

BEAT SUGAR ADDICTION NOW!

"Sugar addiction, in all its many guises, robs people of their health and energy. Here is the solution!"

—Christiane Northrup, M.D., ob/gyn physician and author of the *New York Times* bestsellers *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*

The Cutting-Edge Program That Cures Your Type of Sugar Addiction and Puts You on the Road to Feeling Great—and Losing Weight!

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An Overview of Sugar Addiction

Are you a sugar addict? If the answer is yes, you are not alone.

Food processors add 140 to 150 pounds (63.5 to 68 kg) of sugar per person to our diets each year. Another 18 percent of our calories come from white flour (which acts a lot like sugar in our bodies). It's not surprising that we have become

a nation of sugar addicts. Like many other addictive substances, sugar may leave you feeling a bit better for a few hours, but then it wreaks havoc on your body.

In this book, we will teach you about the four main types of sugar addicts. In each type, there are different forces driving the addiction, and in all four types the excess sugar leaves people feeling much worse overall. By treating the underlying causes that are active in your type of addiction, you will find that not only do your sugar cravings go away, but you also feel dramatically better.

Here's more good news. Once you have broken your sugar addiction, your body will usually be able to handle sugar in moderation. This means saving sugar for dessert or snacks where it belongs, and going for quality, not quantity. Dark chocolate is especially okay.

We will also discuss how to “have your cake and eat it too”—how to use natural sugar substitutes to get the pleasure without paying the cost. It is not our goal to eliminate things you love. Our goal instead is to teach you how to get the most pleasure you can, in a way that is healthy for your body and leaves you feeling better. In medicine, we have a simple rule: Never take away something pleasurable from a person's diet without substituting something equally pleasurable.

WHY IS SUGAR ADDICTIVE?

For thousands of years, humans ate sugar found naturally in their food. Sugar was not a problem; it was a treat. But now more than one-third of the calories we consume come from sugar and white flour added during food processing. Our bodies simply were not designed to handle this massive load.

Many of you have already noticed that although sugar gives you an initial high, you crash several hours later, and this leaves you wanting more sugar. In fact, sugar acts as an energy loan shark, taking away more energy than it gives. Eventually, your “credit line” runs out and you find yourself exhausted, anxious, and moody.

THE LONG-TERM CONSEQUENCES OF SUGAR ADDICTION

In addition to the immediate fatigue and emotional problems, sugar also causes many long-term health problems. For example, our consumption of high-fructose corn syrup has risen 250 percent in the past fifteen years—and our rate of diabetes has increased approximately 45 percent during the same time period. Although the sugar industry sometimes tries to confuse the public by claiming that corn syrup is not sugar, it is a form of sugar as far as your body is concerned—and more toxic than cane sugar.

Some chronic medical problems associated with excess sugar in our diet include:

- Chronic fatigue syndrome and fibromyalgia
- Pain of many kinds
- Decreased immune function
- Chronic sinusitis
- Irritable bowel syndrome and spastic colon
- Autoimmune disease
- Cancer
- Metabolic syndrome with high cholesterol and hypertension

- Heart disease
- Hormonal problems
- Schizophrenia
- Candida and yeast infections
- ADHD

This is the short list. The actual list could go on for pages! Sugar is also a mood-altering substance, which is no surprise to anyone with a sweet tooth. For all these reasons, it's likely that if sugar growers tried to win FDA approval today, they'd have a tough time getting permission to sell their product.

But the fact is, sugar is everywhere in our diet, and it is dumped into what we eat and drink during food processing. With one-third of our calories coming from sugar and white flour, and the stress of modern life increasing, we are seeing the makings of the “perfect storm” of medical problems. Eating sugar causes blood sugar to surge, insulin to spike, and fat to get deposited throughout your body. Obesity, often accompanied by diabetes and heart disease, is just one more consequence of our high-sugar diet.

THE VALUE OF SUGAR DETOX

I know the value of ridding the body of excess sugar. For more than thirty years I have incorporated sugar detox into treatments for countless patients suffering from chronic health problems. I have also seen thousands of people whose chronic fatigue syndrome and fibromyalgia were aggravated by their sweet tooth.

I also understand the problem firsthand. A former sugar addict myself, I came down with chronic fatigue syndrome in 1975. Eliminating my sugar addiction was an important part of my recovery.

Sugar addiction is the canary in the coal mine. It usually points to a larger problem that is also dragging you down. I don't have anything against sugar. I simply don't want you feeling poorly and getting sick because of it. In fact, I want you to feel great! And most of you will when you treat the problems

accompanying your sugar addiction. Ready to get off the “sugar roller coaster”? I’m happy to guide the way.

The basics of sugar detox are, of course, diet related (stop eating sugar), and diet alteration is the standard method used to overcome sugar addiction. But an even deeper level of treatment is necessary to produce wellness. If you have tried the “cold turkey” approach to sugar addiction without nutritional strategies, treatment guidelines, and support, you probably found success elusive. That’s because getting rid of the sugar is but one step in an overall comprehensive approach that must address the mind, body, and spirit.

The most successful way to treat sugar addiction includes a process called medical triage. This means addressing the relative severity of each problem and then organizing treatment in order of priority. The problem with many medical self-help books is that they pick off a little corner of the problem and miss the big picture, so often you get frustrated and stop your program without getting well. My goal in writing *Beat Sugar Addiction Now!* is to give you an organized approach, so you can effectively kick sugar addiction—along with the hidden problems driving your addiction.

Beat Sugar Addiction Now! gives you a step-by-step approach for each type of sugar addiction that encourages you to change from a sugar-laden to a low-sugar diet without sacrificing the pleasures of food and eating. Although I will offer suggestions, I believe in personalized medicine; therefore, this book takes a flexible, real-life approach to becoming sugar healthy. Although we will offer guidelines for healthy eating, sugar substitution, and treatments to aid withdrawal and heal the body, we encourage you most of all to listen to your body as you recover, and see what makes you feel the best. To this end, we’ll present up-to-date information and valuable resources in an easy-to-understand and easy-to-use format, so you can boost your health and improve how you feel quickly.

THE FOUR TYPES OF SUGAR ADDICTION

To beat sugar addiction, first you'll need to figure out which type or types of sugar addict you are. Think of it as a road trip. The initial step is to decide the best way to get to where you want to be: free of sugar addiction and feeling great. Consider this book as your road map to wellness. We include directions for your inner journey, a journey that will heal not only your body but also your mind and spirit. A journey that will change your life!

Different kinds of sugar addiction have different underlying causes and require different treatments. Here are the four key types of sugar addiction:

Type 1: Sugar as an Energy Loan Shark. Chronically exhausted and hooked on quick hits of caffeine and sugar

When daily fatigue causes sugar (and caffeine) cravings, sometimes all you need is to improve nutrition, sleep, and exercise. When your energy increases, you won't need sugar and caffeine for an energy boost. In chapter 6 we will teach you how to turbo charge your energy in an easy and healthy way.

Type 2: "Feed Me Now or I'll Kill You." When life's stress has exhausted your "stress-handling" adrenal glands

For those of you who get irritable when you're hungry and crash under stress, it is important to treat your adrenal exhaustion. We'll discuss this type of sugar addiction in chapter 2.

Type 3: The Happy Ho-Ho Hunter. Sugar cravings caused by yeast/candida overgrowth

For those of you with chronic nasal congestion, sinusitis, spastic colon, or irritable bowel syndrome, treating yeast overgrowth is critical. We'll discuss this type of sugar addiction in chapter 3.

Type 4: Depressed and Craving Carbs. Sugar cravings caused by your period, menopause, or andropause

For women who feel worse around their menstrual cycle, or whose problems increased when they entered perimenopause in their forties, estrogen and progesterone deficiency may be driving your sugar craving. In a woman's earlier years, this is likely to reflect as premenstrual syndrome (PMS, with associated progesterone deficiency), with severe irritability around your periods. In your mid-forties, as estrogen deficiency begins, estrogen or progesterone deficiency often produces increased sugar cravings, fatigue, moodiness, and insomnia around your periods, as well as decreased vaginal lubrication.

For men, testosterone deficiency associated with andropause can also cause sugar craving, along with other severe problems. Depression, decreased libido, decreased erectile function, high blood pressure, weight gain, diabetes, or high cholesterol can suggest testosterone deficiency. Interestingly, supplementing with bio-identical natural testosterone (by prescription) has been shown to help all of these problems.

Standard blood testing for hormonal deficiencies will not reveal the problems until they are very severe, sometimes leaving people deficient for decades. Eliminating the sugar addiction and other problems caused by low estrogen, progesterone, or testosterone is essential. We'll discuss this type of sugar addiction in chapter 4.

HOW TO USE THIS BOOK

To make it easy, we have structured this book as a workbook, so that when you're done reading it you will have a treatment protocol tailored to your specific problems.

Part I consists of four chapters that will help you learn about the four types of sugar addiction. Each chapter is devoted to a specific type. To find out which type of sugar addict you are, the first step is to take the quiz at

the beginning of each chapter. Your score will tell you which type of sugar addiction(s) you have. You may have more than one. The next step is to go to Part II to learn about the treatment protocols for each type.

Part II features five chapters that focus on healing strategies for all sugar addicts as well as specific treatments for each of the four types of sugar addiction. As you go through the chapters, you will create a treatment protocol tailored to your individual type of sugar addiction by checking off the wellness prescription treatments you need in appendix A. When you get to the end of the book, you'll have a treatment protocol tailored to your own individual addiction type!

Part III offers concise guidance for treating specific problems associated with sugar addiction, including chronic fatigue syndrome, fibromyalgia, spastic colon, sinusitis, diabetes, and more.

Ready to get a life you love? Read on to find out how.

**Love and blessings,
Jacob Teitelbaum, M.D.**

PART I: THE PROBLEM

Part 1 is composed of four chapters that describe the four different types of sugar addicts. To find out which type you are, just take the brief quiz at the beginning of each chapter. If your score qualifies you for that type, you'll need to follow the wellness prescription found in Part II for that Sugar Addiction type. If your score doesn't qualify you as a particular type of sugar addict, move on to the next chapter. If you have more than one type, follow the wellness prescriptions for both types in Part II. Ready to kick the sugar habit, feel great, and get the life you love? Good, let's get started!

CHAPTER 1

Type 1 Sugar Addiction

Sugar, the Energy Loan Shark: Chronically exhausted and hooked on quick hits of caffeine and sugar

Type 1 sugar addicts are addicted to energy drinks, coffee, and/or soft drinks containing caffeine. Energy drinks have grown in popularity since Red Bull was introduced in 1997. Today there are more than 500 energy drinks on the market, which together account for more than \$5.7 billion in sales. The basic ingredients in most energy drinks are sugar and caffeine (although some brands add herbal extracts, amino acids such as taurine, and vitamins). When this mixture of empty calories hits your system and your blood sugar rises, you get an immediate energy boost. Unfortunately, one to three hours later you feel even more fatigued than before. You also crave more sugar. What do you do? Reach for another energy drink. Fatigue drives sugar cravings, and sugar consumption drives fatigue. Getting energy from “energy drinks” (including coffee and sodas) is like borrowing money from a loan shark—it costs you way more in the end.

ARE YOU A TYPE 1 SUGAR ADDICT?

Your total score will tell you whether you fit the type 1 profile. Do you?

___	Do you feel tired much of the time? (20 points)
___	Do you need coffee to get jumpstarted in the morning? (10 points)
___	Do you experience a mid-afternoon slump? (10 points)
___	Do you have occasional insomnia? (20 points)
___	Do you have indigestion? (15 points)
___	Do you feel achy? (15 points)
___	Do you have frequent headaches? (15 points)
___	Are you gaining weight or having trouble losing weight? (Score 1 point for every two pounds gained over the past three years.)
___	What is the average number of ounces of non-diet soda or caffeinated coffee you drink daily? (Score 2 points for each ounce.)
___	What is the average number of ounces of “energy drinks” containing sugar or caffeine that you drink daily? (Score 6 points for each ounce.)
___	Do you repeatedly crave sweets or caffeine to give you the energy to get through the day? (25 points)
___	Are you working more than forty hours a week? (Score 2 points for each hour over forty.)
___	Your total score

SCORE	
0–40:	No problem. Skip to the quiz at the beginning of the next chapter.
41–70:	The tips in this chapter will help you restore your energy production.
Over 70:	You are a sugar and caffeine junkie. Read on to learn how to restore your energy production naturally, so you can cut back on sugar and still feel great.

WHAT DOES A TYPICAL TYPE 1 SUGAR ADDICT LOOK LIKE?

If you are a type 1 sugar addict, it's likely you are a type A personality, which means you strive for perfection. Nothing less than the best you can do is acceptable. Whether you are a college student pulling all-nighters or a busy worker climbing the corporate ladder, your attention is focused with laserlike precision on success.

Chances are you work (or want to work) in a highly competitive field such as law, medicine, high finance, or high tech. But you can be a type 1 sugar addict regardless of your work situation (yes, stay-at-home moms count). The common denominator of all type 1 sugar addicts is that there never seem to be enough hours in the day to get everything done. Downtime is not on your agenda—and fatigue is ever-present.

Because you are always on the run, you may find it difficult to stick to a regular exercise program. If you are not fueling yourself with unhealthy energy drinks (including coffee and caffeinated soft drinks), you may find you lack the endurance for a good workout.

You are also plagued with aches and pains because your muscles just don't have the energy they need to function properly. When you don't get enough energy or exercise, your muscles tighten, causing pain. When this problem is severe, it's called fibromyalgia.

The tension in your muscles—particularly the muscles in your head and neck—also makes you prone to tension headaches and/or migraines. Low energy in the body can cause muscle tightness as well, which is a factor in both tension and migraine headaches. Caffeine withdrawal (however temporary it may be) and even an allergy to sugar can also trigger migraines.

It is not unusual for a type 1 sugar addict to have hypothyroidism. When your thyroid gland (located in your neck), the master of metabolism, isn't working the way it should, fatigue results. This further perpetuates a dependence on energy drinks to boost energy artificially.

MORE HEALTH PROBLEMS COMMON TO TYPE 1 SUGAR ADDICTS

Often, the typical type 1 sugar addict has a weakened immune system. Repeatedly pumping sugar into your body with energy drinks puts you at a deficit for certain essential nutrients, such as zinc, which you need for proper immune function. When you don't get the nutrients you need, your body's defense system becomes impaired. In addition, the sugar in one can of soda can immediately decrease your immune function by one-third for three to four hours.

Do you seem to catch every illness that's going around, and it takes forever for these infections to go away? If so, your immune system may be sluggish. You may get viral infections, such as a cold or flu, or have chronic sore throats. In more severe cases, immune dysfunction can be associated with infections that should be short term but become chronic, such as Epstein-Barr syndrome and chronic Lyme disease.

Taken to the extreme, using energy drinks to boost energy artificially can lead to all sorts of problems, including sugar addiction, fatigue, and even chronic fatigue syndrome (CFS) and fibromyalgia (FMS). Over the past ten years, research shows that the incidence of chronic fatigue syndrome and fibromyalgia has exploded by 400 to 1,000 percent, with more than 12 million Americans (three-quarters of them female) being affected. More than 25 million Americans suffer from chronic *disabling* fatigue, and most people feel they simply don't have enough energy. We will discuss how to recover from these debilitating illnesses in part III.

Both the short-term and the long-term use of energy drinks can have an adverse impact on your health. Drinking sugar wreaks havoc in the body, causing insulin resistance and long-term weight gain. The side effects of caffeine include nervousness, irritability, insomnia, and chronic headaches. Research done in 2007 at the Henry Ford Hospital in Detroit, Michigan, showed that energy drinks with caffeine and taurine can increase heart rate and blood pressure levels, a potential problem for people who have heart disease or hypertension.

Since 2006, the American Heart Association (AHA) has recommended minimizing consumption of beverages and foods to which sugar has been added. According to guidelines released in 2009 by the AHA, “Most American women should eat or drink no more than 100 calories per day from added sugars, and most American men should eat or drink no more than 150 calories per day from added sugars.” The AHA’s panelists, including Rachel Johnson, Ph.D., M.P.H., R.D., of the University of Vermont, stated, “Deleterious health effects may occur when sugars are consumed in large amounts.”

THE TYPE 1 SUGAR ADDICT’S DIET

Typically, type 1 sugar addicts eat on the run because they just don’t have enough time to sit down for a real meal. When you do eat, you tend to reach for fast foods, especially foods that contain fat, salt, and sugar. Because of this, you lack vitamins and minerals that are essential for energy production, such as B vitamins (B₁, B₂, B₃, B₅, B₆, B₁₂), magnesium, and zinc, which are critical to immune function—which is one reason why you get sick so often.

White flour and white rice (which have essentially been stripped of nutrients and are easily converted into sugar in the body) supply another major part of your diet. In fact, more than one-third of the calories in the average American’s diet come from sugar and white flour—a whopping 35 percent of what you eat provides essentially no vitamins or minerals. Eating these empty calories is like having a third of your paycheck bounce!

A nutrient-poor diet translates into an energy deficit. You won’t have the building blocks you need for vital bodily functions, including burning calories to generate energy (and lose weight), repairing tissue, making “happiness molecules” such as serotonin, and keeping your brain working optimally. The type 1 sugar addict’s lose–lose solution is to reach for a quick energy fix in the form of an energy drink packed with sugar and caffeine.

Eventually, eating the wrong foods and eating on the run causes acid reflux and indigestion, a common problem for type 1 sugar addicts. Indigestion can be aggravated by the overuse of antacids. Contrary to popular belief, the problem isn't that you make too much stomach acid, but rather that you make too little. Antacids just exacerbate this problem, and can even be addictive. In addition to blocking the absorption of vitamin B₁₂ and many other nutrients from your food, acid blocker medications can decrease absorption of thyroid hormone, which further fuels sugar cravings.

Constipation can also be a problem. When you don't eat foods with fiber, and load up on sugar instead, the "transit time" that food is in your digestive system increases; food tends to putrefy in the digestive tract, releasing toxins. You get brain fog, and feel sluggish and achy. In the extreme, chronic fatigue syndrome and fibromyalgia may develop.

SLEEP DEPRIVATION IN TYPE 1 SUGAR ADDICTS

Insomnia is a common problem for type 1 sugar addicts. Obviously, if you don't get enough sleep you won't have much energy—and you'll be more likely to reach for energy drinks to fuel your sugar addiction during the day. Your punishing schedule leaves you little time for sleep and makes it hard for you to fall asleep. Many of you average only six hours of sleep a night.

Sleep is critical for many functions. It recharges your batteries, helps tissues repair, and enables you to produce growth hormone. Without enough growth hormone, you will age more rapidly and may develop chronic achiness and pain.

Sleep also regulates the production of ghrelin and leptin—the appetite-controlling hormones—so you are more likely to reach for that sugary drink. In fact, a six-year-long study of 276 adults conducted by researchers at Laval University in Quebec City, Quebec, found that sleeping fewer than seven hours

a night increases your risk of obesity by 30 percent and causes an average weight gain of five pounds.

Fortunately, natural remedies can help most people with insomnia. In part II, as part of learning to optimize your energy, you will learn about the best natural and prescription therapies so you can get eight hours of solid sleep a night.

SUMMARY: KEY FEATURES OF THE TYPE 1 SUGAR ADDICT

1. Type 1 sugar addicts often have type A personalities. You strive for perfection in whatever you do.
2. Many type 1 sugar addicts are hooked on energy drinks, coffee, and caffeinated sodas.
3. Energy drinks, coffee, and caffeinated sodas give you a temporary boost, but leave you feeling even more tired.
4. Using caffeine and sugar to boost energy artificially can lead to all sorts of health problems, including an impaired immune system, sleep disorders, headaches, high blood pressure, chronic fatigue syndrome, and fibromyalgia.
5. You can feel better by following the SHINE Protocol (see chapter 6).

CHAPTER 2

Type 2 Sugar Addiction

“Feed Me Now or I’ll Kill You:” When life’s stress has exhausted your adrenal glands

The type 2 sugar addict is constantly reacting to stressful stimuli in the environment, which activates the adrenal glands to produce the stress-handler hormones cortisol and epinephrine (adrenaline). When your adrenals become overtaxed by the constant tension of modern life and don’t respond by giving you a kick of energy, you may reach for sugar to “pump them up.” But this effect is short-lived, followed by a drop in blood sugar known as hypoglycemia. Starved of glucose (its food), your brain feels like it’s suffocating. You become anxious, jittery, and sometimes even light-headed. You need to eat *now*. You can’t wait. And if you don’t eat—preferably something sweet—the symptoms just get worse.

