we’ll discuss how consuming too much sugar affects the body, including nasty side effects and long term ramifications of sugar consumption.

So let’s get to it!

## Chapter 2 - How Sugar Affects Our Bodies

Oh those tasty treats! Donuts, cupcakes, pies, and everything in between.

I was pretty hooked on the sweet stuff, and I know many of you can identify with that.

It's time we all kick that habit, because the positive health effects you'll see will be dramatic and can occur pretty quickly.

First let's examine a few statistics just to give you an idea of how pervasive sugar really is in today's everyday life.

On average, Americans eat 22 teaspoons of sugar every single day. If you really stop and think about it, that's pretty frightening, because it's about 140 pounds each year!

What's even more disturbing is the fact that the average child in America eats over 30 teaspoons of sugar every day. Yikes!

About one third of the extra sugar we ingest comes from sugary drinks like soda, and another 20 percent comes from candy bars and other types of sweet snacks.

Fruits drinks and dairy type desserts, along with milk, round out the bulk of our daily sugar intake.

The American Heart Association recommends no more than 9 teaspoons each day, and I do believe they know what they're talking about and have our best interests "at heart".

I don't know about you, but when I examine that list I can already see areas where cuts could be made.

But what's the reason for this addiction? Is it because these foods and drinks just taste so good that we can't resist them?

Or is there something more at play here? Perhaps there's an underlying reason that we cannot seem to kick the sugar habit.

According to at least [one important study](#), there seems to be definite evidence that sugar is just as addictive as certain drugs.

Of course, you can also find plenty of studies and papers that claim just the opposite is true.

In my opinion, there is certainly some sort of physical addiction with sugar. Eating foods that contain a lot of sugar causes a release of dopamine in our brains, and this triggers our "reward center." It makes us feel good!

But what's indisputable is the fact that consuming too much sugar can wreck your health in many different ways.

Let's examine a few of these now.

**Sugar and Heart Health** – It's been proven by numerous studies that sugar has a detrimental effect on the health of your heart. Sugar contains specific molecules that can actually impair the way your heart pumps blood.

And more than that, excessive sugar intake can affect your overall heart health, not just the way your heart pumps. In fact, one 15 year study, the important points of which you can read [here](#), highlight the fact that the chances of dying from heart disease rose as the percentage of sugar intake increased for study participants.

Moreover, it didn't seem to matter how old the people were, what sex, or even what physical condition or activities they normally performed.

And of course this is not the only study that could draw these conclusions.

So in other words, it looks to me like excess sugar in your diet eventually will affect your heart.

**Sugar And Cancer** – Depending on who you listen to and where you put your faith, you'll be on one side or the other of this long-time debate.

I'll just touch on it here, because there's a lot of misinformation in circulation.

With as much as we know about cancer and the way it develops, and also the Standard American Diet and how much we rely on packaged, processed, and otherwise modified foods, it would be wise to avoid any added substances as much as possible.

While I've read studies that claim there is no direct 1 to 1 correlation between ingesting sugar and the formation of cancer cells, I think that common sense tells us to steer clear of excess sugar at this point.

**Sugar And Belly Fat** – Well this one just makes sense, doesn't it? Even without all the science to back it up, intuitively we could assume that too much sugar will make you plump.

The reasons for this are many. Some groups blame video games and the increasing inactivity of our children. With the proliferation of cell phones and MP3 players also came a generation of kids that are a little less active than the previous generation, so this theory makes sense.

Combine that with our on-the-go lifestyle these days, where families are always on the run to various activities, especially at mealtimes, and you can see where this could be a recipe for disaster.

And the food industry doesn't help at all. Most of the advertising we see is aimed at getting kids to ingest more and more sugary snacks and drinks, and not the healthy foods they should be eating.

We could argue that kids should be getting the right information and signals from their parents at home, and I actually agree with that, but we can't deny the fact that the food industry as a whole is expert at tempting people of all ages, and especially children.

In my opinion, I believe it's the soda and other sugar laden drinks that do most of the damage, but desserts and candies really wreak havoc too.

**Sugar And Diabetes** – Answers about this are not really clear cut, but for sure, Type 1 Diabetes is caused by genetics and other factors that may trigger the onset of the disease.

Type 2 Diabetes, however, is usually a combination of your genetic makeup and also your lifestyle and eating habits.