ARE YOU A TYPE 2 SUGAR ADDICT?

Your total score will tell you whether you fit the type 2 profile. Do you?

—	Do you find that you are often thirsty and have to urinate frequently? (10 points)
—	Do you get recurrent sore throats and swollen glands? (10 points)
—	Is life a crisis to you? (15 points)
—	Do you enjoy the rush of energy you feel when you are in a crisis? (15 points)
—	When you are stressed out does your energy take a nosedive? (15 points)
—	Do you sometimes get dizzy when you stand? (15 points)
—	Do you have chronic severe exhaustion, chronic fatigue syndrome, or fibromyalgia, which followed an acute infection or an incident of extreme stress? (25 points)
—	Are you very irritable when hungry? Do you get a “Feed me <i>now</i> or I’ll kill you” feeling? (35 points)
—	Your total score

SCORE	
0–24:	You are probably a type B “low-key” person with healthy adrenals.
25–49:	You are developing early stages of adrenal fatigue.
50–75:	This suggests moderate adrenal exhaustion, and your body is crying out for help.
Over 75:	You are suffering from severe adrenal exhaustion, and likely are feeling awful overall.

WHAT DOES A TYPICAL TYPE 2 SUGAR ADDICT LOOK LIKE?

If you are a type 2 sugar addict, your life is always in crisis. You don't act, you react, which sets off a chain of events guaranteed to leave you stressed out. This doesn't mean that you don't have real problems, but you are also a master at making mountains out of molehills. If you have a small problem, your thinking and behavior expand it into an overwhelming one. When you feel burned out by stress and other people's demands, you reach for sugar.

You are also often the "go-to" person when problems arise. There is nothing wrong with helping someone in need. But type 2 sugar addicts are usually people pleasers who routinely put others' needs before their own. You need other people's approval to feel good about yourself. You won't rest until the people you are trying to please are happy or their problems are solved. Instead of taking a break when you feel fatigued, you down some sugar.

Type 2 sugar addicts tend to be women. Being a mom and homemaker was once considered a demanding, full-time job. Now, many women juggle excessive responsibilities—they're wives and mothers *and* hold down demanding jobs outside their homes. You are stressed out and feel like you're always running: running kids to soccer practice, running the household, and running a business. You know this lifestyle is exhausting, but you can't seem to change. When you crash, you reach for a sugar fix to artificially pump up your tired adrenal glands.

Initially, even though your adrenals are taxed by stress, you may still feel pretty good. That's because you've become an adrenaline junkie and the adrenaline rush keeps you on an "energy high." Your adrenal glands are tired, but you use sugar to bolster your energy—which just fuels your sugar addiction. Eventually, this backfires. As you repeatedly "use" sugar to get an energy boost, your blood sugar dips even lower, which drives the adrenals even harder.

As the adrenals work harder and harder, they may become bigger, just as muscles do when you work them. Ultimately, however, your adrenals become exhausted. They can't keep up. You may find it difficult to get out of bed in the morning. You might suffer from chronic sore throats and recurrent swollen glands in your neck. You get sick more often and have difficulty recovering. You may have low blood pressure and feel dizzy upon standing. You might even develop chronic fatigue syndrome.

If you are a type 2 sugar addict, you may find that you can no longer fit into your skinny jeans. That's because every time the adrenals kick in insulin is released, telling the body to store more fat. In two of our studies at the Annapolis Chronic Fatigue and Fibromyalgia Research Center, people with chronic fatigue syndrome or fibromyalgia, with associated adrenal fatigue, had an average weight gain of 32.5 pounds (14.7 kg). The key sign of adrenal fatigue, however, is hypoglycemia, which means low blood sugar. This condition can make you irritable when you're hungry. You feel like you need something to eat right *now*! Usually that something is sugar.

THE ROLLER COASTER RIDE OF HYPOGLYCEMIA

When you eat sugar, your blood glucose rises sharply. Your body then releases high amounts of insulin, causing your sugar to plummet quickly. This causes more sugar craving and an emotional (and blood sugar) roller coaster.

Having large amounts of sugar and white flour in the diet is a fairly new phenomenon in human history. In the past, we ate whole and unprocessed foods that took a few hours to slowly digest, releasing a steady stream of sugar into your blood during that time. For example, when you eat a turkey and cheese sandwich on whole wheat bread (something with a moderate glycemic index), it takes a few hours for your body to digest it, and your blood sugar rises slowly. (We'll talk more about the glycemic index later.) Insulin is steadily released to help unlock the door to the cells, allowing sugar or glucose to

leave your bloodstream and enter the cells to be burned as fuel. Blood sugar and insulin levels both go down gradually after a few hours, and you have a healthy pattern of blood sugar rise and fall.

But when your adrenal glands are exhausted, you are more likely to consume sugar in large quantities in an attempt to get the energy you need. Maybe you drink a 12-ounce (340 g) can of soda that contains 10 teaspoons (40 g) of sugar. When the sugar hits your system, your blood sugar skyrockets and

The Adrenal Glands and Blood Sugar

The adrenal glands, controlled by the pituitary, are located on top of your kidneys. Their job is to maintain stable blood sugar levels in your body during day-to-day activities, and also to rapidly increase your body's sugar production during stress (called the "fight or flight reaction"). They do this by producing cortisol, which keeps your blood sugar from dropping too low. When a "fight or flight" situation arises, the production of adrenaline or epinephrine spikes, and your blood sugar, heart rate, and pulse increase to prepare you for action. Without adequate

cortisol, your blood sugar rapidly drops during stress and your brain feels like you're drowning.

You also need a normal amount of cortisol and adrenaline on a day-to-day basis. The adrenal glands help maintain normal energy levels for balancing the immune system, maintaining healthy blood pressure, and producing other hormones, including dehydroepiandrosterone sulfate (DHEA, the "fountain of youth hormone"), aldosterone (which maintains proper salt and water levels in the body), and even some of your testosterone.

your body dramatically increases insulin production to process the sugar out of the bloodstream into the cells. This causes a steep dip in blood sugar levels, which results in hypoglycemia.

Hypoglycemia stimulates a craving for sugar, along with anxiety and irritability. But every time you eat that candy bar or gulp that soda, you put your body under more stress and exacerbate your sugar addiction.

THE PRICE TYPE 2 SUGAR ADDICTS PAY OVER TIME

Overproduction of cortisol, which happens when you are excessively stressed out, suppresses immune function. But when the adrenals are finally exhausted, too little cortisol causes immune dysfunction as well and can increase sugar cravings. The long-term consequences can be severe:

- Chronic fatigue syndrome and fibromyalgia are characterized by insomnia despite exhaustion, because your adrenal glands lose their ability for self-regulation. Cortisol levels are low during the day, causing fatigue and irritability. At night, as cortisol levels rise too high, insomnia occurs. Low blood sugar can also throw your muscles into spasm, causing chronic pain.
- Immune function also suffers when cortisol levels drop. The result is an increase in autoimmune diseases (e.g., lupus). This also makes you more prone to catching colds and flu.
- Excess cortisol can cause elevated blood sugar and diabetes. It directly increases blood pressure (hypertension), can lead to loss of bone strength (osteoporosis), and produces weight gain (sometimes massive) from the elevated insulin levels.

Many people who have low adrenal problems also have low thyroid function. Because blood tests are not reliable, your doctor will need to diagnose you according to your symptoms, which include fatigue, aches and pains, weight gain, and cold intolerance. It's important to treat both of these conditions at once. If you treat a low thyroid without treating the adrenals, you actually stress the adrenals and can make your symptoms worse. You'll find more information about treating hypothyroidism in part III.

SUMMARY: KEY FEATURES OF THE TYPE 2 SUGAR ADDICT

1. When your adrenals become overtaxed by stress, you reach for sugar to “pump them up.” This can lead to sugar addiction.
2. Type 2 sugar addicts suffer from adrenal exhaustion, a common condition that affects millions of Americans, especially women.
3. Type 2 sugar addicts have low blood sugar or hypoglycemia.
4. If untreated and severe, the long-term consequences of adrenal fatigue are chronic fatigue and fibromyalgia, immune dysfunction, diabetes, high blood pressure, osteoporosis, and obesity.
5. Type 2 sugar addicts may also have hypothyroidism.
6. You can break your sugar addiction by changing your diet and treating adrenal fatigue with bio-identical cortisol taken in tiny (physiological) amounts. You will also need to take vitamin C, high dose pantothenic acid (vitamin B₅), licorice, and chromium. You'll need to learn how to handle stress better, too. (See chapter 7.)

CHAPTER 3

Type 3 Sugar Addiction

The Happy Ho-Ho Hunter: Sugar cravings caused by yeast/candida overgrowth

A type 3 sugar addict needs sugar fixes regularly. From morning to night, the type 3 sugar addict noshes on donuts, pastries, cookies, cake, and other sweets. Without knowing it, however, when you feed yourself sugar, you are also feeding the yeast in your body. No, we're not talking about the type that you use to make bread rise. We're talking *Candida albicans*, the type that grows in your digestive system from fermenting sugar and carbs. When yeast ferments hops to make beer, that's a good thing. When it uses your gut as a fermentation tank, though, the result is pretty toxic. And it sends your sugar addiction spiraling out of control.

ARE YOU A TYPE 3 SUGAR ADDICT?

Your total score will tell you whether you fit the type 3 profile. Do you?

—	Do you have chronic nasal congestion or sinusitis? (50 points)
—	Do you have spastic colon or irritable bowel syndrome (gas, bloating, diarrhea and/or constipation)? (50 points)
—	Have you been treated for acne with tetracycline, erythromycin, or any other antibiotic for one month or longer? (50 points)
—	Have you taken antibiotics for any type of infection for more than two consecutive months, or shorter courses more than three times in a twelve-month period? (20 points)
—	Have you taken an antibiotic—even for a single course? (6 points)
—	Do you have chronic fatigue syndrome or fibromyalgia? (50 points)
—	Have you had prostatitis or chronic yeast vaginitis? (25 points)
—	Have you been pregnant? (5 points)
—	Have you taken birth control pills? (10 points)
—	Have you taken corticosteroids, such as Prednisone, for over a month? (15 points)
—	When you are exposed to perfumes, insecticides, or other odors or chemicals, do you develop wheezing, burning eyes, or any other distress? (10 points)
—	Are your symptoms worse on damp or humid days, or in moldy places? (10 points)
—	Have you had a fungal infection, such as jock itch, athlete’s foot, or a nail or skin infection that was difficult to treat? (20 points)
—	Do you have postnasal drip or clear your throat a lot? (20 points)
—	Do you crave sugar or breads? (20 points)
—	Do you have food allergies? (20 points)
—	Your total score

SCORE	
	If your total is 70 or higher, you likely have a yeast/candida overgrowth. See chapter 8.

WHAT DOES A TYPE 3 SUGAR ADDICT LOOK LIKE?

Sugar has assumed unwieldy proportions in your life. Okay, we'll say it. Your life revolves around sugar. Someone mentions sweets and your eyes light up. You eat sugar all day long, starting with, say, a breakfast of coffee and pastry or donuts. This sugar-laden feast just gears you up to want more. By mid-morning you may reach for a candy bar from the vending machine. Lunch is a sandwich on white bread (which quickly converts to glucose: sugar) washed down with a large soft drink. By mid-afternoon, you need a snack and reach for cookies, Twinkies, or a Ho-Ho. You constantly crave sugar and make sure you always have cookies, cake, and other sweets in your kitchen, office, and car. You might even drive to the local convenience store in the middle of the night to get your fix.

As you have discovered, the price of overindulging in sweets is high. A type 3 sugar addict often feels fatigued; you may even have chronic fatigue syndrome and fibromyalgia. But it doesn't stop there. Yeast overgrowth fueled by sugar can cause numerous other health problems. If you are a type 3 sugar addict, you often complain about sinusitis or postnasal drip and regularly run to the doctor for antibiotics to treat what you think is a sinus infection. You also have problems with your digestion, such as gas, bloating, diarrhea and/or constipation, and irritable bowel syndrome. Poor eating habits and the regular consumption of sugar-laden foods also mean that you likely have a weight problem. You are probably allergic to various foods as well, even though you don't realize it.

THE ROLE OF YEAST IN SUGAR ADDICTION

Why does sugar cause these problems? Sugar and yeast have a symbiotic relationship. Yeast grow from the fermenting sugars in your body. Yeast also seem to possess a special "power" to force you to give them what they want. What's likely occurring is that the yeast cleverly trigger your sugar cravings by

releasing a certain chemical, so you'll feed them their favorite food. Smart, huh? You don't realize it, but whenever you gobble down sweets, you're feeding the yeast as well. Although science has not yet tracked down the chemical that triggers the sugar cravings, experience with many thousands of patients shows that their sugar cravings decrease dramatically after the yeast have been killed off.

Here's how this vicious cycle works. The yeast in your gut cause sugar cravings, driving you to eat more sugar, which makes your yeast grow and multiply, which in turn makes you crave more sugar. The result? A yeast overgrowth—billions of baby yeast, fungi, or candida (you can use these terms pretty much interchangeably). If you are a type 3 sugar addict trapped in this cycle, you know how awful it can be.

To compound the problem, yeast are really *big*. If, for example, a virus is the size of a ballpoint pen tip, and bacteria are the size of a sofa, yeast can be the size of your whole living room. Because of their sheer size, yeast overgrowth causes a huge challenge for your immune system.

Ideally, yeast would just mind their own business and hang out in the gut where they belong. But they sometimes turn into long threads called mycelia that grow through the intestinal wall. This just makes the problem of sugar craving worse.

The intestinal wall is the main barrier, along with your skin, that determines what stays outside of your body versus what gets into your body. To act as a good gatekeeper, the lining of your intestines needs to be intact and whole. But when you have mycelia permeating the gut you can get what is known as "leaky gut syndrome." When you have leaky gut syndrome, instead of absorbing your food after it's been completely digested, you absorb partially digested chunks of protein before they've been reduced to individual amino acids that the body can utilize. Unfortunately, these incompletely digested chunks of protein can trigger allergic and other problematic reactions.

As an example of these problems, partially digested protein puts your immune system on high alert. That's because the body treats it as an outside invader. The question the immune system asks as it defends the body is "Are you self or other?" If your immune system recognizes the undigested protein as being part of you, it lets it pass. But if it thinks that undigested protein is "other," it goes into action. In this way, the immune system is charged with finishing off the job of digesting your food, which stresses it further by pushing it into overdrive. Meanwhile, your immune system sometimes learns to recognize the food chunks as "outside invaders," triggering allergies to those foods, as we discuss below. You end up feeling fatigued—and reach for more sugar to artificially boost your energy.

How Antibiotic Abuse Contributes to the Yeast-Sugar Cycle

Yeast overgrowth can also be exacerbated by the overuse of antibiotics to treat the chronic sinus, bladder, prostate, and respiratory infections—infections that the yeast actually triggered. Antibiotics kill harmful bacteria that cause infections, but also wipe out the "good" bacteria—allowing the yeast to flourish.

Good bacteria or flora are essential for your health. They help digest your food, play a role in nutrition, and prevent the overgrowth of "bad" bacteria or infections in your body. In fact, there are normally more healthy bacteria in your colon (about 10 trillion) than there are cells in your body. One of their critical jobs is preventing yeast from overgrowing and causing problems.

When you take antibiotics, which kill off the bacteria but not the yeast, the yeast have no competition. Now they can grow unchecked. This makes sugar cravings much worse.

Other Factors That Exacerbate the Yeast-Sugar Problem

Frequently popping antacids can also cause yeast overgrowth and worsen sugar cravings. Antacids turn off the stomach acid that usually kills the yeast

in the food we eat. Using steroids like Prednisone (for asthma or other inflammation) suppresses your immune system, too, and allows yeast to grow.

If you don't get enough sleep you may fuel yeast overgrowth and sugar cravings as well. Sleep is absolutely essential for a healthy immune system. If your immune system doesn't work properly, you can't get rid of infections.

Feeling stressed? Stress can also play a role in yeast overgrowth. That's because when you are stressed, your body secretes cortisol (see chapter 2). Chronic high levels of cortisol suppress your immune system and allow the yeast to run wild, making sugar cravings constant.

The Link between Yeast Overgrowth and Food Allergies

A yeast overgrowth can also cause food allergies. The most common food allergies are to wheat, milk, chocolate, citrus, and eggs. Often, what we are allergic to we crave the most. The more you eat of something, the more allergic you get, because your immune system sees more of the proteins in those foods. If you are allergic to wheat, for example, you want to eat it all the more. More sugar, more yeast. More yeast, more allergies. That's why it's sometimes necessary to treat food allergies in conjunction with yeast overgrowth. (We'll talk more about this in chapter 8.)

Nix Sugar to Nix Yeast

Although some yeast experts recommend avoiding all yeast-containing foods, this is not necessary except for the small portion

of people who are also allergic to yeast. The bigger key is to stay away from sugar—which feeds the yeast.

Different foods contain different proteins. When some food proteins are only partially broken down during digestion they can mimic various hormones and neurotransmitters in the body. Wheat, for example, contains gluten, which has protein chunks that mimic endorphin. Although we think of endorphin as the “happy hormone” that causes the “runner’s high,” when it gets into the bloodstream and into the brain where it doesn’t belong, it can lead to inflammation. Schizophrenia, for instance, has been associated with wheat and milk allergies, and patients improve much more quickly when they avoid wheat and milk.

Allergies can also cause emotional problems, such as mood shifts, anxiety, and depression. When you feel anxious, depressed, or emotionally upset, you’re more likely to reach for something sweet to eat—comfort foods like cookies and ice cream are favorites. And the cycle continues.

THE PRICE TYPE 3 SUGAR ADDICTS PAY OVER TIME

In addition to causing allergies, yeast overgrowth can lead to chronic conditions for type 3 sugar addicts, such as chronic fatigue syndrome (CFS), fibromyalgia, and immune dysfunction. Our research at the Annapolis Chronic Fatigue and Fibromyalgia Research Center shows that if you have CFS, you improve when you eliminate the yeast. Research by Birgitta Evengård, M.D., Ph.D., a specialist in infectious diseases and clinical immunology at Huddinge University Hospital and an associate professor and lecturer at Karolinska Institute in Stockholm, Sweden, has even found higher bowel candida levels to be present during CFS flare-ups.

Although there is no test to distinguish fungal overgrowth from normal fungal levels, you can diagnose overgrowth by symptoms, such as the allergies we just discussed, nasal congestion or sinusitis, spastic colon, unusual rashes, and food allergies. Holistic doctors often target yeast in people who have these symptoms and achieve very positive results. In part III you'll find out more about treatments for several common conditions, including sinusitis and spastic colon.

SUMMARY: KEY FEATURES OF THE TYPE 3 SUGAR ADDICT

1. Yeast overgrowth occurs largely because of excessive sugar in your diet.
2. Sugar cravings are caused by yeast, and the yeast eat sugar to multiply.
3. Excessive use of antibiotics and steroids exacerbate yeast overgrowth.
4. Spastic colon and sinusitis are two common problems largely caused by yeast; they often go away when the yeast overgrowth is treated.
5. See chapter 8 to learn how to eliminate yeast overgrowth.

CHAPTER 4

Type 4 Sugar Addiction

Depressed and Craving Carbs: Sugar cravings caused by your period, menopause, or andropause

Hormones are a critical part of your body's communication and control system. For this reason, hormone deficiencies—or even imbalances—can wreak havoc with your physical and emotional well-being. If you have a deficiency of estrogen, progesterone, and/or testosterone (if you're a woman) or testosterone (if you're a man), you're likely to crave sugar. That's because when these hormone levels are low, you become sad, even depressed. You start craving sugar as your body tries to raise its level of serotonin, “the happiness molecule.” Anxiety can also occur from low progesterone, causing a drop in your body's GABA (gamma-aminobutyric acid) or “natural Valium” levels. This can produce adrenal fatigue and type 2 sugar cravings (see chapters 2 and 6). In some cases, your sugar cravings may be due to insulin resistance or diabetes.

ARE YOU A TYPE 4 SUGAR ADDICT?

Your total score will tell you whether you fit the type 4 profile. Do you?

WOMEN

PMS	
___	Do you have a history of PMS (premenstrual syndrome)? (30 points)
Or, in the week before your period, do you have increased and severe...	
___	irritability? (15 points)
___	anxiety? (15 points)
___	unhappiness or depression? (15 points)
___	bloating? (15 points)
___	Your total score

If you scored 30 or higher, read the section on PMS that follows.

MENOPAUSE OR PERIMENOPAUSE	
Are you older than thirty-eight or have you had a hysterectomy or ovarian surgery? If so:	
___	Do you have decreased vaginal lubrication? (25 points)
___	Do you have decreased sex drive (libido)? (15 points)
___	Have your periods been getting irregular or changing in other ways? (15 points)
In the week before and around your period, do you experience noticeably worse...	
___	insomnia? (15 points)
___	headaches? (15 points)
___	fatigue? (15 points)
___	hot flashes or sweats? (20 points)
___	Your total score

If you scored 30 or higher you likely have symptoms from estrogen or progesterone deficiency; read the section on perimenopause and menopause that follows.

Are you older than forty-seven and have your periods stopped or have you had a hysterectomy? If so, do you have...	
___	depression? (15 points)
___	vaginal dryness? (15 points)
___	fatigue? (15 points)
___	insomnia? (15 points)
___	loss of libido? (15 points)
___	Your total score

If you scored 30 or higher you likely have symptoms from hormone deficiency associated with menopause; read the section on perimenopause and menopause below.

MEN

___	Are you older than forty-five? (15 points)
___	Do you have decreased libido? (20 points)
___	Do you have erectile dysfunction or decrease in erections? (20 points)
___	Do you have hypertension? (20 points)
___	Do you have diabetes? (20 points)
___	Do you have high cholesterol? (20 points)
___	Are you overweight with a “spare tire” around your waist? (20 points)
___	Your total score

If you scored 50 or higher, these symptoms may be the result of an inadequate testosterone level. Ignore the “normal range” for testosterone levels on the lab result (even if your doctor uses it) and instead use the ranges we supply in chapter 9.

WHAT DOES A TYPE 4 SUGAR ADDICT LOOK LIKE?

If you are a woman, your hormones get out of whack and make you particularly volatile emotionally before and during your menstrual period. You feel tired, irritable, and cranky—and you crave sugar. If you are in perimenopause or menopause, you have hot flashes, fatigue, mood swings, headaches, and intense sugar cravings when estrogen, progesterone, and even testosterone levels plummet during the four to seven days around your period. If you are a man older than forty-five, you may experience a hormonal imbalance called andropause, when testosterone levels decline, causing you to crave sugar. If this sounds like you, you are probably a type 4 sugar addict.

THE ROLE OF INSULIN IN SUGAR REGULATION

Insulin is the hormone that regulates blood sugar. Just as your car burns gasoline, your body burns sugar for fuel—and the sugar must be made available to cells in just the right amounts. Too much sugar and you flood the system, stressing your body and causing it to make excess insulin. This drives down your blood sugar, leaving you irritable and anxious, and then exhausted and craving sugar.

Insulin acts like the key that opens the door to your cellular furnaces, so that sugar can get into your cells from your bloodstream to be burned as fuel. When the system is working properly, your body actually makes the sugar needed for fuel (usually from protein and complex carbohydrates), burning calories and regulating hunger. You feel energetic, and you burn calories while staying trim.

When you have insulin resistance, however, the key that opens the “furnace doors” to your cells doesn’t work. Instead, sugar builds up in your blood. Meanwhile, your cells are starved for sugar to make energy and cry out for more sugar. Because the sugar can’t get into your cells to be burned for fuel, you may feel tired and depressed—and find yourself craving sugar. The

sugar you eat does not help—it just triggers your body to make more insulin—and you feel exhausted and moody. At the same time, blood sugar, cholesterol, and triglyceride (blood fat) levels climb higher and higher. When severe, it is the most common cause of adult diabetes.

You may also get supersized. The sugar can't be burned for fuel, so it has to go somewhere. Usually it gets turned into fat. In women, excess insulin levels pack fat onto your hips, thighs, and butt. In men, the fat gets stashed around your waist, creating that “spare tire” look.

In men, low testosterone (even if your blood levels are technically “normal”) is a major cause of insulin resistance. The testosterone deficiency can then cause high cholesterol, high blood pressure, depression, osteoporosis, and obesity in addition to diabetes and heart disease.

Paradoxically, in women, an elevated testosterone level, as can be seen in polycystic ovarian syndrome, can also cause insulin resistance. Low estrogen and menopause have also been associated with insulin resistance (although it's less common than andropause-related insulin resistance in men). Using synthetic progesterone (i.e., Provera) to treat menopause can also worsen insulin resistance. A healthier approach? Natural alternatives, such as edamame (soybean pods), black cohosh (Remifemin), or bio-identical hormones, which you'll learn more about in chapter 9.

SUGAR CRAVINGS LINKED WITH PMS

PMS is a mix of symptoms, including irritability and sugar cravings, that worsen around a woman's menstrual cycle. The cause of PMS is controversial, but holistic doctors have found that PMS is usually associated with inadequate progesterone and prostaglandin levels—two hormones that are critical to how you feel.

Normally, your estrogen and progesterone levels fluctuate throughout the month to enable pregnancy to occur. These two hormones rise in the first two

weeks of the cycle (the follicular phase) and dip during ovulation. Because of this ovulatory dip, it's common for women to experience estrogen-related migraines, heart palpitations, and anxiety attacks during ovulation at the midpoint of the menstrual cycle.

After ovulation, estrogen and progesterone levels rise again and these symptoms are ameliorated. During your period, estrogen and progesterone levels drop to their lowest levels (similar to what happens in menopause), resulting in the symptoms of estrogen and progesterone deficiency—and sugar cravings.

PMS is predominately a progesterone deficiency. Progesterone stimulates production of the brain chemical called GABA (gamma-aminobutyric acid), which acts as your body's "natural Valium" to calm you and help you sleep. When progesterone is too low, you feel anxious and irritable and may experience insomnia. When progesterone is too high, you may feel depressed. Progesterone deficiency often triggers sugar cravings, and you reach for sugar to ease the symptoms. It works, initially. Unfortunately, after the "sugar high" wears off, your blood sugar plummets, leaving you even more anxious and hyper.

Do You Have PMS?

To determine whether you have PMS, it can be helpful to keep a mood diary for several months. Compare the intensity of your emotional symptoms and sugar cravings on days five through ten of your cycle (day one is the first day of your period) to the six-day interval before the onset of menses. To qualify as PMS, the intensity of your symptoms will usually increase by at least 30 percent in the six days before menstruation. This pattern must be documented for at least two consecutive cycles.

Once you realize that your moods are associated with changes in your hormones around your period, you and the people close to you can better understand and cope with the symptoms. In addition, the treatments we recommend in chapter 9 can help stabilize your emotions and sugar cravings.

SUGAR CRAVINGS LINKED WITH PERIMENOPAUSE AND MENOPAUSE

During menopause, the production of estrogen and progesterone decline as the ovaries wear out. This decline impacts the body profoundly. This is not a sudden event, but rather occurs gradually over a period of five to twelve years, known as perimenopause. Menopause and perimenopause can trigger symptoms of fatigue and depression, which many women try to treat by eating sugar. Low estrogen in menopause also causes brain fog, fatigue, achiness, headache/migraine, lower libido, insomnia, and hot flashes. This can be especially prominent in people who have chronic fatigue and fibromyalgia. The low progesterone levels also cause insomnia and anxiety. Menopause symptoms include:

- Irregular menstrual cycles (becoming either heavier or lighter)
- Weight gain
- Fatigue
- Low libido
- Worsening headaches
- Brain fog
- Mood swings, irritability, or feelings of depression

Although testosterone deficiency is a larger problem in men, it also is a significant issue for women. Even though a woman's testosterone levels do not drop as quickly as her estrogen and progesterone levels do during menopause (because the adrenal glands make half of a woman's testosterone), most menopausal women are testosterone deficient—despite the testosterone being too high relative to the low estrogen. This low testosterone can also contribute to loss of libido as well as muscle wasting, depression, and fatigue, which can lead to sugar cravings. Once the estrogen and progesterone deficiencies have been corrected, then a very low dose of natural bio-identical testosterone can also be safely added to help restore libido and energy.

Many conventional doctors do not diagnose menopause until there is total failure of your ovaries and total cessation of your periods. This means that you must be estrogen deficient for five to twelve years before a doctor will diagnose menopause and consider support with estrogen. We'll also talk more about this in chapter 9.

Using Sugar to Raise Serotonin and Feel Better

Low estrogen levels in PMS, perimenopause, and menopause affect the production of the “happiness molecule” serotonin as well as other brain chemicals (neurotransmitters) that, when deficient, can trigger depression and sugar cravings. Serotonin also is critical for sleep and curbing appetite (it gives a sense of fullness).

Serotonin is produced from the amino acid (protein) called tryptophan, which requires vitamin B₆ (pyridoxine) and magnesium to be converted into serotonin. Other B vitamins are also essential for emotional health. For example, if there is a deficiency of vitamin B₃ (niacin), the body will use dietary tryptophan to synthesize niacin.

In the short term, eating sugar raises serotonin levels and makes you feel happier. This occurs because as the sugar raises insulin, the insulin drives many amino acids (proteins) into your muscles, but not tryptophan, leaving more tryptophan free to go into your brain to make serotonin.

Unfortunately, as insulin resistance occurs, this antidepressant effect and the feel-good benefits of sugar decrease. In fact, the insulin resistance can then cause a drop in serotonin levels in the brain, so once again eating sugar becomes counterproductive. So although eating something sweet may initially make you feel better, it leads to even worse blood sugar fluctuations, exacerbation of your symptoms, and ultimately sugar addiction.

SUGAR CRAVINGS LINKED WITH ANDROPAUSE

In men, testosterone deficiency associated with andropause, or male menopause, can also cause sugar cravings along with insulin resistance and fatigue. Other problems caused by testosterone deficiency in men include depression, decreased libido, decreased erectile function, loss of drive and stamina, osteoporosis, high blood pressure, weight gain, diabetes, and high cholesterol. Supplementation with bio-identical natural testosterone can decrease and sometimes eliminate metabolic syndrome (high blood pressure, diabetes, and high cholesterol), even in men with borderline low but technically “normal” levels of testosterone.

Perhaps you’ve heard that testosterone may increase the risk of prostate cancer and other problems? Numerous studies have shown that this is not the case. The controversy surrounding the use of dangerous synthetic hormones in both women and bodybuilders has resulted in the elimination of much of the National Institutes of Health funding for bioidentical testosterone use in males. On the positive side, now that new expensive prescription testosterone creams are available for men, drug companies are pouring money into this research.

SUMMARY: KEY FEATURES OF THE TYPE 4 SUGAR ADDICT

1. Deficiency of estrogen, progesterone, and/or testosterone in women can lead to sugar addiction because of insulin resistance, anxiety, and depression.
2. Testosterone deficiency in men can lead to sugar addiction because of insulin resistance, diabetes, and depression.
3. Using bio-identical hormones and/or other natural remedies such as herbs can help you break your sugar addiction. (See chapter 9.)

PART II: THE SOLUTION

Now that you've figured out which type of sugar addict you are, it's time to start fixing the problem. Chances are, you're feeling a bit overwhelmed. That's okay. Just take a nice deep breath and relax. This is a journey, not a quick jaunt. Our intention in part II is to help you:

1. Eliminate the underlying problems that are driving your sugar addiction. This will make it much easier for you to give up excess sugar and stay off it.
2. Enjoy sweets in moderation, for example, as dessert or an occasional snack.
3. Eliminate the physical and psychological problems caused by sugar addiction, so you can feel great.

CHAPTER 5

Healing Practices for All Sugar Addicts

In this chapter, we'll explain common-sense practices that can help all four types of sugar addicts to begin breaking their addictions. In the following four chapters you'll learn how to use the treatment protocol for your specific sugar addiction type(s), as determined in part I. Pleasure is good, and our goal is to show you how to enjoy what you eat, while staying healthy. In short, we're going to teach you how to have your cake and eat it too.

CUT OUT SUGAR

The first step in breaking your addiction is to change the way you eat. The most important thing, of course, is to stop eating sugar. Eating sugar just fans the fires of your addiction and keeps you stuck in a vicious cycle. As with any addiction, you have to cut out the addictive substance before you can begin healing the problem. You don't have to do it all at once, or cut out all of the sugar. Start simply by getting rid of the least measurable high-sugar foods in your diet, including fast food, processed food, sodas, and fruit drinks.

Read the labels. As a rule of thumb, don't eat anything that lists sugar in any form (sugar, sucrose, glucose, fructose, corn syrup) as one of the top three ingredients on the label. You'll also want to avoid the white flour found in many breads and pasta, because your body rapidly converts this into sugar, giving you a sugar high and then a low. Though it's an acquired taste (like beer), you'll find, over time, that whole grain breads taste much better. Enjoy them in moderation.

Withdrawal from Sugar Addiction

As you change your diet and cut out sugar, don't be surprised if you experience withdrawal symptoms such as moodiness and irritability. This is even more likely if you are trying to kick caffeine at the same time. The good news is that it will pass in seven to ten days, and often even more quickly when you treat the issues underlying your specific sugar addiction type. Although withdrawal can be a bit uncomfortable for some people, most of you won't find it a significant problem, especially if you apply the sugar addiction treatments we'll discuss here in part II.

If withdrawal symptoms are an issue, reduce your sugar and caffeine intake more gradually. Allow yourself a healthy snack of fruit and even a few pieces of the best-tasting dark chocolate you can find. This will make it easier for you to stick with the program.

SUGAR SUBSTITUTES

Sugar substitutes can give you the pleasure of sugar without the side effects. Some substitutes are healthy, and some aren't. Let's take a look at some of the most common substitutes.

Stevia

This excellent sugar substitute is safe, healthy, and natural. Used for many decades, it has recently been approved by the FDA for use in food processing. Therefore, more and more foods—even sodas—that include this healthy sugar substitute will soon be available.

Stevia comes from leaves of the stevia plant, an herb in the chrysanthemum family. It grows wild as a small shrub in parts of Paraguay and Brazil. The leaves contain an extract (called a stevioside) that may be 200 to 300 times as sweet as sugar. This extract is safe and contains no calories. It can be used in cooking and as an excellent overall sugar substitute. It is even safe for diabetics.

Keep in mind, however, that unless stevia is properly filtered it will leave a bitter or licorice aftertaste. If you get a brand that does not taste good, it was not properly filtered. Simply switch brands. A good brand is Body Ecology. It comes as a clear liquid in a dropper bottle. Another good brand is Stevita, which can be found in many health food stores.

Sugar Alcohols

These are also safe and healthy sugar substitutes. In sugar alcohols, the sugar has been converted through a natural fermenting process to resemble alcohol—but not the form that gets you drunk. It still tastes sweet but is not absorbed into your body, so it does not cause the problems sugar does. The most common one is the maltitol used in sugar-free chocolates. The only downside of most of the sugar alcohols is that they can have a laxative effect,

causing gas and loose stools in some people. If this occurs, and is problematic, simply eat less of it.

Other sugar alcohols include inositol, which is helpful for anxiety (and improves bone density in people with osteoporosis), and most other substances ending in the letters “ol.”

Erythritol

Erythritol is an excellent alternative, especially for those who can’t tolerate the other sugar alcohols. It provides all of the benefits of sugar alcohols without the gas or bloating. It is absorbed by the body, but is then quickly eliminated in the urine. Erythritol is not metabolized in your body and is basically inert (it does nothing, good or bad). Although it is fifteen times as sweet as sugar, it’s considered by many to have zero calories.

Erythritol’s popularity is growing, and it will become even more readily available as Truvia and PureVia (which are mixes of erythritol and stevia) go mainstream. Truvia, developed by Cargill, is even being added to a line of Coca-Cola and Sprite products and Glaceau vitamin water.

Chemical Sweeteners

Each of the three main brands—Sweet’n Low, Splenda, and NutraSweet—is made from a different chemical combination.

Sweet’n Low (saccharin): Of these three, saccharin has the best and longest overall safety record. If you are eating out and only have access to these three sugar substitutes, use Sweet’n Low (usually in a pink packet). As Truvia and PureVia become readily available, however, they will become the best choice.

Splenda (sucralose): You’ll find this in a yellow packet. The jury is still out regarding its long-term safety; overall, however, sucralose is believed to be okay for most people.

NutraSweet (aspartame): It's surprising that this sweetener ever received FDA approval for use. Although it is likely okay in moderation for most people, some individuals experience severe reactions to it. The toxicity is an area of controversy, but symptoms that have been blamed on aspartame include seizures, headaches, memory loss, nausea, dizziness, confusion, depression, irritability, anxiety attacks, personality changes, heart palpitations, chest pains, skin diseases, loss of blood sugar control, and more. You may not realize aspartame is causing the reaction until you stop using it for seven to ten days and then retry it.

The bottom line? Stevia and erythritol (PureVia and Truvia) win hands down, followed by maltitol (for sugar free chocolates). When these are not available, use the pink packet (saccharin). If you want to buy a sugar-free snack or soda that does not contain any of these options, pick Splenda (best choice for sugar-free ice creams). Aspartame is still a better choice than sugar, though, so if your choice is between a regular soda and a diet soda with NutraSweet, and there is no other sweetener option (and water just won't do it for you at that time), enjoy the diet soda.

When You Can't Resist Sugar

If you feel you must have a sugary snack, eat one or two bites and savor it without guilt. The problem is consuming too much sugar—occasional “cheats” are okay. Eighty

percent of the pleasure comes from the first two bites—you don't need to gobble down the rest.

A key point is to use all sweeteners listed above in moderation. The body can get easily overwhelmed by too much of any single sweetener, so it's not a bad idea to mix them up a bit and allow yourself Splenda or Sweet'n Low in modest amounts.

OTHER HEALTHY HABITS TO HELP KICK THE SUGAR HABIT

Okay, now that we've got sugar under control, it's time to look at other healthy lifestyle choices: cutting back on caffeine, adding whole foods to your diet, improving your sleep hygiene, taking a multivitamin, and drinking more pure water. Together, these new habits can make a tremendous difference in the way you feel, giving you energy and the ability to "meet life" effectively.

Cut Out Excess Caffeine

You need to cut back on excess caffeine, which aggravates the symptoms of sugar addiction. It also makes you tired, and that makes you reach for sugar to artificially boost your energy. It's a good idea to limit yourself to one cup of regular coffee a day, and then switch to tea (preferably caffeine-free after the first cup). Use tea leaves or teabags instead of powders or bottled teas that are high in sugar (and are more like soda).

If you are currently drinking more than four cups of coffee a day, cut the amount in half each week or two (as is comfortable) until you get down to one cup a day. This decreases the risk of caffeine-withdrawal headaches.

Choose Whole Foods That Won't Fuel Your Sugar Cravings

The next step is to add healthy foods to your diet that will help keep you off the sugar roller coaster. The best way to do this is to choose whole foods (i.e., unprocessed fruit, vegetables, grains, or meat). Most of these foods are also low on the glycemic index, so they won't fuel your sugar cravings.

The glycemic index (GI) tells you which foods raise your blood glucose fastest and highest. This is especially important for sugar addicts to keep in mind. Pure glucose gets a GI score of 100—all other foods are measured in relation to glucose. A food with a glycemic index over 85 raises blood sugar rapidly, but a food with a glycemic index under 30 does not raise blood sugar much at all. You also need to take portion size into account, of course. The term *glycemic load* combines these factors.

You'll find a glycemic index list in appendix B, which will guide you in making healthy food choices. Selecting foods with glycemic index scores that are right for you will depend both on your sugar addiction type and on how much protein, fiber, and other healthy nutrients (like vitamins and minerals) the foods contain. (We'll offer recommendations in the following chapters that discuss individual treatments.) Remember, the best approach is to listen to your body. Which foods and combinations leave you feeling the best?

Supplement with a Good Vitamin Powder to Stop Sugar Cravings

Getting optimal nutritional support is important for overall health in general. Sugar addicts can especially benefit from a good powdered multivitamin because inadequate levels of nutrients will trigger food cravings in general, and sugar cravings in particular, as your body instinctually seeks to get the nutrition it needs.

Because human beings need more than fifty key nutrients, you'll find that using vitamin powders makes sense. One drink can replace at least thirty-five tablets of supplements. Check off #1 in appendix A, where you will also find the vitamin powder we recommend.