Anyone who is overweight is susceptible to Type 2 Diabetes, so it's natural to assume that foods that tend to pack weight on us could ultimately play a part in the onset of diabetes. And research has shown that consuming drinks with a high sugar content is definitely linked to the onset of this disease.

Drinks to avoid are regular soda, sports drinks, fruit punch, and, well, you get the idea.

**Digestion, Simplified** - Now let's take a look at exactly what happens when sugar enters your body.

As we discussed, sugar comes in lots of different forms, and it's in what form the sugar enters your body that very much determines how your body reacts and what your body does with this sudden influx of the sweet stuff.

Almost all carbohydrates get broken down into glucose by your body, either for use immediately or to be stored in your liver and also your muscles for use later on.

Refined sugar metabolizes at a very rapid rate. Remember that we said during refinement, all plant material and other nutrients are stripped away, leaving pure sugar behind.

So these refined sugars are almost immediately converted into fructose and glucose by your body's efficient systems, and this causes a spike in blood sugar and insulin levels.

This in turn will give you a burst of energy, but it's very short-lived. And if you don't use this energy almost immediately, your body has an ingenious way of dealing with it.

It turns it into fat so it can maybe, or maybe not, use it later!

The substance called fructose is metabolized mainly in your liver, putting a strain on this vital organ as it tries to deal with what's going on.

Another big problem of eating refined sugar is the fact that it leaves you feeling empty instead of full, so that when you eat that full size candy bar, it won't fill you up and you'll need more sooner rather than later.

When you eat a piece of fruit, your body reacts very differently. Fresh fruit has vitamins, minerals, fiber, and a host of other good things for you in addition to any sugar it might provide.

All the rest of these components, but especially the fiber, is the reason why your body is better off when you consume fresh fruits and vegetables to get the sugar you need.

The soluble fiber in foods actually expands in your stomach, and this is what makes you feel fuller after eating an orange or apple. Fiber also slows the digestion of the food, allowing sugars to be released more slowly into your blood, preventing those nasty sugar spikes.

When it comes to eating fruit, make sure you keep the fiber intact. Once fruit has been cooked or even juiced, the fiber is broken down and isn't as effective.

Let's take an example that we're all familiar with.

Have you had a glass of orange juice lately? If so, I'll bet it tasted good!

I used to have at least one, and sometimes two glasses a day, but I've stopped that now. Let me explain why.

Orange juice is loaded with all kinds of vitamins, minerals, and other nutrients, but it also has a much higher concentration of sugar than when it's in whole form. The main reason for this is because once an orange is juiced it loses some of its fiber content.

I don't want to bash a whole industry here, and obviously many, many people love orange juice, and I'm one of them.

But I believe eating an orange in the form nature provides for us is the healthiest way to do it. If you absolutely have to have orange juice, then juicing it fresh yourself would be the best option.

**Wrapup** - As you can imagine, children are susceptible to sugar overdose a bit more than adults are. All the fruit drinks and cereal they consume are engineered to taste great while providing plenty of empty calories.

So don't be fooled by studies that claim fructose is not bad for you. It can be very bad indeed, but as you can see from reading the above, it all depends on what form it comes in. It contains very little in the way of nutrition.

A little goes a long way when it comes to fructose consumption, so please bear that in mind.

Please also remember that sugar is really not the enemy here. In fact, your body would shut down completely without it.

It's the way we ingest sugar that's the problem, so be careful how you consume sweets when you're trying to kick the sugar habit.

No discussion about eliminating sugar would be complete without mentioning alcoholic beverages.

Just about all types of alcohol contain some sort of sugar or carbohydrates. Just how much varies a great deal. For instance, distilled spirits contain very little sugar, while a typical beer can be loaded with carbs.

Consuming a moderate amount of alcohol can raise your blood sugar level quite a bit, but overconsumption can actually have the reverse effect. This is because it interferes with the normal function of your liver.

Alcohol will also stimulate your appetite and may cause you to overeat, or in my case, eat anything in site! It can also affect your judgment and reasoning, allowing you to grab desserts to fill yourself up, even though you know deep down that what you're doing isn't right.

The bottom line is this: When you're eliminating sugar from your daily routine, you have to severely limit your alcohol consumption, and it may be best to forego it altogether. But don't fret; you'll feel better in the morning.

Next we'll see how to tell if you're addicted to sugar. Let's get to it!