Drink Water to Aid Sugar Detoxing

You will have a tougher time kicking sugar if you don't stay hydrated. Water helps the machinery of the body function and lets the body rid itself of toxins. How much water should you drink a day? Check your mouth and lips every

so often. If they are dry, you are thirsty and need to drink more water. It's that simple.

But drinking tap water isn't the way to go. Tap water's great for cleaning dishes and clothes, but not so good for human consumption. Tap water isn't pure and can be full of organisms and contaminants. Bottled water has problems, too. Many brands of bottled water are simply tap water, and cost has little to do with quality. But we need to have easy access to healthy water, so how can you tell what is best? When drinking bottled water, use water that is purified by reverse osmosis and carbon block filtration. For home use, a good water filter is best. (See appendix D.)

Get Enough Sleep to Slash Sugar Cravings

It's important to sleep seven to nine hours per night. Adequate sleep optimizes energy, decreases your appetite, and slashes sugar cravings. You'll find common-sense recommendations listed below. We'll also talk more about this in chapter 6.

- Go to bed and wake up around the same time each day. This will set your internal clock (circadian day/night rhythm) to a healthy pattern. Your body loves routine.
- Don't drink alcohol right before bedtime.
- Cut off your caffeine intake at 2:00 p.m. It's okay to have a cup or two of tea or coffee in the morning, but switch to decaf after 2:00.
- If you frequently wake up to urinate during the night, do not drink a lot of fluids near bedtime.
- Keep the bedroom cool, around 65°F (18.3°C).
- Don't exercise within an hour of bedtime.
- Put the bedroom clock out of arm's reach and facing away from you. Looking at the clock frequently aggravates sleep problems.

IT'S TIME TO TREAT YOUR INDIVIDUAL SUGAR ADDICTION

Now that we've covered the basics that hold true for all sugar addicts, it's time to get down to specifics. The following four chapters present treatment plans for each addiction type.

As we mentioned before, you may fit more than one type. If that's the case, start with the first one that applies to you, and then move on to the next one. As you go through each chapter that applies to your type, mark down the treatments you'll be using, including any in appendix A. By the time you've finished part II, you'll have a program that will enable you to break your addiction and improve your overall health—so you can feel great!

Switching from Sugary Drinks to Healthy Water

Water is the best thirst quencher and contains no sugar or calories. But not all water is created equal. Here are some tips:

- Avoid “enhanced water,” which is little more than flavored sugar water.
- Choose bottled water that's been purified by reverse osmosis and carbon block filtration.
- Install a water filter in your home and/or workplace. When purchasing a filtration system, consider:
 - 1) effectiveness, 2) purchase price,
 - 3) cost per gallon to operate. See appendix D for a good resource.
- Don't leave water in plastic bottles in a hot place (such as your car in the summertime).
- Fill a stainless steel container with filtered water and carry it with you, instead of drinking water in plastic bottles.

CHAPTER 6

Treatment for Type 1 Sugar Addicts

Use the SHINE Protocol to Repair Your Body

In order to recover from type 1 sugar addiction, you will need to take a whole-body approach to treating the fatigue that drives your addiction to sugar. This starts with eliminating sugar and caffeine-loaded “loan shark” energy drinks (including coffee and sodas). This is the first step in ending the cycle of addiction.

For those with mild fatigue, these 3 steps will often be all you need to feel great:

1. Rest your body. Get eight hours of sleep a night as often as possible.
Poor sleep stimulates appetite, increases sugar cravings, and contributes to weight gain.
2. Feed your body. Cut back on the junk food in your diet, stay hydrated (with water), and get simple but highly effective nutritional support.
3. Use your body. Getting exercise and sunshine will improve insulin sensitivity and help decrease sugar cravings.

If you have more severe fatigue, however, you may need the “SHINE Protocol.”

THE SHINE PROTOCOL

We recommend what we call the SHINE approach to end type 1 sugar addiction. It includes predominantly natural remedies and, when needed, prescription medications. Addressing all of these factors together enables you to heal your body and feel better than ever before. SHINE stands for:

Sleep. Optimize sleep and treat sleep disorders.

Hormonal support. Hormones regulate your body’s functioning, including energy production and sugar cravings.

Infections. Infections, including sinusitis and recurrent colds and flus, drain energy.

Nutritional support. Use vitamins, minerals, and other nutrients to heal your body and stop sugar cravings.

Exercise. Walk (or do another type of exercise) for thirty to sixty minutes a day. If possible, exercise outside so you can get sunshine as well.

SLEEP: GET A GOOD NIGHT'S SLEEP TO STOP SUGAR CRAVINGS

Poor Sleep = Sugar Cravings = Weight Gain

In the past century, the average amount of sleep an American gets per night has decreased from nine hours to around six and a half hours. This is like the body taking a 30 percent pay cut. The result? Fatigue, pain, obesity, and sugar cravings. When you don't get between seven and nine hours of sleep a night, you feel tired and crave sugar to artificially generate energy.

A lack of sleep has also been shown to directly increase appetite and weight gain.

As researchers at Laval University in Quebec City, Quebec, found, if you aren't getting enough sleep you have a 30 percent higher risk of becoming obese and can expect an average weight gain of five pounds (see chapter 1).

Deep sleep regulates growth hormone (the "fountain of youth hormone"), and controls the production of leptin and ghrelin. Together, these three hormones regulate appetite. This means if you don't get enough sleep you'll want to eat more, especially sugar! Growth hormone also helps turn fat into muscle. Increased muscle mass helps you burn calories more efficiently and improves insulin sensitivity—in other words, it stops sugar cravings and makes you thinner.

Lack of sleep can lead to insulin resistance. This means you cannot get sugar out of the bloodstream and into your cells where it is needed for fuel,

R_X YOUR WELLNESS PRESCRIPTION

OPTIMIZE SLEEP TO STOP SUGAR CRAVINGS:

1. ☒ Get seven to nine hours of sleep per night.
2. ☐ Use natural remedies to help you sleep.
3. ☐ Don't watch the news or do things that make you feel bad, especially before bed.

so your body cries out for sugar but can't burn the sugar you eat. You're left endlessly craving sugar, overweight, exhausted, and even diabetic.

When you get seven to nine hours of sleep a night, you take a huge step toward optimizing your energy, decreasing your appetite, and slashing your sugar cravings. Getting adequate, regular sleep will also leave you feeling energized—your mind will be clearer and you'll look younger and thinner. Many people find that getting optimal sleep even makes chronic pain disappear.

Herbal Remedies for Insomnia

Okay, so you've tried the basic recommendations and still find yourself tossing and turning. It's time to take the next step, using natural remedies to help you sleep better and more soundly. These natural sleep aids can be safely taken long term, either as needed or every night.

Theanine: This amino acid, which comes from green tea, improves sleep at night and alertness during the day. That's because L-theanine aids in the formation of gamma-aminobutyric acid (GABA), which helps you sleep better. Use only brands containing the SunTheanine form (pure L-theanine). Recommended dose: 50 to 200 mg at bedtime.

Jamaican dogwood: The bark of the Jamaican dogwood tree has analgesic (pain-relieving), sedative, and antispasmodic properties. This calming herb aids insomnia, anxiety, and even muscle aches. Jamaican dogwood is used by Central and South American Caribbean fishermen to lull fish into falling asleep, making them easier to catch! Recommended dose: 12 to 48 mg of the extract at bedtime.

Wild lettuce: The bitter cousin to ordinary garden lettuce, this herb aids insomnia and anxiety. Ancient Egyptians used a form of wild lettuce as an aphrodisiac. Research shows that it is useful as a mild sedative and even a cough suppressant. It may also decrease the symptoms of restless leg syndrome. Recommended dose: 30 to 120 mg of the extract at bedtime.

Valerian: This is the go-to remedy for insomnia, and a number of studies confirm its usefulness, showing it improves deep sleep, lessens the time it takes to fall asleep, and enhances the quality of sleep. A review of studies in the *American Journal of Medicine* in 2006 confirms that valerian improves sleep quality safely. (Note that 5 to 10 percent of the population actually gets energized from valerian. If this happens to you, use it during the day for anxiety, but not at night for sleep.) Recommended dose: 200 to 800 mg of the extract at bedtime.

Hops: This is a native British plant (related to stinging nettles) and a member of the hemp family; the ripened cones of the female plants are used to make beer. Hops is a good herb for insomnia, muscle tension, and anxiety. A study published in *Sleep* in 2005 showed hops improves the quality of sleep without side effects. Recommended dose: 30 to 120 mg of a hops extract at bedtime.

Passionflower: A favorite herb in South America for its calming properties, passionflower is approved by the German Commission E (Germany's natural counterpart to the FDA) for insomnia and nervousness. It can also be used to treat anxiety, muscle spasms, and menstrual pain. Recommended dose: 90 to 360 mg of the extract at bedtime.

Tips for Better Sleep

- Go to bed and wake up around the same time each day.
- Don't consume caffeine after 2:00 p.m.
- Don't drink a lot of fluids near bedtime.
- Keep your bedroom cool.
- Don't exercise within an hour of bedtime.
- Turn your bedroom clock around so you can't see it.

(These six herbs can be taken separately, or can be found in combination remedies—see appendix A.) If you have insomnia, check off treatment #3 in appendix A. For most of you with mild to moderate insomnia, this is all you will need to sleep like a baby. If your insomnia is more severe, you can add the treatments that follow as needed to find a combination that lets you get your seven to nine hours of sleep a night.

Lavender: A member of the mint family, lavender is an excellent aromatherapy for sleep and relaxation. The lavender aroma comes from the oil in the blue-purple flowers. Human clinical studies, including one by Dr. Ikue Kotsubaki and his colleagues in a hospital intensive care unit, published in the *Medical Journal of Hiroshima Prefectural Hospital* in 1999, confirm its calming, soothing, and sedative benefits. Mist your pillow with a mixture of lavender essential oil and water. Or add lavender essential oil to bathwater and enjoy a soothing soak before bed.

Lemon balm: Like lavender, this member of the mint family is a natural relaxant. Placebo-controlled research published in the medical journal *Fitoterapia* in 1999 showed that taking 80 to 160 mg of lemon balm with 180 to 360 mg of valerian at night improved the quality of deep sleep.

Use Nutritional or Other Nonprescription Supplements to Sleep Better

Many simple supplements that you can find at your health food store will help ensure a good night's sleep. These include:

Magnesium: Take 200 to 500 mg of magnesium at night to help you sleep better. If you get diarrhea from magnesium, use a sustained-release form (check off #4 in appendix A).

Calcium: Calcium can relax muscles and decrease leg cramps, thus enabling you to sleep better. For most people, though, taking calcium supplements alone instead of in combination with magnesium may cause more harm than good. It can even boost the risk of heart disease. Recommended

dose: 600 mg of calcium at bedtime, along with magnesium, if you have osteoporosis and need a calcium supplement.

5-Hydroxy L-tryptophan (5-HTP): 5-HTP helps produce serotonin, a neurotransmitter that makes us feel good and also helps us sleep. If you are taking medications that increase serotonin (these include antidepressants like Prozac, St. John's wort, Ultram, and Desyrel), see your holistic practitioner for correct dosing. Recommended dose: 100 to 400 mg at night.

Melatonin: This sleep-regulating hormone is made by the pineal gland and helps ensure a good night's sleep. Lower doses of 0.3 to 0.5 mg are as effective as the higher doses commonly sold. You can find Melatonin in any health food store.

Over-the-counter antihistamines such as doxylamine (Unisom) or Benadryl can also help you sleep better.

Prescription Medications to Improve Sleep

If you still find you have trouble sleeping at least seven hours a night after trying the above, it is reasonable to ask your doctor to prescribe a sleep medication. Start with medications that are not addictive. A few excellent ones are:

Desyrel (trazodone): Although marketed as an antidepressant, I do not find it to be very effective for depression. It is, however, an excellent sleep aid when taken in very low doses. Recommended dose: 25 to 100 mg.

Neurontin (gabapentin): This medication is also available as a low-cost generic. It is especially helpful if nerve pain, pelvic pain, or restless leg syndrome is interfering with your sleep. Recommended dose: 100 to 400 mg at bedtime.

Flexeril (cyclobenzaprine): This muscle relaxant is also available as a low-cost generic. One-half to one tablet at bedtime can be very effective, and will also help relieve muscle aches at night. Recommended dose: 10 mg.

R_X YOUR WELLNESS PRESCRIPTION

TREAT YOUR THYROID:

If you are tired and experience weight gain, cold intolerance, or other symptoms of an underactive thyroid, you deserve a therapeutic trial of prescription natural Thyroid—even if your blood tests are normal. Try it for a few months to see whether your symptoms improve.

Ambien (zolpidem): A major plus of this medication is that it is short-acting, which means it leaves your body after six hours, reducing that sleep hangover you get from some medications. Recommended dose: 5 to 10 mg at bedtime. If you find you wake up during the night, it's okay to take an extra one-half to one tablet, but it is best to take no more than 10 mg total per night (it can be addictive). You can also ask your doctor to prescribe Ambien CR, which is a sustained-release formula. Recommended dose: 6.25 to 12.5 mg at bedtime.

HORMONES: HYPOTHYROIDISM CAN MAKE YOU CRAVE SUGAR

You may crave sugar because you feel tired. This can be the result of an underactive thyroid. Unfortunately, many physicians still do not realize that the majority of people who need thyroid hormone have normal blood tests. Many conventional doctors also prescribe a synthetic thyroid hormone that does not contain any active T3 thyroid hormone. It may help some people, but it is often ineffective if what you need is the T3 hormone.

Because thyroid testing is unreliable and standard treatments aren't very effective, how do you get the help you need? Find a physician who will prescribe according to your symptoms, that is, unexplained fatigue, weight gain, cold intolerance, and other symptoms suggestive of an underactive thyroid. A holistic physician (see appendix C) will likely recommend a natural form of thyroid hormone, which contains a mix of two thyroid hormones called T3 and T4. In part III we'll talk more about treating hypothyroidism.

INFECTIONS: SUGAR ADDICTS ARE
SUSCEPTIBLE TO INFECTIONS

When your energy levels go down because of chronic sugar use, your immune system is weakened, making it more likely that you will catch every bug, cold, or flu virus that goes around. Type 1 sugar addicts may be particularly vulnerable because the sugar in one can of soda is enough to suppress your body’s defense forces by 30 percent for a three-hour period! This makes it critical to avoid sugar to prevent infections that drain your energy. Also try these:

Zinc: One of the most important nutrients for maintaining strong immune function, zinc can be found in high-protein foods. This is another benefit of the high-protein/low-carbohydrate diet that works best for healing sugar addicts. A good multivitamin usually contains 15 to 25 mg of zinc.

Vitamin C: Taking vitamin C actually does make you less likely to catch a cold. This is especially true for people who are undergoing high levels of stress. A review of the medical literature published in the *Journal of Military Medicine* in 2004 showed that, in five studies, participants in the vitamin C group experienced a 45 to 91 percent reduction in common cold incidence. Three other trials found an 80 to 100 percent reduction in the incidence of pneumonia in the vitamin C group.

It is hard to get more than 60 to 100 mg a day from your diet, and many food sources high in vitamin C (like fruit juices) are also high in sugar, making them more problematic than helpful. For most people, 500 mg a day of vitamin

Rx YOUR WELLNESS PRESCRIPTION

PREVENT INFECTIONS:

- 1. ✓ Take 15 to 25 mg of zinc per day.
- 2. — Take 500 to 100 mg of vitamin C per day.
- 3. — Stay hydrated.
- 4. — Get proper rest.
- 5. — Wash your hands frequently during flu season or when infections are going around.

C in a good multivitamin is plenty for prevention. During an infection, taking higher doses can help you recover more quickly.

Stay hydrated: Your body's first line of defense against most respiratory infections (such as colds and flu) is the moist surface linings in your nose, mouth, throat, and lungs called mucosal linings. Your body generates special "troops" (called IgA antibodies) that work best in moist environments. When you're dehydrated and these surfaces are dry, you are essentially putting your troops out of action. The solution? Occasionally check your mouth and lips. If they are dry, so are the rest of the mucosal linings in your respiratory system. Drink some water.

Get proper rest: We've discussed sleep already, but it's worth revisiting here. You may have noticed that during an infection, a fever increases while you are sleeping (this is especially noticeable in children). This is because much of your defense operation occurs at night, during sleep. Research by Professor Carol Everson at the Medical College of Wisconsin has shown that depriving an animal of sleep severely suppresses its immune system. People are no different.

Wash your hands: When a flu or other bug is going around, wash your hands often. Although being in a crowded space with someone who's hacking and sneezing might worry you, you are much more likely to catch a bug that has found its way onto a surface that someone else with the infection has touched. The virus then catches a ride from your hands to your mouth or nose. By simply washing your hands regularly you'll wash these hitchhikers right down the drain.

NUTRITION: SHIFT FROM JUNK FOOD TO WHOLE FOOD

To recover from type 1 sugar addiction you need to eliminate so-called energy drinks, sodas, and other sugar-containing drinks from your diet. These beverages are often crammed with almost 1 teaspoon of sugar per ounce, and the

impact on your health is enormous. “One of the easiest ways to cut back on added sugars is to curtail your consumption of sweetened beverages like soft drinks, sweet tea, alcoholic mixers, and juice drinks,” agrees Kathleen Zelman, M.P.H., R.D., L.D., WebMD’s director of nutrition. Instead, drink diet sodas that contain stevia, Truvia, or PureVia (preferably) and substitute stevia, PureVia, or Truvia for sugar in your tea, coffee, and other beverages.

You also have to eat right. That’s because not having enough vitamins, minerals, and other nutrients causes fatigue, which leads to sugar cravings as your body tries to get the nutrients and energy it needs. The short-lived energy boost you get from the sugar is physically costly.

The closer you get to a whole foods diet, the healthier you’ll be. “Whole food” means the way fruits, vegetables, grains, and meat were before they got processed. Over time, you will find that you actually prefer eating this way because it tastes better. You’re not denying yourself pleasure. You are simply

Does Drinking Alcohol Make You Crave Sugar?

Alcohol is okay to drink in moderation (up to two drinks a day for the average person), and people who drink moderately enjoy longer, healthier lives than teetotalers do. Benjamin Franklin had a point when he said, “Beer is God’s way of letting us know that he loves us.” Alcohol is not a

problem for most people when used in moderation. However, there is a cross addiction between sugar and alcohol. This is one reason why alcoholics often crave sugar. If you find drinking makes you crave sugar, it’s smart to stop or cut back.

learning better ways to enjoy your food and make healthy eating a habit over the long term.

Type 1 sugar addicts can benefit most from choosing to eat low-glycemic index (GI) foods that won't fuel sugar cravings. You'll find a glycemic index in appendix B that will help you make appropriate choices.

Grains and Cereals

Although grains and cereals have a fairly high glycemic index score, they help provide nutritional balance in your diet, so eating them in moderation is okay for type 1 sugar addicts. Moderation means the equivalent of one to two slices of bread per day. Choose whole-grain products instead of those made with white flour—18 percent of the average American's calories come from white flour, which acts like sugar as it breaks down in your body. A good rule of thumb is to eat no more than seven servings of grains and cereals per week.

Choose whole-grain cereals that contain no added sugar or very small amounts of sugar (fewer than 14 grams per portion). After a few weeks your taste buds will adapt to the lower amount of sugar and you'll actually taste the natural sweetness of your food. Read the labels so you're sure of what you're getting—some healthy-sounding granolas contain plenty of sugar or other sweeteners such as honey.

When it comes to pasta, think whole wheat, too. The glycemic index ratings for standard wheat pastas depend on thickness—the thicker the pasta, the lower the GI score—and the way it is cooked. Al dente pasta—somewhat firm and still a bit chewy—has the lowest score. The longer you cook pasta, the softer it becomes and the higher the GI ranking.

Many restaurants have whole-grain options on their menus. If no whole-grain option is available, skip bread or pasta at that meal. If rice is offered, opt for brown or wild rice instead of white. Unless whole-grain pastas are an

option, pass on the spaghetti at your favorite Italian restaurant and try an entrée like a chicken marsala or chicken parmesan instead.

Whole grains are kind of like beer for some folks—they're an acquired taste. Don't make the switch all at once. Rather, do it over a period of four to twelve weeks. Soon you'll find that whole grains actually have more flavor than the pasty white stuff.

Fruits and Vegetables

Fruits tend to be high in sugar and therefore rank high on the glycemic index, so it's best to just eat them in small amounts to satisfy your sugar cravings in a way that's healthy. Limit yourself to one or two servings of raw whole fruit a day. Avoid fruit juices, fruit drinks, and canned fruits, all of which contain massive amounts of sugar.

Choose vegetables with a glycemic index score of less than 55, and aim for three to five servings a day. A few vegetables, like carrots and peas, score high on the glycemic index. Others, such as potatoes, are predominantly

Reduce Sugar and White Flour as Painlessly as Possible

When eliminating foods with sugar and white flour from your diet, begin with those that give you the least pleasure. For example, if you are a pizza lover (and it is tricky finding whole-grain pizza at

restaurants), allow yourself to occasionally have a few slices. Choose thin crust. Meanwhile, cut out other white-flour products that offer less pleasure.

starches and act like sugar in your body (and also rank high on the glycemic index). Most vegetables, however, can be eaten without problems and offer excellent nutritional support, providing vitamins, minerals, and fiber.

As you can see from the glycemic index list in appendix B, most non-starchy vegetables actually fall near zero on the glycemic index, making them very healthy for sugar addicts. Raw vegetables are healthier than steamed or boiled (a lot of good stuff goes out in the cooking water). Salads are good options, although iceberg lettuce is very low in vitamins and minerals—eat mixed greens or spinach instead. Frozen vegetables are better than canned.

Although they have a higher glycemic index value, beans and legumes are high in protein, vitamins, minerals, and fiber, making them a healthy choice for sugar addicts. Enjoy up to four servings a day.

Meat, Eggs, Seafood, and Dairy

Meats, eggs, and seafood are high-protein foods that generally score zero on the glycemic index, and you can eat as much of these as you like. Eggs and some types of meat, for example, are a good choice for breakfast—skip the potatoes and toast. Make these protein foods the main dish in most of your meals, adding beans/legumes, vegetables, and greens for balance as directed in the GI reference guide.

Fish is especially healthy (unless it is fried, which often destroys the health benefits). In fact, the omega-3 oils found in fish can be more beneficial for mood and depression than prescription antidepressants, in addition to lowering the risk of heart disease. If possible, buy meat that is organic and hormone-free. The hormones, chemicals, and antibiotics added to meat and poultry can aggravate your sugar cravings.

Type 1 sugar addicts can also eat up to four servings of dairy products per day, but again, choose organic milk, cheese, and yogurt whenever you can.

When eating out, organic may not be an option. That's okay. It's not necessary to eliminate all the problem foods in your diet; simply trim them back. Give yourself permission to indulge in an occasional meal that's unhealthy if you really enjoy it. As we said earlier, begin by cutting out the "bad" things that give you the least pleasure and savor the ones you truly love—in moderation.

Nutritional Supplementation

Even our best efforts at eating a nutritious diet can leave us short nutritionally. In fact, it's very rare to get the optimal amount of vitamins and other nutrients from a standard Western diet today. The reason? Soils have become depleted through mass farming, which translates into less nutritious foods. Food processing also removes nutrients. Adding sugar and white flour to the diet doesn't help either, as you already know. Therefore, it's smart to supplement with a good multivitamin. But it's difficult to get optimal nutritional support in tablet form unless you take handfuls of pills.

The good news is that vitamin powders simplify the process dramatically, enabling you to get excellent overall nutritional support in a single drink each day. Many good vitamin powders are available. You'll find more information about these and other supplements in appendix A. Check off #1. In the meantime, here are the nutrients type 1 sugar addicts need for optimal health.

Ribose: When you are exhausted, your body craves sugar as it tries to get an energy boost. A special type of sugar called ribose is an excellent nutrient for energy production. In addition to its role in making DNA and RNA, ribose is the key building block for generating energy. In fact, the main energy molecules in your body (ATP, FADH, etc.) are made of ribose plus B vitamins or phosphate.

Ribose does not raise blood sugar or feed yeast overgrowth, yet it looks and tastes like sugar. Consequently, sugar addicts can use it as a sugar substitute. It actually has a negative value on the glycemic index. Ribose even tends to lower blood sugar in diabetics and may contribute to weight loss as well.

Ribose will give you a powerful energy boost. It's also great for athletes who want to enhance their strength and stamina. Start with a 5,000 mg scoop of ribose three times a day for three to six weeks, then decrease to one scoop twice a day. If you get hyper from being too energized, lower the dose. Try it for a month, and prepare to be amazed!

Any brand of ribose is okay, as long as it is in powder form and you take the proper dose. Quality control problems have occurred outside of the United States, so buy a brand that uses "Bioenergy" ribose. We suggest using the Corvalen form, as this has the best quality and research behind it. Research at the Kona Chronic Fatigue and Fibromyalgia Research Center, published in *The Journal of Alternative and Complementary Medicine* in 2006, showed that ribose increased energy an average of 45 percent after only three weeks. Adequate ribose cannot be found in any multivitamin, so you'll need to supplement with this nutrient separately. (You can, however, mix it into your vitamin powder). Check off #2 in appendix A.

Iron: Placebo-controlled research done by Dr. Verdon and his research team and published in 2003 in the *British Medical Journal* showed that in fatigued women (who did not have anemia), taking iron supplements decreased their fatigue by 29 percent after one month. Most of the women in the study had technically normal iron levels, but their ferritin levels were lower than 50.

If you experience fatigue, ask your physician to do a blood test called a ferritin level. If it comes back under 50 (normal is anything over 12), taking iron is helpful. If it is over 50, you likely don't need iron (unless you have hair loss, in which case supplement with iron until your ferritin is over 100).

If your ferritin is above the upper limit of normal, have your doctor check you and your family members for a common hereditary disease of excess iron (called hemochromatosis). If found, it is very easy to treat. If missed, it can be fatal, and taking iron when the limit is too high is toxic.

B vitamins: B vitamins and magnesium play a critical role in energy production for type 1 sugar addicts. Energy molecules are made up of B vitamins plus ribose. B vitamins are also important for immunity, nerve and brain function, and much more. You can find the necessary B vitamins in a good quality B-complex vitamin formula or the vitamin powders we recommend. Let's take a look at each of the individual B vitamins, as well as magnesium, to understand how they can benefit type 1 sugar addicts.

B₁, thiamine: In addition to being important for energy production, vitamin B₁ is essential for proper brain functioning—it's especially helpful for those sugar addicts who experience "brain fog." Research shows that supplementation with vitamin B₁ can even decrease the risk of developing complications of diabetes. For example, researchers at the University of Warwick who published their findings online in the journal *Diabetologia* in 2008 discovered high doses

R_X YOUR WELLNESS PRESCRIPTION

EAT RIGHT TO CUT DOWN ON SUGAR AND SUGAR CRAVINGS:

1. ☒ Eliminate so-called "energy drinks" loaded with sugar and caffeine.
 2. ☐ Eliminate excess sugar.
 3. ☐ Limit caffeine intake.
 4. ☐ Eat whole foods instead of processed ones.
 5. ☐ Drink good-quality water.
 6. ☐ Increase salt intake if you have low blood pressure.
 7. ☐ Get nutritional support with a good vitamin powder.
 8. ☐ Turbocharge your energy with ribose.
 9. ☐ Optimize nutrients, particularly B vitamins.
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of thiamine can reverse the onset of early diabetic kidney disease. It also makes you more clearheaded, composed, and energetic. Recommended daily dose: 75 mg.

B₂, riboflavin: This B vitamin is critical for energy production. In higher doses (75 to 400 mg per day) it has been repeatedly shown to decrease the frequency of migraines (a common problem in sugar addicts) by 67 percent after six to twelve weeks, according to several placebo-controlled studies, including one published in *Neurology* in 1998. Recommended daily dose: 75 mg.

B₃, niacin: Niacin is a key part of the energy molecule NADH (which also helps make the neurotransmitter dopamine). Niacin may also prevent Alzheimer's. Recommended daily dose: 50 mg.

B₆, pyridoxine: Vitamin B₆ serves many critical functions, including enhancing immune function. A common problem for type 1 sugar addicts is fluid retention, and B₆ can help this, too. Recommended daily dose: 85 mg.

B₁₂: Vitamin B₁₂ is another key nutrient involved in energy production and brain function. Recommended daily dose: 500 to 1,000 mcg.

Folic acid/folate: Supplementing with 800 mcg of folate a day can improve memory. In a study published in the medical journal *Lancet* in 2007, 818 cognitively healthy people ages fifty to seventy-five took either folic acid or a placebo for three years. On memory tests, the supplement users had scores comparable to people 5.5 years younger; on tests of cognitive speed, the folic acid helped participants perform as well as people 1.9 years younger. Recommended daily dose: 400 to 800 mcg.

Magnesium: Magnesium is critical for producing energy in your muscles. A deficiency of magnesium causes muscles to spasm and shorten, producing the achiness sometimes seen in type 1 sugar addicts. Magnesium deficiency can contribute to obesity by causing insulin resistance. In a University of Virginia study by Dr. Milagros G. Huerta and colleagues, published in *Diabetes Care* in

2005, this association was even shown to occur in children. In addition, people with high magnesium intakes who were followed over a fifteen-year period showed a 31 percent lower chance of developing metabolic syndrome, a common form of insulin resistance flared by excess sugar intake, and a major cause of heart attacks. Magnesium supplementation over time also decreases the frequency of migraine headaches, a common problem among sugar addicts. Recommended daily dose: 150 to 400 mg.

EXERCISE: BUILD ENERGY TO REDUCE SUGAR DEPENDENCY

Start slowly—take a thirty-minute walk four to seven times a week. Your goal is to feel “good tired” after exercising and better the next day, not worse! Do not push yourself beyond what is comfortable—especially if you aren’t accustomed to getting regular exercise. Otherwise, you’re likely to crash and give up your exercise program.

Condition your body by increasing the length of time you walk by one minute each day, as you’re able. When you get up to one hour a day, you can increase the intensity of your exercise. Consider including aerobics, yoga, or swimming, for instance. Schedule a regular time to exercise with friends—make it a social occasion. This way, you are more likely to actually do it.

Exercise outside whenever possible, so you can get some sunshine, fresh air, and vitamin D in the process. We have been told to stay out of the sun to prevent cancer. However, this is awful advice. More than 90 percent of our

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KICK SUGAR DEPENDENCY WITH EXERCISE:

- 1. ☒ Get one-half to one hour of exercise four to seven times a week.
- 2. ☐ Walk outside in the sunshine for at least thirty to sixty minutes a day.
- 3. ☐ Do something that’s fun.
- 4. ☐ Start with something easy and increase the amount of exercise gradually.

vitamin D comes from sunshine. A number of studies have shown an association between vitamin D deficiency and diabetes, including a UCLA study published in the *American Journal of Clinical Nutrition* in 2004 that showed that people with vitamin D deficiency are at higher risk of both insulin resistance and metabolic syndrome—two conditions that drive sugar cravings. What you want to do is avoid sunburn, not sunshine.

SUMMARY: AN ACTION PLAN FOR TYPE 1 SUGAR ADDICTS

1. Follow the SHINE Protocol to kick your sugar addiction.
2. Take the quizzes at the beginning of chapters 2, 3, and 4 to see whether you also need to treat one of the other types of sugar addiction.
3. If you are experiencing the disabling exhaustion and pain of chronic fatigue syndrome or fibromyalgia, your sugar addiction requires a special intensive care approach to the SHINE Protocol, discussed in chapter 11.
4. Mark off treatments #1, #2, #3 and #4 in appendix A.

CHAPTER 7

Treatment for Type 2 Sugar Addicts

Support and Balance Your Adrenal Glands

Treating adrenal fatigue is essential when it comes to healing type 2 sugar addiction. When you give the adrenal glands the nutrition they need and learn how to handle stress better, you get off the sugar roller coaster. Supporting the adrenal glands increases their effectiveness at producing cortisol, the primary stress hormone, which keeps your blood sugar stable. This will help stop sugar cravings, ending the cycle of addiction.

Your treatment program includes the following steps:

1. Change your eating habits so your body can function optimally.
2. Support your adrenal “stress-handler” glands with the nutrients they need to recover.
3. Decrease the amount of unhealthy stress in your life.

A DIET PLAN FOR TYPE 2 SUGAR ADDICTS

To heal the adrenal glands, it’s essential that you nourish and support them through proper nutrition. Otherwise, getting well is like rolling a big boulder uphill. Bottom line? Until you examine the root causes of adrenal fatigue and your sugar addiction, and change your eating habits, you won’t reclaim the vital life energy you crave. It’s really very simple. It just means eliminating bad eating habits and adding good ones! Let’s take a look at specifics.

Cut Out Sugar, Caffeine, and White Flour

Eating the right foods is essential, so that your blood sugar remains stable. This nips sugar addiction in the bud. The first step is—you guessed it—stop eating sugar. You also need to cut back on caffeine, which worsens the symptoms of low blood sugar such as shakiness and irritability when you get hungry. Sugar and caffeine “fan the flames” of sugar addiction, hypoglycemia, and adrenal exhaustion.

It’s important to also avoid processed foods that contain white flour. White flour is quickly converted into sugar in your body. Whole grains are a good alternative, but aim to decrease the amount of bread and pasta you eat overall. To keep your blood sugar on an even keel, don’t let yourself get too hungry. Eating small, frequent, high-protein, low-sugar meals (what’s known as “grazing”), as opposed to the usual three large ones, can make a huge difference in the way you feel.

Eat High-Protein Foods to Keep Blood Sugar Stable

Meat, fish, eggs, beans, nuts, and cheese are all good sources of protein—and good foods for type 2 sugar addicts to eat. An egg is the most balanced, complete protein food you can eat. A recent review of studies by researchers from the University of Surrey published in the *Nutrition Bulletin of the British Heart Foundation* showed that eating six eggs a day for six weeks has no effect on cholesterol. Because your body breaks down protein slowly, gradually raising your blood sugar over a period of hours, eating meals and snacks that are high in protein will help you get off the sugar roller coaster.

High-protein foods also score low on the glycemic index—zero, in fact—which means you can eat as much of these as you like. Make high-protein foods the main dish in most of your meals, adding beans/legumes, vegetables, and greens for balance as directed in the GI reference guide (see appendix B).

Meal Recommendations for Type 2 Sugar Addicts

Breakfast: A high-protein meal at the start of the day will benefit sluggish adrenals. This means a breakfast of eggs and meat of your choice is best. Milk, yogurt, cheese, and other dairy products—up to two servings a day—are okay, too. Avoid potatoes, pancakes, and other starches. Beans are fine. White bread is a no-no, but you can have one slice of whole-grain bread (which provides vitamins, minerals, and fiber) or a whole-grain English muffin. Limit your daily intake of whole-grain bread to no more than two servings, because bread scores high on the glycemic index.

Lunch: Eat meat or fish—tuna salad, salmon, chicken, or even a hamburger on a whole wheat bun (or better yet, skip the bun altogether). Add a salad or a side vegetable (no potatoes, pasta, or high-starch vegetables) to help you feel full. Vegetables have a very low glycemic index value (choose those that rank below 55; see appendix B) and are high in vitamins, minerals, and fiber. A green salad topped with meat or fish is a good option.

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REGAIN ENERGY WITH THE RIGHT NUTRITION:

1. ☒ Eliminate excessive sugars and sweets from your diet.
 2. ☐ Avoid excessive caffeine.
 3. ☐ Eat high-protein, low-glycemic foods.
 4. ☐ Eat frequent small meals throughout the day instead of three large ones.
 5. ☐ Supplement with vitamins C and B₅ (panthothenic acid), the mineral chromium, and the herb licorice to decrease the symptoms of low blood sugar.
 6. ☐ Increase your salt and water intake, unless you have high blood pressure or heart failure.
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Dinner: Choose high-protein

foods (fish or meat) accompanied by a nonstarchy vegetable. Although beans and legumes rank higher on the glycemic index, they are also high in protein, vitamins, minerals, and fiber, making them a healthy choice for sugar addicts, particularly vegetarians. Fresh fruit can be a wonderful dessert. Eat up to one or two pieces of fresh whole fruit per day, being careful to choose ones with a glycemic index score of 42 or less.

Meeting Your Need for Protein

In an average healthy diet, 10 to 35 percent of your calories should come from protein—even 50 grams a day is enough to supply most people's nutritional needs. If you follow the guidelines presented here you'll find it easy to meet this requirement; in fact, most of you will be getting much more than that from the diet we've recommended.

The extra protein is great for type 2 sugar

addicts because it supplies an energy source that will keep your blood sugar stable over many hours.

Instead of counting grams of protein, eat what feels best to you, while simply avoiding excess sweets. As long as you are not gaining weight or getting too skinny (this diet makes it easier to lose weight), and you feel better, your eating approach is working.

Snack Smart to Stabilize Your Blood Sugar

Snacks are an important component in your meal plan because they help keep your blood sugar stable. As a general rule, type 2 sugar addicts should eat every couple of hours during the day. Enjoy a snack about two to three hours after lunch. A bedtime snack will keep your blood sugar stable while you sleep. A few ounces of turkey is a good option at bedtime—it balances your blood sugar and contains tryptophan, which may also improve your sleep.

During the day, snack on mixed nuts and cheeses. Keep these “smart snacks” handy if your blood sugar starts to drop (i.e., if you feel irritable or shaky). Hard-boiled eggs make great snacks, too.

Nuts have an interesting side benefit. Research shows that eating 4 to 8 ounces of walnuts a day lowers your cholesterol level, without causing weight gain. This seems to be the case for most nuts, perhaps because nuts are high in an essential fatty acid called alpha-linolenic acid, which seems to increase your metabolism. In 2003, the FDA announced that producers of nuts (such as peanuts, almonds, and walnuts) could make the health claim linking nut consumption to reduced heart disease risk.

Shift from Coffee to Tea to Reduce Adrenal Stress

If you need caffeine to get jumpstarted in the morning, limit yourself to one cup of coffee—or better yet, drink a cup of regular tea, which usually contains less caffeine than coffee does. During the day drink caffeine-free herbal teas. Decaffeinated

green tea is especially good because it contains theanine, which helps you stay calm and focused. Licorice tea is another good choice—it’s naturally sweet and helps improve your adrenal function.

Which Sweets Can You Eat?

We know giving up the sugary foods you love is a tall order, but little changes can make a big difference. For example, you can get the sugar taste you crave by using stevia and/or erythritol, two natural sweeteners, instead of sugar. These can be found in combination in Truvia and PureVia. You want to avoid sodas and sweetened drinks in general, but diet sodas—especially the new ones that use stevia *without* sugar—are okay.

Rather than reaching for cookies or donuts, eat a few squares of antioxidant-rich dark chocolate instead (skip the milk and white varieties). Savor every bite and you won't need more. Remember, moderation is key, so go for quality instead of quantity. Russell Stover also has an excellent line of sugar free chocolates. Sugar-free chocolate lets you have your cake and eat it too.

High-Protein, Low-Sugar Foods

- Meat:** beef, pork, lamb, venison
- Poultry:** chicken, turkey, game birds
- Fish and shellfish:** all are okay
- Eggs**
- Nuts and seeds:** all are okay
- Dairy products:** milk, plain (unsweetened) or Greek-style yogurt, cottage cheese, hard and soft cheeses
- Vegetables:** All nonstarchy vegetables are okay. Avoid or limit your consumption of potatoes, yams, beets, and related

- starchy vegetables to portions of 4 ounces (113 g) or less, no more than four times a week. Enjoy carrots, winter squashes (e.g., acorn squash), and corn in moderation. Choose vegetables that score below 55 on the glycemic index, and eat as much as you like, but aim for at least two or three servings a day.
- Beans and legumes:** most beans (black, pinto, kidney, navy, etc.), lentils, split peas, tofu, soymilk

If you need a “sugar fix,” turn to whole fruit with a low glycemic index rating. Avoid sugar-packed fruit juices and drinks. Orange juice gives an instant sugar rush, but eat an orange and you’ll feel only a slight rise in your blood sugar. This is because the fiber naturally found in fruit causes the small amount of sugar in the fruit to be absorbed slowly over several hours’ time. An orange may contain 2 to 4 teaspoons (10–20 g) of natural sugar that your body will absorb over a period of one to two hours, whereas 16 ounces (453 g) of orange juice contains 16 teaspoons (80 g) of sugar that will be absorbed in twenty minutes!