## Chapter 3 - Are You Addicted To Sugar?

Wow! This one question has caused so much debate among scientists and nutritional experts. No one can seem to agree on whether or not it's possible to become addicted to sugar.

Let's take a look at a few things that could indicate whether or not you've become dependent upon getting a sugar fix, and then I'll give you my take on it.

What really defines an "addiction?" Mr. Webster says it's "a strong and harmful need to have something, or do something." Something like an illegal drug, or maybe gambling.

It defines something that takes over your reasoning and common sense, leaving you no willpower to resist the temptation.

I don't know about you, but it sounds to me like I could very easily have at least a couple of food addictions, because sometimes no matter how I try, there's no way to resist chocolate.

Of course, now that I have better educated myself regarding the potentially harmful effects of empty sugar calories, I have an easier time of passing up sweet treats.

But some days it's still a struggle.

So, am I addicted?

Let's examine a few of the characteristic traits of sugar addiction to see if we can make a determination one way or the other.

**Cravings** – Do you always crave sugar around the same time every day? Do you need that mid-afternoon boost you get from a candy bar or something out of the vending machine at work?

If so, then it's quite possible you've become dependent upon the sugar rush or the emotional comfort that you get when your body gets a jolt of sugar.

**Eating When Not Hungry** – Do you automatically grab for something as soon as you get up from the dinner table? This could also be a sign that you're addicted to certain foods. Eating when you're not hungry is a craving, or an impulse, that you're not able to control.

**Party Animal** – Are you one of the people that automatically head for the desserts at any party or holiday gathering you attend? Been there, done that a thousand times, so I understand! I would often forsake the cheese and crackers or even the main dishes, just to get a shot at the sweets, and sometimes that would be the only thing on my plate. Not good...



**Cutting Back Can Be Tough** – Have you ever tried to cut down on your sugar intake, only to find that you're miserable, irritable, or downright ornery? Maybe you experienced headaches, some nausea, or even anxiety.

These are all common side effects of withdrawing from sugar. Some can be nasty, like you're withdrawing from a real drug.

So you can draw your own conclusions, but it looks to me like sugar is a pretty addictive substance.

And like all addictions, at least all that I've had, it can really sneak up on you without you knowing it. Over the course of weeks, months and then years, sugar can work its way into your life and wreak havoc on various systems quietly and completely.

You may think you're handling your sugar well, and that could be true at this point in time. But odds are, the overconsumption of sugar will eventually catch up with you, and by that time it will be much more difficult to reverse the devastating effects.

If you find that you see yourself in some of these symptoms, please don't despair. This is exactly where I was a few years ago, and if I can beat a sugar addiction, I am pretty certain that you can as well.

All it takes is a little education to realize you may be eating too much sugar and that you could be hooked, and then a little willpower and know how so you can avoid the traps and pitfalls.

We'll devote a whole chapter to this a bit later on in the book, and you'll find some excellent ways to take your mind off sugar binging.

I promised you my take on the subject, so here it goes.

I believe sugar is one of the most addictive foods on the planet. But I don't just believe it's a physical addiction.

I also think there's a mental component as well. I think it's easy to become mentally addicted to all sorts of things, and certainly sugar is one of them.

So in my opinion we're fighting not just one demon here, but a two headed beast that tugs at your body as well as your mind.

Numerous studies have proven a physical link for sugar addiction, but I guess I'm really going out on a limb when I say it can also be a mental addiction.

I still firmly believe it, though. And this is the reason why.

They don't call it comfort food for nothing.

Certain foods we eat taste great, are very satisfying and filling, and also give us a great boost mentally, whether it's a favorite dish from our childhood or something that brings back memories of happy times.

I have to admit, corn-on-the-cob takes me back to my childhood and growing up near a farm that had the absolute best sweet corn I have ever tasted. It just makes me happy.

Some people eat to relieve stress, and lots of them go for chocolate and other sweets. Some reach for a bottle of booze, or pills.

This is where the mental addiction part comes in for me.

Agree or not, but I really think there's something to it.

Well, that's it. The first three chapters of Sugar Detox. I hope you enjoyed it and also learned a great deal.

If you'd like to continue reading you can always pick up a copy on Amazon [here](#):

And please don't forget to drop by the blog, [Holistic Health Path](#), I'm adding new content all the time.

Thanks again for being a subscriber, I really appreciate it!

To Your Ever-Increasing Health,

Ted