This diet does *not* forbid all sweets. We simply recommend that you eat them in very small amounts. For example, if you are dining out with friends and you see a dessert to die for on the menu, share that tempting treat with a friend. Eat one or two bites and really savor the taste. Your taste buds get quickly saturated—80 percent of the pleasure comes from the first couple of bites.

Increase Your Water and Salt Intake to Improve Adrenal Function

Your adrenal glands help your body get through stressful periods by maintaining your blood sugar, blood volume, and blood pressure. Low adrenal function makes it hard to hold on to the salt and water needed to maintain a proper

A Quick Fix for Sugar Cravings

When your blood sugar is dropping and you start craving sugar, it only takes a little sugar to bring your blood sugar levels back up to normal. In fact, a single Tic Tac or half a Lifesaver will do the trick. Here’s the

secret: the sugar must be absorbed under your tongue, so it immediately goes into your bloodstream, literally within seconds. Follow up with a high-protein snack so your blood sugar stays steady.

blood pressure, so you're likely to become dehydrated unless you drink more water and eat more salt. (Salt is kind of like a sponge that keeps water in your body.) How much water you lose during stress varies from person to person.

Sodas, fruit juices, and caffeinated beverages only exacerbate the problem. Increase your water intake according to what feels best to you. Check your mouth and lips. If they feel dry, drink up.

In addition to drinking more water, you'll need to increase your salt intake. We know, we've heard the myth that salt is bad for you. It's not. Research has repeatedly shown that higher salt intake is associated with longer life. Study after study shows that the people with the highest salt intake live the longest. This was recently reconfirmed in a study using the NHANES database, which is the most respected nutritional database in the country. As we've seen, your

Low-Sugar, Low-Glycemic-Index, Good-for-You Fruits

- Cherries
- Grapefruit
- Apples
- Pears
- Plums
- Peaches
- Strawberries
- Oranges
- Grapes
- Kiwifruit

Eat fruits that fall higher on the glycemic index, such as mangoes and pineapple, in moderation. If you eat dried fruits, make sure that they do not contain any added sugar. Dried fruits such as apricots and prunes (the latter if you need a laxative effect) score low on the glycemic index, whereas raisins, dried figs, and dried dates have a high glycemic score.

adrenals help you hold on to salt and water in order to maintain adequate blood pressure. In fact, when you have underactive adrenal glands, you will often experience salt cravings.

Low blood pressure or getting light-headed when you stand up could also indicate that you need more salt. If you sweat a lot, especially during the summertime, you're losing salt.

If you have high blood pressure or congestive heart failure, however, it is usually best *not* to increase your salt intake, unless your health practitioner okays it.

Fluid retention (puffy fingers and ankles) often paradoxically occurs even when you're dehydrated. That's because the fluid isn't staying in your blood vessels where it should be—it's leaking into your tissues. If your rings are too tight from fluid retention, it usually indicates either a need for more vitamin B₆ (up to 200 mg a day) or that you have an underactive thyroid (see more about this in chapter 15).

SUPPORT YOUR ADRENALS WITH SUPPLEMENTS

Supplements can help replace what your weakened adrenals are unable to supply. Taking the supplements recommended below will increase your energy, keep it stable throughout the day, and decrease episodes of low blood sugar, which drive your sugar cravings. In addition, this wellness prescription will improve your overall immune function. Once your adrenals are healed, you'll find you get sick less often.

Adrenal Extracts

To support your adrenal glands and kick sugar addiction for good it also helps to supplement with adrenal glandulars. Taking this supplement is the quickest way to give your adrenal glands the raw materials they need to function properly. When you take them, you directly feed your adrenal glands to make them

stronger. This means your adrenal glands will be able to make optimal levels of the hormone cortisol that maintains your blood sugar at proper levels. This helps keep you from crashing, relying on sweets, and continuing the cycle of addiction.

Adrenal glandulars are simply an extract of the key nutrients found in adrenal tissue taken from cows and pigs. Just as eating beef or pork (basically muscle tissue from these animals) gives you protein to build muscles, ingesting small amounts of gland tissues from these animals can support healthy gland function.

It is critical, however, that you get adrenal glandulars from a reliable source so you know that the purity and potency are guaranteed, and that the extracts come from cows and pigs that are not at risk of transmitting infections. Good brands include Enzymatic Therapy, ITI and Standard Process. Recommended daily dose: 200 to 500 mg of adrenal extract.

Take Chromium to Optimize Insulin Function

Chromium, a mineral found in tiny amounts in the human body, is especially critical for people with reactive hypoglycemia (low blood sugar during stress). Research published in the *Journal of the American College of Nutrition* in 1997 showed that

taking chromium can decrease the symptoms of low blood sugar. Think of it as “taking the edge off” by optimizing insulin function. A side benefit? It may even help you lose weight. A good multivitamin will provide the necessary 200 mcg a day.

Take Licorice to Reduce Sugar Cravings

Licorice slows the breakdown of adrenal hormones such as cortisol, which means more of the hormones are available to stabilize blood sugar. This helps break your sugar addiction by reducing cravings. Not only does licorice supply the body with more of the critical adrenal hormones it needs, but it also helps heal the stomach and treat indigestion (it is as effective as Tagamet). Recommended daily dose: 200 to 400 mg of an extract standardized to contain 5 percent of the active agent glycyrrhizin.

R_x YOUR WELLNESS PRESCRIPTION

SUPPORT YOUR ADRENALS AND BOOST YOUR IMMUNE FUNCTION:

- 1. ☒ Take 200 to 500 mg of adrenal extract daily.
- 2. ☐ Take 200 to 400 mg per day of a licorice extract standardized to contain 5 percent of the active agent glycyrrhizin.
- 3. ☐ Take 300 to 1,000 mg of vitamin C daily.
- 4. ☐ Take 100 to 300 mg of pantothenic acid daily.
- 5. ☐ Take 500 to 1,000 mg of tyrosine daily.
- 6. ☐ Take other glutathione (GSH) raising nutrients, including N-acetylcysteine, 250 to 600 mg per day; glutamine, 500 to 1,000 mg per day; and glycine, 500 to 1,000 mg per day.
- 7. ☐ Take a good-quality powdered vitamin-mineral supplement. (#1 and #5 in appendix A contain all of the above.)
- 8. ☐ Discuss using the bio-identical hormones cortisol and DHEA with your holistic practitioner.

Do not take higher doses of licorice if you have high blood pressure, because too much licorice can cause excess adrenal function and worsen high blood pressure.

Vitamin C Helps Stabilize Blood Sugar

Your body's highest levels of vitamin C are found in the adrenal glands and brain tissues. Urinary excretion of vitamin C increases during stress because it is drawn from your body's storehouses and used. The U.S. recommended daily allowance (RDA) for vitamin C is 60 mg, which may be enough to prevent scurvy or other deficiency diseases, but is nowhere near what you need for optimal health.

Because of its role in optimizing adrenal function, vitamin C is critical for the production of the hormone cortisol, which helps keep blood sugar stable during stress. Consequently, vitamin C decreases the symptoms of low blood sugar and associated sugar cravings.

Vitamin C offers other benefits as well. Too little vitamin C in the bloodstream has been found to correlate with increased body fat and waist measurements. Research conducted at Arizona State University and published in the *Journal of the American College of Nutrition* in 2005 showed that the amount of vitamin C in the bloodstream is directly related to fat oxidation, the body's ability to use fat as a fuel source, during both exercise and at rest. Vitamin C can also boost immune function, helping to prevent the sore throats and respiratory infections that type 2 sugar addicts are predisposed to. Recommended daily dose: 300 to 1,000 mg.

Take Pantothenic Acid to Increase Cortisone Production

Although all of the B vitamins are important for good health, pantothenic acid (vitamin B₅) is critical for optimal adrenal function. Like vitamin C, pantothenic acid helps increase the production of cortisol, which keeps blood sugar stable.

A lack of pantothenic acid causes shrinking of your adrenal glands. Although the daily “adequate intake” levels are set at 5 mg, optimal levels are 100 to 300 mg daily. Some physicians suggest even higher levels for adrenal support.

Tyrosine Helps Balance Your Blood Sugar

Tyrosine is the amino acid (protein building block) your body uses to make adrenaline, another adrenal stress hormone. In addition, this nutrient also makes the thyroid hormone (critical for energy) and the brain chemical neurotransmitter dopamine, which decreases cravings of all kinds, including sugar and alcohol. Dopamine also decreases depression and improves mood, so you’re less likely to turn to sugar for a quick high.

Glutathione Supports Insulin Function

Glutathione, a mix of three amino acid proteins (and a critical antioxidant as well), supports insulin function, stabilizing blood sugar and helping to decrease sugar cravings. It is an important nutrient for maintaining optimal blood sugar levels. Taking glutathione supplements by mouth, though, doesn’t raise glutathione levels because it’s destroyed by stomach acid.

Fortunately, your body can make glutathione if you take the amino acids L-cysteine in the form of N-acetylcysteine (250 to 600 mg a day), glutamine (500 to 1,000 mg a day), and glycine (500 to 1,000 mg a day). Taking vitamin C also increases glutathione levels.

Simplify Your Nutrient Needs with Powdered Multivitamins

All of the adrenal-supporting nutrients discussed above can be obtained easily by taking a good vitamin powder (which is important for all sugar addicts), and one or two capsules of a good combination adrenal support product. Check off items #1 and 5 in appendix A.

Treat Severe Adrenal Exhaustion with Bio-Identical Adrenal Hormones

For most readers, the supplements mentioned above will be adequate to treat your adrenal exhaustion. But if you still have severe fatigue, insomnia, or very low blood pressure (under 100/70), or if you crash with minor exertion and have low blood sugar, it's time to take the next step: bio-identical adrenal hormones.

You may have heard experts discuss the pros and cons of using bio-identical hormones. Bio-identical just means that a hormone is the same as what your body normally makes. Treating underactive adrenal problems with ultra low doses of prescription bio-identical adrenal hormone, such as cortisol, and also DHEA, can ease the symptoms of low blood sugar and raise your energy—often dramatically.

The bio-identical hormones discussed below work by giving your body the hormonal support that your tired adrenal glands aren't able to provide. Meanwhile, as the adrenal glands are relieved of some of the work of making hormones, they can rest and recover. Think of bio-identicals as crutches for your tired adrenal glands. In addition to taking the burden off of the adrenals, bio-identical hormones supply adrenal hormones that help regulate key functions in the body. You can expect to see results and feel better within days.

Cortisol Helps Maintain Blood Sugar During Stress

Although taking bio-identical cortisol, which your body needs to maintain your blood sugar during stress, can be very helpful, it's best to use this treatment under the care of a holistic practitioner. This hormone is available by prescription (hydrocortisone from compounding pharmacies, or Cortef in standard pharmacies), and up to 20 mg a day has been shown in repeated studies to be quite safe. Excellent reviews on this topic have been written by professor William Jefferies and by the renowned expert on bio-identical hormones,

Dr. Kent Holtorf. A review published in the *Journal of Chronic Fatigue Syndrome* in March 2008 showed that this very low dose cortisol could safely and effectively help alleviate symptoms for people who suffer from chronic fatigue syndrome and fibromyalgia.

Unfortunately, most allopathic physicians are not familiar with the distinction between using super low doses that are normally present in the body (called physiologic dosing) and very high doses (usually synthetic prednisone in doses over 5 mg a day to suppress inflammation, which is similar to over 20 mg of Cortef). These high doses can be very toxic, and most physicians mistakenly believe that the super low doses carry the same toxicity. They do not.

Why are the lower doses safer? Normally, the adrenal glands make the equivalent of 35 to 40 mg of hydrocortisone a day. Because of this, if you are using a very low dose (e.g., 5 to 20 mg of Cortef each morning) and your body doesn't want that much, it simply makes less. Higher doses will put your adrenal glands to sleep (which is dangerous), and can lead to diabetes, high blood pressure, and thinning bones.

DHEA

When the adrenal glands are exhausted, they can't produce DHEA (dehydroepiandrosterone) effectively. Interestingly, medicine has not yet figured out exactly what DHEA does, but your adrenal glands make more of this than any other hormone. Even though we are not sure how DHEA functions, when you have optimal levels of DHEA, you feel healthier and younger and have more energy. If you have a hormonally sensitive cancer, like breast cancer or prostate cancer, don't use DHEA hormone unless your physician okays it. Recommended daily dose: for most people an optimal dose is usually 5 to 10 mg for women and 25 to 50 mg for men. DHEA is *not* recommended for children under the age of eighteen.

Blood level testing of DHEA-S is the best way to guide dosing, and will help your holistic practitioner determine the correct amount of DHEA for you to take. Are you taking DHEA on your own? If so, be cautious. Too high a dose can cause acne or darkening of facial hair. Quality control problems can exist, so be discriminating. We suggest DHEA supplements from General Nutrition Center or Enzymatic Therapy (see appendix D for more information), or have DHEA made by a compounding pharmacist.

DHEA DOSING TABLE

IN MALES IF THE		IN FEMALES IF THE	
DHEA-S level is this mcg/DL	take this mg/d	DHEA-S level is this mcg/DL	take this mg/d
0–100	50	0–30	25
101–200	40	31–80	15
201–280	25	81–110	10
281–320	10	111–114	5

Mcg/DL is a unit of measurement. In this case it shows how many micrograms of DHEA-S (DHEA sulfate, the body’s storage form of DHEA) are present per deciliter (0.1 liter) of blood.

Even though we offer guidelines here, you’ll probably get the best results from working with a holistic physician. More than 1,400 board-certified holistic physicians are listed at www.holisticboard.org. An accredited naturopathic doctor (ND) can also be very helpful. You’ll find plenty listed at www.naturopathic.org, the website of the American Association of Naturopathic Physicians. If you also have severe fatigue, CFS, or fibromyalgia, see a Fibromyalgia and Fatigue Center physician (www.fibroandfatigue.com).

HANDLING STRESS BETTER

Giving your body and adrenal glands the nutritional and supplement support they need is only part of the solution. It’s also important to examine how you respond to and handle stress. Your adrenal glands are your body’s “stress handlers.” Today, many of us view life as a constant crisis, which has resulted in an epidemic of adrenal exhaustion. Much of the sugar craving, exhaustion, and irritability that are so common these days stems from adrenal exhaustion. To get well, you’ll need to break this pattern, which begins with changing your thinking. Start paying attention to the things that feel good. As Abraham Lincoln once said, “Most people are as happy as they make up their minds to be.”

Do a Reality Check

When you start feeling anxious and stressed out, ask yourself, “Am I in imminent danger?” If you aren’t (and almost always the answer will be “no”), simply taking a moment to realize this will turn off the “fight or flight” reaction and allow your adrenals to relax. For the long term, fifteen to thirty minutes a day of basic yoga or meditation techniques can offer profound benefits. An excellent book called *The Relaxation Response* by Dr. Herbert Benson will teach you an easy and highly effective way to begin.

Focus on the Positive

Focus on what’s “right” in your life. What makes you feel good? You’ll find gratitude is a powerful tool for change. By being grateful for what we have, we invite in more of the same. Start by writing a gratitude list. Every morning write down five things

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YOUR WELLNESS PRESCRIPTION

CHANGE YOUR THINKING TO
REDUCE STRESS:

1.

☒ Do a reality check.

2.

☐ Focus on the positive.

3.

☐ Let go of the negative.

4.

☐ Choose your thoughts.

you are grateful for—for example, your family, your job, an upcoming trip, good weather, or even a delicious meal. As you go through the day, remember to be grateful for things, both large and small. If you feel stressed, take three deep breaths, reread your list, and relax.

Eliminate the Negative

Pay less attention to the news. Newscasts are geared to sensationalize and scare viewers, so they can get you to continue watching and the news station can sell ads. Watching the news can also make you feel powerless and overwhelmed, which adds to your stress. Media broadcasts are *not* necessarily an accurate reflection of the truth. Notice how much of what is reported focuses on war, crime, disasters, economic problems, and other doom-and-gloom scenarios, instead of the positive things that are taking place. It's okay to watch for a while in order to stay informed. But as soon as you start to feel bad when you watch the news, turn off the TV. Likewise, avoid watching other shows that don't make you feel good. Instead, choose to spend more time with people whose company you enjoy. You'll find these simple steps can markedly ease the stress in your life and help your adrenal glands heal.

Choose Your Thoughts

The same principle applies to your thoughts. If they don't feel good and are not helping you solve a problem, stop and change your mental "channel" to something more enjoyable. Instead of allowing your thoughts to run rampant, discipline them. Keep a few thoughts handy that always make you feel good—your children, your pet, or a hobby you love, for instance—and "switch" to them when you find yourself worrying.

After a while the switching process will become second nature to you. You may be pleasantly surprised to discover that the concerns you found stressful fade away as you choose to focus on what feels good. Interestingly, when we

choose to focus only on the things we like in people, their good qualities become magnified while their annoying traits seem to disappear (or they do!) after several months of practicing this technique. Bottom line? Choose to keep your attention on what feels good. For some interesting tools on exploring this, see www.Abraham-Hicks.com.

SUMMARY: AN ACTION PLAN FOR TYPE 2 SUGAR ADDICTS

1. Eat a high-protein, low-sugar, low-carbohydrate diet.
2. Eat frequent small meals during the day to get you off the sugar roller coaster.
3. If you have low blood pressure, increase your salt and water intake.
4. Support and heal your adrenal glands with supplemental nutrients.
5. Take a mind-body-spirit approach to heal the adrenal glands.
Choose to keep your attention on things that feel good.
6. Mark treatments #1 and #5 in appendix A.
7. See a holistic practitioner if symptoms persist.

CHAPTER 8

Treatment for Type 3 Sugar Addicts

Kill Sugar-Craving Candida

Treating yeast overgrowth is essential to healing type 3 sugar addiction. When you eat too much sugar, yeast get the upper hand, suppressing your immune system and increasing the chances of “leaky gut.” When your gut walls are not intact, undigested protein gets into the bloodstream. Your immune system goes into high alert, fighting incompletely digested food, which it mistakes as “invaders.” Once yeast overgrows in your gut, it can produce a chain reaction of problems, including intense sugar cravings, fatigue and moodiness, chronic sinusitis, spastic colon, allergies, and even chronic fatigue syndrome and fibromyalgia. It’s a high price to pay for satisfying that sweet tooth. The good news is, you can feel good, heal your body, and still enjoy foods you love.

To beat your sugar addiction you'll need to take a whole body approach to treating yeast overgrowth, as explained in this chapter. (In part III you'll learn specifics about dealing with spastic colon and chronic sinusitis.)

Your treatment program includes the following steps:

1. Adopt a healthy diet that contains high-protein foods, whole grains, vegetables, and fruits that score low on the glycemic index.
2. Eliminate sugars and sweets, except for dark chocolate in moderation.
3. Use natural remedies and prescription medications to stop yeast overgrowth and keep it in check.
4. Support your immune system with natural supplements.
5. Test for and eliminate food allergies using NAET and the Elimination Diet.

A DIET PLAN FOR TYPE 3 SUGAR ADDICTS

Yeast grow by fermenting (eating) the sugar you ingest. Because of this, the most important thing is to starve them by staying away from sugar. Otherwise, you are just encouraging yeast overgrowth. Yeast use sugar to multiply, increasing your sugar cravings, suppressing your immune function, and making you feel unwell. To escape the sugar trap, focus on eating foods that are low on the glycemic index, such as protein, vegetables, and whole grains, while eliminating sugar in its many forms. (You'll find a glycemic index chart in appendix B.)

It's important to note that your symptoms of yeast overgrowth may flare up when you begin the treatment described in this chapter. When mass quantities of yeast are suddenly killed off (called a die-off or Herxheimer reaction, which can happen when treating any chronic infection), you can feel like you are coming down with the flu. To decrease the risk of this reaction, start your treatment with a sugar-free diet. Then add acidophilus (probiotics) for three weeks, along with anti-yeast herbals for one month before beginning the very effective prescription antifungal medication Diflucan (fluconazole).

R_X YOUR WELLNESS PRESCRIPTION

STARVE THE YEAST BY EATING RIGHT:

1. ☒ Make high-protein foods such as meat, eggs, and seafood the foundation of your diet.
 2. ☐ Eat three to five servings per day of vegetables that have a glycemic index value below 55.
 3. ☐ Add beans and legumes to your diet, up to three or four servings a day.
 4. ☐ Limit starchy vegetables (peas, carrots, potatoes) to no more than three servings per week.
 5. ☐ Eat no more than two servings of whole-grain bread per day.
 6. ☐ Take a good-quality powdered multivitamin.
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Supplement with a Powdered Multivitamin

Even though you may be eating healthfully, you can still benefit from a little extra help. Food just isn't as nutritious as it was before factory farming depleted the soil, so the nutrients we need may not be present in our food. Food processing also removes nutrients. Because of this it's smart to supplement. But instead of taking a handful of pills, consider adding a good vitamin powder to your daily regimen. In most cases, this will give you everything you need. Check off treatment #1 in appendix A.

ELIMINATE SUGAR

We know giving up the sugary foods you love is a tall order. Luckily, you have choices. You can satisfy that sweet tooth with the natural sweeteners stevia and/or erythritol (the two are combined in the products PureVia and Truvia). Despite misinformation you may have heard from the

makers of chemical sweeteners, stevia and erythritol are safe and natural. Add them to tea, coffee, cereal, or anywhere you'd ordinarily use sugar. You can even buy diet soda sweetened with Truvia.

If you buy pure stevia, look for a brand that is filtered; otherwise, it can taste bitter—exactly what you don't want. Two good brands are Body Ecology and Stevita. Truvia and PureVia taste good too and are rapidly becoming the best readily available choices.

Rather than reaching for cookies or one of the popular candy bars, eat a few pieces of antioxidant-rich dark chocolate instead (avoid milk and white varieties). Savor every bite and you won't need much. Remember, moderation is your mantra, so go for quality instead of quantity. Better yet, enjoy sugar-free chocolate. Look for brands (such as Russell Stover) that use a natural sugar alcohol called maltitol that the yeast cannot eat and that won't worsen your blood sugar levels.

This way of eating does *not* mean you can never have any sweets. Just eat them in very small amounts—consume too much and the yeast win.

If you need a “sugar fix,” eat up to one or two servings daily of whole fruit with a glycemic index value less than 42.

Cherries, grapefruit, apples, pears, plums, peaches, oranges, grapes, kiwifruit, and strawberries are good choices. Higher glycemic fruits such as mangoes, apricots, and pineapple are okay in moderation. Avoid sugar-packed fruit juices and fruit drinks.

You may wonder, though, whether it's okay to eat “healthy” sugars, like organic honey or maple syrup. The answer is no. Avoid concentrated sugars, including honey, maple sugar, brown sugar, dried fruits, processed sugar, high-fructose corn syrup, corn syrup, jellies, pastry, cakes, and candy. Stay away from soda, too—a 12-ounce (340 g) can contains 10 to 12 teaspoons (40–48 g) of sugar!

R_x YOUR WELLNESS PRESCRIPTION

CUT YOUR SUGAR USAGE:

1. ☒ Eliminate sugars and sweets, except for dark chocolate in moderation; better yet, eat sugar-free chocolate.
 2. ☐ Use sugar substitutes, especially stevia and/or erythritol (PureVia or Truvia).
 3. ☐ If you need a sugar fix, you can eat up to one or two pieces of fruit a day with a glycemic index rating of 42 or less (but don't drink fruit juices).
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R_X YOUR WELLNESS PRESCRIPTION

TREAT YEAST WITH NATURAL REMEDIES:

1. ☒ Take anti-yeast herbs.
 2. ☐ Take two acidophilus or probiotic pearls twice a day for five months to restore healthy bacteria to the colon.
 3. ☐ Eat sugar-free yogurt with live bacterial cultures.
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NATURAL REMEDIES TO TREAT YEAST OVERGROWTH

Using natural remedies is an amazingly effective way to treat yeast overgrowth. Natural remedies are gentler and work synergistically with the body's processes, enabling you to heal and feel better. These range from herbs that combat yeast overgrowth by acting as natural antifungals to "friendly bacteria" and yogurt, which improve the health of the gut.

Kill Yeast with Antifungal Herbs

Many natural herbs and products can kill yeast, but taking enough of any single item

to be effective usually causes severe acid reflux and indigestion. Because of this, you'll want to take a low dose of several natural antifungals. Here are some effective anti-yeast herbs and their recommended doses. Check off treatment #6 in appendix A.

- Coconut oil powder (50 percent caprylic acid), 240 mg
- Oregano powder extract, 200 mg
- Uva-ursi extract, 120 mg
- Garlic powder (deodorized), 240 mg
- Grapefruit seed extract, 160 mg
- Berberine sulfate, 80 mg
- Olive leaf extract, 200 mg
- Alpha-lipoic acid, 50 mg
- Milk thistle extract, 50 mg
- N-acetylcysteine, 50 mg

Take Probiotics to Restore Friendly Bacteria

Chronic yeast overgrowth in the gut takes months to eliminate, and it is important to replace the yeast with healthy bacteria or the yeast will simply grow back. We have more bacteria in our colon (one to ten trillion) than we do cells in our bodies. Healthy bacteria play a vital role—they help digest food, supply key nutrients, and keep unhealthy yeast, bacteria, and parasites out of your body. Restoring healthy levels of beneficial bacteria takes time (about five months) but is well worth it. Probiotic supplements can help.

Probiotics, or “friendly bacteria” like acidophilus or milk bacteria, can help restore the balance of good bacteria in your gut. Acidophilus is found in yogurt with live and active yogurt cultures. Eating just one cup of yogurt a day can reduce the frequency of recurrent vaginal yeast infections.

You can also take acidophilus as a supplement, but choose a brand wisely to be sure you’re getting the power of probiotics you need. Many brands don’t contain enough of the “good bacteria” to rid the gut of yeast overgrowth or have dead bacteria that won’t put up a fight against the yeast.

The best probiotics are made with a pearl coating so they pass through the stomach’s acid environment and into the bowel intact—that’s where the coating dissolves and the good bacteria in probiotics are released so they can go to work to battle yeast. Otherwise, 99.9 percent of the good bacteria are killed by stomach acid before they can do their job.

Take two acidophilus or probiotic pearls twice a day for five months, after which time you may choose to continue taking one a day for prevention. If you are on antibiotics, take acidophilus at least three to six hours before or after the antibiotic dose. Check off treatment #7 in appendix A.

You’d have to eat three gallons of yogurt to get as many healthy bacteria to the colon as one of the acidophilus or probiotic pearls contains, but yogurt can be a good adjunct remedy to help heal your gut. Choose a yogurt that is sugar-free and has live bacterial cultures (read the ingredients on the label).

R_x YOUR WELLNESS PRESCRIPTION

STEP UP YOUR TREATMENT WITH PRESCRIPTION MEDICATION:

1. ✓ — Take 200 mg of the prescription medication Diflucan (fluconazole) daily for six to twelve weeks.
 2. — Consider adding 1 million IU of Nystatin, made by a holistic pharmacy, twice a day for three to five months (or the herbal antifungals).
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It is not yet clear whether the lactose (milk sugar) found in dairy products stimulate yeast growth. Lactose is less of a problem than other sugars, but until this is clarified, it is reasonable for type 3 sugar addicts to limit consumption of dairy products to one or two servings a day.

PRESCRIPTION MEDICATIONS FOR YEAST OVERGROWTH

In some cases, if you still have symptoms of yeast overgrowth, such as fatigue, sinusitis, or spastic colon, you may need to take your treatment a step further.

Your holistic practitioner (see page 102) can prescribe a prescription medication

such as Diflucan to more aggressively treat your yeast overgrowth. Check with your Holistic doctor about what may work best for you.

The antifungal medication Lamisil (used for toenail infections) is simply *not* effective for candida.

Diflucan

Diflucan (fluconazole) is a very effective prescription treatment for yeast/candida, especially if you have chronic sinusitis and/or spastic colon. After one month on the natural treatments here, add the medication Diflucan. Take 200 mg a day for six to twelve weeks. Get the generic form, fluconazole. If you have preexisting active liver disease, you should be cautious about using Diflucan, or don't take it at all.

Diflucan is often also used (in a one- to three-day course) for vaginal yeast infections, which represent a small part of the overall yeast issue. A single tablet may eradicate the yeast in the vagina (and often just for a short while), but is simply not enough to eliminate the larger yeast infections in the colon, sinuses, and prostate gland.

If symptoms flare up when you take the Diflucan, stop until the symptom flare settles down. Then restart the Diflucan at just 25 to 100 mg each morning for the first three to fourteen days. If yeast symptoms (i.e., sugar craving, fatigue, sinusitis, or spastic colon) recur after you stop the Diflucan, or you feel like you are better but still have a way to go, your holistic doctor will likely recommend that you continue taking the medication for an additional six weeks at 200 mg a day. If you experience no improvement in these symptoms, your physician may suggest another medication. If you cannot get Diflucan from your physician (Diflucan is considered a holistic treatment so don't be surprised if your doctor is unfamiliar with using it) the rest of the program will still help, but it will not kill off the yeast in your sinuses, as the Diflucan will.

Nystatin

Nystatin, another antifungal medication, used to be effective, but more and more fungi seem to be developing resistance to it. Additionally, Nystatin is not absorbed well, which means it will not eliminate yeast outside the bowel. Because of this, it's best not to use Nystatin but to add the antifungal herbs listed above to the Diflucan instead.

Keeping Yeast in Check

Once your symptoms of yeast overgrowth are gone, you'll feel much better. However, symptoms sometimes recur. Signs of recurrent yeast overgrowth include a return of bowel symptoms (gas, bloating, and/or diarrhea or

constipation), vaginal yeast, mouth sores, and/or recurring nasal congestion or sinusitis. This may happen soon after you stop taking Diflucan, but it is more likely to occur months or even years later. It often happens after you eat too much sugar (e.g., bingeing on sugary foods during the holiday season) or after taking antibiotics.

If these symptoms persist (during a recurrence) for more than two weeks, repeat the probiotics and antifungal herbs for one to three months. If the symptoms are severe or persistent, repeat the Diflucan for six-week courses as needed. If a second round of treatment resolves the symptoms, you may opt to repeat this regimen as often as needed, usually every six to twenty-four months. By using antifungal herbs and probiotic pearls, however, you may be able to avoid the need for repeated use of antifungals and the possible risk of becoming resistant to them.

Some people with very severe candida overgrowth find that they need to stay on the antifungals for extended periods of time, years in some cases, or their symptoms recur. As an alternative, instead of taking antifungals every day, many people find they can suppress the yeast long term by taking 200 mg of Diflucan twice a day, once a week.

Finding a Doctor Who Can Help Treat Candida

Unfortunately, there is no test that distinguishes normal yeast growth from overgrowth. Therefore, many conventional doctors still do not address this issue. Because of this, you may need to find a

holistic physician to get the treatment you need. (See www.holisticboard.org for a list of more than 1,400 board-certified holistic physicians in the United States.)

IMMUNE SUPPORT FOR TYPE 3
SUGAR ADDICTS

Maintaining a healthy immune system is critical to getting rid of yeast. A strong immune system can prevent infections that might lead to excess antibiotic use, which fuels yeast overgrowth. The following nutrients are essential for keeping your body’s defenses working properly:

Zinc may well be the single most important nutrient for maintaining optimal immune function. Chronic infections can cause large losses of zinc from the body, resulting in nutritional deficiencies. Zinc deficiency will cause marked immune suppression. Recommended daily dose: 15 to 25 mg.

Vitamin A is critical for mucosal immunity, which can help prevent respiratory and bowel infections that often accompany yeast overgrowth. Recommended daily dose: 2,000 IU.

Vitamin C actually does make you less likely to catch a cold. A review of the medical literature published in the *Journal of Military Medicine* in 2004 showed that in five studies participants who took vitamin C experienced a 45 to 91 percent reduction in common cold incidence. Three other trials found a marked reduction in the incidence of pneumonia in the vitamin C group. Recommended daily dose: 500 to 1,000 mg.

Vitamin D is especially important in regulating and supporting immune function. Most of our vitamin D comes from sunshine. Vitamin D deficiency increases the risk of infections and can also increase the risk of diabetes.

R_X YOUR WELLNESS PRESCRIPTION

SUPPORT YOUR IMMUNE SYSTEM:

- 1. ✓ Take 15 to 25 mg of zinc a day.
- 2. — Take 2,000 IU of vitamin A a day.
- 3. — Take 500 to 1,000 mg of vitamin C a day.
- 4. — Take 1,000 to 2,000 IU of vitamin D a day.
- 5. — Take 200 mcg of selenium a day.

R_X YOUR WELLNESS PRESCRIPTION

FIND OUT ABOUT FOOD ALLERGIES:

1. ✓ — Treating candida and adrenal problems often eliminates many food allergies.
 2. — If problems persist, use the Multiple Food Elimination Diet for seven to ten days to see if you feel better on the diet.
 3. — Add a food group back to your diet every one to three days to determine which foods are causing allergic or sensitivity reactions.
 4. — Use NAET (muscle testing and acupressure) to test for and eliminate food sensitivities.
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Avoid sunburn, not sunshine. Recommended daily dose: 1,000 to 2,000 IU.

Selenium is critical for optimal immune function. This antioxidant can help eliminate the sinusitis and bowel infections commonly seen in type 3 sugar addicts. Recommended daily dose: 200 mcg.

All of the above can be found in a good vitamin powder (check off #1 in appendix A).

ARE FOOD ALLERGIES AGGRAVATING YOUR SUGAR CRAVINGS?

Eliminating yeast will get rid of most food sensitivities and sugar cravings, especially if you also treat for adrenal fatigue (see chapter 7). For some people, though, food allergies may persist, causing fatigue, bloating after eating, runny nose, and even an increase in pulse rate after eating. Most blood tests for food allergies tend to be unreliable and can make you neurotic about what you eat.

The Multiple Food Elimination Diet, which screens for food allergies, can be helpful for determining which foods you are allergic to. Avoiding these foods—or better yet, eliminating the allergies using an acupressure technique called NAET (see www.NAET.com)—can result in increased energy, decreased sugar cravings, and the elimination of digestive and many other problems.

Some yeast experts recommend avoiding all yeast-containing foods. This advice is based on the theory that an allergic reaction to yeast is the cause of

the problem. However, the yeast found in most foods (except beer and cheese) is not closely related to candida, the predominant yeast that seems to be involved in overgrowth. Although a few individuals do appear to have true allergies to the yeast in their food, they account for a small percentage of people with suspected yeast overgrowth.

If you do have a yeast allergy, or especially severe candida problems, you may benefit from the more strict diet recommended in the late Dr. William Crook's book *The Yeast Connection Handbook*. Dr. Crook spent a lifetime teaching doctors about candida, and he was a giant in his field. His book, and the website www.yeastconnection.com, are excellent sources for more information.

The Multiple Food Elimination Diet for Food Allergies

Using the Multiple Food Elimination Diet created by Doris Rapp, M.D., board-certified in pediatrics, allergy, and environmental medicine, clinical assistant professor emeritus of pediatrics at SUNY at Buffalo, and author of the *New York Times* bestseller *Is This Your Child?*, will help you discover which foods may be triggering your food allergies. If you have food allergies, you are most likely allergic to the foods you crave and eat the most. The Multiple Food Elimination Diet, however, will let you clearly identify these foods. This fast, inexpensive method of food allergy detection can sometimes provide rapid, safe relief from many chronic medical and behavioral complaints.

If you want to help your entire family, urge everyone to try the diet at the same time. Typically, several family members will note improvement in how they feel or act when this is done. But it's common to experience moderate withdrawal and worsening of symptoms and cravings when the offending foods are first eliminated. This happens because you are undergoing the withdrawal symptoms caused by *not* eating a food to which you are "addicted." Sugar could be one of them. Symptoms can include headaches, weakness, irritability,

and nausea. The good news is these withdrawal symptoms usually pass after you've been on the elimination diet for seven or eight days.

The Multiple Food Elimination Allergy Diet, Part 1

Part I of this diet requires seven days of abstinence from the “forbidden” foods listed below. You may not eat these foods in any form. During this first week you'll only eat the “allowed” foods. If you feel significantly better, it suggests a problematic food was avoided during this week. Keep a food diary of exactly what you eat.

Allowed Foods

- most fruits
- most vegetables
- most meats
- oats and rice

Forbidden Foods

- milk and dairy products
- wheat products, crackers, baked goods
- eggs
- chocolate
- peas
- peanut butter
- citrus (orange, lemon, lime, grapefruit)
- food dyes
- additives, preservatives
- bacon, smoked meats
- most canned or prepackaged soups

Here is a more specific list of allowed and forbidden foods:

ALLOWED FOODS	FORBIDDEN FOODS
Cereals—Rice (rice puffs only), oats (oatmeal made with honey barley)	Cereals—Foods containing wheat flour (most cookies, cakes, bread, baked goods), corn, popcorn; cereal mixtures (e.g., granola)
Fruits—Any fresh fruit, except citrus, canned if in their own juice and without artificial color, sugar, or preservatives	Fruits—Citrus (orange, lemon, lime, grapefruit)
Vegetables—Any fresh vegetables, except corn and peas; potatoes and homemade french fries	Vegetables—Any frozen or canned vegetables, corn, peas, or mixed vegetables
Meats—Chicken and turkey (non-basted), ground turkey, beef, pork, lamb, fish, tuna	Meats—Luncheon meats, wieners, bacon, artificially dyed hamburger/meat, ham, dyed salmon, lobster, breaded meats, meats with stuffing
Beverages—Water, single herb or plain tea with stevia	Beverages—Milk or dairy drinks with casein or whey, fruit beverages except those so specified, Kool-Aid, Coffee Rich (yellow dye), all sodas and sugar-containing juice
Snacks—Potato chips (no additives), RyKrisp crackers and pure honey, raisins (unsulfured)	Snacks—Corn chips, chocolate/cocoa, hard candy, ice cream or sherbet
Miscellaneous—Homemade vinegar/oil dressing, sea salt, pepper, homemade soup	Miscellaneous—Sugar, bread, cake, cookies, eggs, dyed (colored) vitamins, pills, mouthwash, toothpaste, medicines, cough syrups, jelly or jam, gelatin, margarine/diet spreads (with dyes and corn), peanut butter/peanuts, Sorbitol (corn), cheese, and soy

If you have some question about a specific food, or if it is one of your favorites but it's not listed above, do not eat it. You'll also need to delete coffee, tea, any other highly craved foods (e.g., cinnamon, mushrooms), alcohol in any form, and tobacco because any of these can be the cause of chronic illness.

It's very likely that you will notice a big difference in how you feel by the fifth to seventh day on this diet. Although rare, some people experience improvement before the fourth day. The object is to see the maximum amount of improvement that can be noted during the first seven days. If you are feeling better within a week's time, begin Part 2 of the diet on the eighth day—or sooner if there is tremendous improvement in less than one week.

When to Stop the Diet

Occasionally, you may feel much worse during Part 1 of the diet. If this happens, immediately stop the diet. You may have begun to ingest an excessive amount of an unsuspected offending food or beverage. A child who substitutes apple or grape juice for milk, for example, may feel or behave much worse if apple or grape juice is actually the cause of this child's symptoms.

If you get an infection of some kind while you're on the diet, stop the diet until you are well. It is too difficult to interpret the results under these conditions.

Recheck Your Diet Diary and Start Again

Recheck your diet diary for the initial week of the diet. Try Part 1 of the diet again, leaving out any food or beverage that you suspect may have made you worse. Ask yourself this question: Did you eat only the allowed foods?

If you repeatedly forgot and ate the wrong foods or drank the wrong beverages, the item that was not omitted from the diet may be the culprit. Begin Part 1 of the diet again, but this time try much harder to adhere strictly to the "allowed" foods. It's best to do the diet only one time, but do it right.

When the Elimination Diet Is Not the Answer

If Part 1 of the diet has not helped you by the fourteenth day, this particular diet is probably not the answer for you. Either your medical problems are not related to food allergies or they're due to other frequently eaten or craved items that were not removed from the diet.

The Multiple Food Elimination Allergy Diet, Part 2

But if you've successfully completed the Multiple Elimination Diet for one week, it's time to go to the next step. During the next ten days of the diet, you'll be adding back previously omitted foods into your diet, one at a time. If you have an adverse reaction, such as a headache, wait until it goes away to try another eliminated food. Add the foods back into your diet in the following sequence:

- On Day 8, add milk
- On Day 9, add wheat
- On Day 10, add sugar
- On Day 11, add eggs
- On Day 12, add cocoa
- On Day 13, add food coloring
- On Day 14, add corn
- On Day 15, add preservatives
- On Day 16, add citrus
- On Day 17, add peanut butter

Eat the test food repeatedly during the day, preferably by itself. Unless the food you're testing is normally eaten in meal-size portions, it is best to start with 1 teaspoon (5 ml) or ½ cup (240 ml) of the item. Then double the amount you eat every few hours, so that by the end of the day you've ingested at least a normal amount. You can eat "allowed foods" as often as you'd like during the first week of Part 2 of the diet.

Adding Foods to Your Diet Day by Day

Day 8: The day you add milk, drink lots of milk and eat cottage cheese and whipped cream sweetened with honey. Avoid butter, margarine, or yellow cheese unless you are very certain they contain no yellow dyes.

Day 9: The day you add wheat, eat plain wheat cereal. If eating milk caused problems, be sure not to ingest milk products. Even crackers can contain milk. Italian bread or kosher bread usually does not contain milk (casein or whey), but always read the labels to make sure. You can bake if you like, but you must not use eggs or sugar. If milk caused no problem, milk products may be consumed on Day 9.

Day 10: The day you add sugar, eat four to eight large sugar cubes. If milk or wheat caused trouble, avoid them or you won't be able to tell whether you can tolerate sugar. You will probably start to feel or act differently within one hour. (Eat this higher amount of sugar just for one day as a test.)

Day 11: The day you add egg, eat eggs in the usual cooked forms. Remember, no wheat, milk, or sugar can be consumed if any of these substances caused problems. If you experienced no problems, you can eat eggs in the form of custard or an egg-white topping.

Day 12: The day you add cocoa, eat dark chocolate and cocoa. If you had no trouble with sugar and milk, you can eat milk chocolate. It's best to make hot chocolate with water, cocoa powder, and honey. No candy bars are allowed because most contain corn, plus many other ingredients. Remember, absolutely no milk, wheat, sugar, or eggs are allowed if these caused adverse reactions.

Day 13: The day you add food coloring, eat colored gelatin, jelly, or artificially colored fruit beverages, popsicles, or cereal. Try a variety of yellow, green, purple, and red items because you may react to only one of these food dyes. Remember to avoid milk, wheat, sugar, eggs, or cocoa if they created a problem for you. If sugar caused symptoms, use honey. If you were able to tolerate milk, wheat, sugar, eggs, and cocoa, you can continue to eat them.

Day 14: The day you add corn, eat a variety of corn products, such as whole kernel corn, cornmeal, cornflakes, corn syrup, and popcorn. Try several forms of corn because sometimes only one will cause illness. Popcorn can be air popped and eaten plain without salt, oil, or butter. If milk, wheat, sugar, eggs, dyes, or cocoa caused symptoms, you can't eat them on the same day that you introduce corn back into your diet. If you do, you won't be able to tell which food is at fault. Use butter on the popcorn only if you had no milk sensitivity.

Day 15: The day you add preservatives, eat foods that contain preservatives or food additives. Read the labels and look for foods that include the longest list of additives. In particular, eat luncheon meat, bologna, hot dogs, breads, pastries, or soups that contain numerous preservatives and additives.

Day 16: The day you add citrus, eat a large amount of lemon, lime, grapefruit, or orange as fresh fruit and/or as a juice. Avoid artificial dyes if food colorings were a problem or citrus drinks because they usually contain other ingredients. Avoid regular gelatin or gelatin-like preparations if sugar or dyes were a problem for you. Instead, buy plain gelatin and make your own with pure fruit juice and honey. Use carbonated water in pure juice to create homemade "soda." Do not consume beverages with aspartame, saccharin, sucralose, or Sucaryl because they can also cause symptoms in some individuals.

Day 17: The day you add peanut butter, eat lots of pure peanut butter without additives or plain peanuts. Test for this only if it's a favorite food. Eat the peanut butter from the spoon or put it on RyKrisp crackers or rice cakes if you experienced problems with wheat.

Pinpointing Offending Foods

Keep detailed records of how you feel, before and after the test food is eaten. If symptoms occur within an hour (or that same day, or by the next morning), it could indicate that the test food is causing the problem.

- Do any symptoms suddenly reappear within an hour after eating the test food for that day?
- Do any symptoms gradually reappear as the day progresses, after you've eaten more and more of the test food for that day?

If you experience no undesirable symptoms during that day, during that night, and the next morning before breakfast, the food tested the day before is probably all right and you may eat it whenever you desire.

If you react to any food, ingesting the following can help, usually in twenty minutes or less:

- Tri-Salts (available at health food stores), 1 to 2 teaspoons (5 to 10 g) in $\frac{1}{2}$ to 1 cup (120 to 235 ml) of water
- Sodium bicarbonate (baking soda), 1 to 2 teaspoons (5 to 10 g) in $\frac{1}{2}$ to 1 cup (120 to 235 ml) of water
- Alka-Aid (available at health food stores), $\frac{1}{2}$ to 2 tablets
- Also use an antihistamine or asthma medicine if needed. If a reaction is severe, go to the nearest doctor or emergency room.

If a test food reaction is not aided by the above or lasts for more than twenty-four hours, do not try to check the response to another possible problem food until the previous food reaction has entirely subsided.

Watch closely to see what happens each day, because each food might cause a different response. For instance, one food might cause abdominal pain, another might cause stuffiness in your head or sinuses, and another might produce no reaction at all. Most reactions occur within fifteen to sixty minutes; others, within several hours.

If you are uncertain whether a food truly caused symptoms or not, discontinue that food until the other foods have been checked. Then, ingest that particular suspect food again at a four-day interval, for example, on Tuesday and Saturday, to see whether the same symptoms recur.

Never test any food without your doctor's advice if it caused serious medical problems for you in the past. For example, if eating egg, corn, or peanut caused immediate throat swelling, it is unsafe to try even a speck of these foods. The purpose of the diet is to find out what you don't know or to confirm questions about suspicious foods, not to make yourself ill or to cause a life-threatening allergic reaction. Additional details are available in Doris Rapp's book, *Allergies and Your Family*.

Using NAET to Eliminate Food and Sugar Sensitivities

NAET, developed by Devi S. Nambudripad, MD, PhD, DC, LAc, RN, is a powerful yet gentle cutting-edge technique that lets you successfully test for food allergies and sensitivities. It uses muscle testing to determine what you are sensitive to, then employs acupressure to quickly eliminate one sensitivity or allergy with each twenty-minute treatment. There are more than 12,000 practitioners worldwide (see www.NAET.com for one near you).

Most sugar addicts also have sensitivities to other foods and substances. NAET desensitizes your addictions to sugar and carbohydrates, enabling you to stop craving sugar by teaching your body to digest, absorb, and assimilate sugar from your food intake. Once this has been accomplished, food allergies and sensitivities can be tested for and eliminated. After seven to ten treatment sessions of about twenty minutes each, a patient usually begins seeing benefits. Eliminating most food allergies in most sugar addicts takes between fifteen and thirty sessions.

I was a very skeptical physician when I first heard about the technique. Basically, I thought it was silly—until a single twenty-minute treatment immediately eliminated my lifelong and severe ragweed pollen allergy (hay fever). It was as if someone turned off a faucet in my nose. Medically, this was not supposed to happen, but it did. My mind finally opened, and I flew to California to meet Dr. Nambudripad. She is an amazing woman with many degrees, a great heart, and no ego. I then married the wonderful woman back home who had treated me (I guess I must have been very impressed!).

SUMMARY: AN ACTION PLAN FOR TYPE 3 SUGAR ADDICTS

1. Treat yeast overgrowth by changing your diet, eliminating processed sugar and white flour. (Dark chocolate is the one exception.)
2. Use the sugar substitutes stevia, PureVia, or Truvia.
3. Treat your yeast overgrowth with probiotics and anti-yeast herbs.
4. If you have a severe yeast overgrowth, ask your holistic doctor to prescribe the prescription medicine Diflucan.
5. Use a vitamin powder to provide optimal nutritional support.
6. Boost immunity with key vitamins and minerals, including zinc and vitamin C.
7. If you have chronic sinusitis or spastic colon, see part III.
8. If you have food allergies, try the Multiple Food Elimination Diet by Dr. Doris Rapp. You may also find NAET to be especially helpful.
9. Check off treatments #1, #6, and #7 in appendix A.

CHAPTER 9

Treatment for Type 4 Sugar Addicts

Rebalance Hormonal Fluctuations

When hormones go wacky during PMS, perimenopause, menopause, or andropause (male menopause), they can cause sugar cravings to soar. These conditions can lead to insulin resistance, which makes it difficult for your body to control blood sugar levels. Because of this you feel tired, irritable, and miserable when you eat sugar—you may even make other people around you miserable. In order to stop type 4 sugar addiction, you'll need to take a whole body approach to treating hormonal imbalances. By combining a healthy diet, bio-identical hormones, and/or natural remedies, you can heal your body and feel better than ever before.

Your treatment program includes the following steps:

1. Make simple dietary changes to stop sugar addiction.
2. Use natural remedies to heal your body, ease symptoms, and treat sugar addiction.
3. Use bio-identical hormones if needed to treat hormonal deficiencies and curb sugar cravings.

A DIET PLAN FOR TYPE 4 SUGAR ADDICTS

Simple dietary changes can make a big difference in the way you feel, whether you have PMS or are in perimenopause, menopause, or andropause. Adjusting your diet using the wellness prescription here will help decrease insulin resistance as well as reduce your risk of diabetes, high cholesterol, and heart disease, and leave you feeling much better. Eating a balanced diet and listening to your body will ensure optimal health and let you kick sugar addiction.

Curb That Sweet Tooth

It's time to curb that sweet tooth. Start by getting rid of high-sugar foods in your diet, especially fast food, processed food, sodas, and fruit drinks. Read the labels. As a rule of thumb, if sugar in any form (sugar, sucrose, glucose, fructose, corn syrup) is one of the top three ingredients listed, don't eat that food. The one exception to the no sugar rule is dark chocolate (more about this in the sidebar on page 118). You'll also want to decrease (though not strictly) the white flour found in bread, pasta, and pizza, because this is rapidly turned into sugar in your body, giving you a sugar high followed by a big low.

Eat protein, veggies, and fruit for breakfast, and eat more complex carbohydrates (such as whole wheat) as the day goes on. This will help you manage sugar swings and stabilize your blood sugar. The diet for type 4 sugar addicts does not have to be as strict as with other types. Although these guidelines can help, it's important to learn to eat what leaves you feeling best.

Choose Foods That Score Low on the Glycemic Index

Instead of choosing high-sugar foods or those that contain white flour, get in the habit of eating foods with low glycemic index (GI) scores, including whole grains, fruits, and vegetables. When you eat low GI foods that are digested slowly, your blood sugar will rise gradually, preventing that sugar roller coaster ride. Another way to keep your blood sugar stable and stem sugar addiction is to eat high-protein foods, such as fish, chicken, turkey, cheese, and eggs.

Women in menopause who have low estrogen can benefit from eating a handful of soybean pods (edamame) daily; perimenopausal women may find eating edamame helpful around your periods. Traditionally, menopausal Japanese women have eaten a handful of edamame each day to prevent symptoms. It's a good source of natural estrogen. You'll also get a host of vitamins, minerals, and fiber from them, too. And they taste good. They can be found in the frozen vegetable section in most supermarkets, or ask at your health food store. Eating large amounts of other soy products, such as soymilk and soy cheese, is not a good alternative because these tend to block thyroid hormone function.

If your budget allows, choose organic foods whenever possible. Organic fruits and vegetables are grown without toxic insecticides and pesticides that

R_X YOUR WELLNESS PRESCRIPTION

ADJUST YOUR DIET TO REDUCE YOUR RISKS AND FEEL BETTER:

1. ☒ Avoid foods that are high in sugar.
 2. ☐ Avoid white flour.
 3. ☐ Eat foods that score low on the glycemic index.
 4. ☐ Eat high-protein foods.
 5. ☐ Choose organic foods whenever possible.
 6. ☐ Stay hydrated.
 7. ☐ For women in menopause, eat a handful of soybean pods (edamame) each day.
 8. ☐ Supplement with key nutrients.
 9. ☐ Exercise for thirty to sixty minutes a day, outside if possible.
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can interfere with the normal function of hormones in your body. Organic meat comes from animals that aren't fed artificial hormones or diets that contain synthetic additives. Organic food is grown in rich soil, full of nutrients, as opposed to the depleted soils caused by traditional farming methods. If you can't buy all organic products, at least choose organic varieties of the foods you eat most often.

Drink Water to Support Hormonal Function

As with other sugar addiction types, it's very important for people in perimenopause, menopause, or andropause to drink enough water. Water helps the machinery of the body function and lets the body rid itself of toxins. How much water should you drink a day? Check your mouth and lips every so often. If they are dry, you are thirsty and need to drink more water. It's that simple.

Satisfy Your Sweet Tooth with Dark Chocolate

Chocolate in moderation—especially dark chocolate—offers many benefits. Chocolate contains PEA (phenylethylamine), a potent mood elevator and antidepressant. For some people, chocolate can be as effective as Prozac but without the side effects. Chocolate also contains a mild stimulant called theobromine—it gives you

an energy boost, but not enough to get you on the sugar roller coaster the way caffeine does. Some women intuitively crave chocolate because they know it is good for them and improves their moods. It's okay to eat up to a few ounces a day, especially if you're feeling down or depressed.

But drinking tap water isn't the way to go. Tap water's great for cleaning dishes and clothes, but not so good for routine human consumption. Tap water just isn't as pure as it should be, and can be full of chemicals that can interfere with estrogen, progesterone, and testosterone function. Bottled water has problems, too. Many brands of bottled water are simply tap water, and cost has little to do with quality. But we need to have easy access to healthy water. So how can you tell what is best?

When drinking bottled water, use water that is purified by reverse osmosis and carbon block filtration. For home use, a good-quality water filter is best (see "Water Filters" in appendix D, for more information). When you're on the go, carry filtered water in glass or stainless steel bottles—the hormone-blocking chemicals in plastic bottles can leach into the water.

Nutritional Supplements for Type 4 Sugar Addicts

Optimizing nutritional support with specific vitamins helps you kick type 4 sugar addiction in many ways. First, you'll find the additional nutrients decrease the anxiety and depression you may have that can drive sugar addiction. Certain supplements can also help decrease the risk of osteoporosis, which increases with estrogen deficiency and antidepressant use. In fact, nutritional support is very effective at treating both depression and osteoporosis. In part III we'll discuss treatment for both of these conditions, which are common in type 4 sugar addicts.

Begin with a foundation of a good vitamin and mineral powder. Check off #1 in appendix A. Taking a vitamin powder is an easy and effective way to get the many nutrients you need to address deficiencies you may have as a type 4 sugar addict and to support overall good health. In addition, it's especially important to supplement with vitamin B₁, vitamin B₁₂, and iodine (present in the vitamin powder).

Vitamin B₁ decreases both anxiety and depression, and it is critical for proper brain functioning. Research published in the medical journal *Psychopharmacology* in 1997 showed that supplementation with vitamin B₁ improves mood, possibly by increasing the synthesis of acetylcholine. This neurotransmitter is associated with memory and also makes you more clearheaded, composed, and energetic. Recommended daily dose: 75 mg.

Vitamin B₁₂ helps not only depression but also mood in general. Research published in the *International Journal of Neuropsychopharmacology* in 2005 showed that when people are treated for depression, those with higher levels of vitamin B₁₂ tend to get a greater benefit from antidepressants. This may be due to the fact that a deficiency in vitamin B₁₂ can result in high homocysteine levels, which may enhance depression. Recommended daily dose: 500 mcg.

Iodine deficiency contributes not only to fatigue but also to breast cysts and the breast tenderness that often accompanies PMS. Research on breast cancer rates in Japanese women found them to be two-thirds lower than in American women. It is suspected that this may be due to the high Japanese intake of seaweed, which is rich in iodine. Recommended daily dose: 150+ mcg.

NATURAL REMEDIES FOR TREATING PMS

As discussed in chapter 4, PMS is associated with increased anxiety, moodiness, bloating, and depression around your menstrual period. This triggers sugar cravings as your body tries to use sugar to raise the “happiness molecule” serotonin and help you feel better. In time, though, eating sugar becomes counterproductive and just makes your symptoms worse.

Although there is significant controversy about the cause of PMS, it appears to be associated with low levels of the hormones progesterone and prostaglandin E1 and E3. These hormone deficiencies have been linked

with anxiety, moodiness, and generally feeling less than your best. The wellness prescription that follows will cut your sugar cravings and help you feel better in general.

It takes three months to get the full benefit of these remedies for PMS, though you may start to see results more quickly. If you are on the birth control pill and your symptoms hit when you stop the pill for a week each month, ask your doctor if you can take the pill every day without stopping it. Let your doctor know you have PMS so he or she can adjust the brand of pill if necessary. The FDA has approved birth control pills (e.g., Seasonale) that can be stopped only one week every three months, instead of one week each month.

Take Vitamin B₆ to Reduce Irritability and Sugar Cravings

If you have PMS, you'll want to stock up on B₆. Vitamin B₆ is important because it eases the deficiency of the “feel good” hormone prostaglandin E1.

How Can Vitamin D and Exercise Help Type 4 Sugar Addicts?

Not getting enough vitamin D can increase the risk of depression, which can exacerbate sugar cravings. More than 90 percent of our vitamin D comes from sunshine. When sunlight hits your skin, it actually creates vitamin D. Avoid sunburn, but not sunshine.

Exercise is also important for type 4 sugar addicts. By raising the happiness molecule serotonin and the “runner’s high” brain chemical endorphin, exercise helps alleviate depression and mood shifts. Take a daily walk or enjoy another form of exercise outdoors in the sunshine.

When this hormone is low, irritability and sugar cravings can result. Take 150 to 200 mg of extra vitamin B₆ a day (in addition to the 85 mg in the vitamin powder) for three to six months—it even helps relieve fluid retention in your hands and fingers.

After taking the extra dose of vitamin B₆ for three to six months, the amount contained in the vitamin powder will usually be plenty. Cutting out sugar and increasing your overall nutritional support will allow your body to recover.

Take Evening Primrose Oil to Aid Sugar-Related Depression

Your body uses the oils found in your diet for many different purposes. An especially important purpose is making hormones called prostaglandins. These hormones are critical for controlling inflammation and improving mood. Prostaglandin E1 (PGE1), made from the essential fatty acid gamma-linolenic acid (GLA), is found in certain vegetable oils. GLA is then converted into dihomogamma-linolenic acid (DGLA), which then is turned into prostaglandin E1. Unfortunately, excess sugar and nutritional deficiencies (especially vitamin B₆ and magnesium) block your ability to turn the GLA in vegetable oils into DGLA, causing prostaglandin E1 deficiency, which leads to depression. Eating sugar causes a brief mood elevation, but then worsens your hormone deficiency.

Cutting out sugar allows your body to make prostaglandin more effectively. The “chemical blockade” caused by sugar excess can also be bypassed by taking DGLA directly. This oil is found in high amounts in evening primrose oil (expensive) or borage oil (cheaper). Take 3,000 mg a day of evening primrose oil for three months, after which time you can take the oil just during the week before your period. (Efamol is a good brand.) Once you are feeling better, you can switch to less expensive borage oil and see whether it works as well for you. Most people find that the borage oil works fine; if cost is a factor, it’s okay to simply start with borage oil.

R_X YOUR WELLNESS PRESCRIPTION

TREAT YOUR PMS USING NATURAL REMEDIES:

1. ☒ Take 250 mg of vitamin B₆ a day.
 2. ☐ Take 3,000 mg of evening primrose oil or borage oil a day for three months, then just during the week before your period.
 3. ☐ Eat salmon or tuna three or more times a week. You can also supplement with a good fish oil.
 4. ☐ Take 200 to 400 mg of magnesium daily.
 5. ☐ Take 50 to 200 mg of theanine one to three times a day as needed for anxiety or to help sleep.
 6. ☐ Take one-half to one scoop of a good multivitamin powder each day, long term.
 7. ☐ If PMS is still problematic after three months, add 200 mg of prescription natural progesterone at bedtime. Take two 100 mg capsules by mouth (Prometrium can be found at most pharmacies) or compounded progesterone cream 30 mg topically daily for the week before your period (30 mg applied to the skin is equal to 200 mg taken by mouth).
 8. ☐ Check off treatments #1, #4, and #8 (and if symptoms persist, #10) in appendix A.
 9. ☐ If anxiety and depression persist, see part III.
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Take Fish Oil to Elevate Your Mood

Fish oil improves your mood in general and works particularly well for depression. The essential fatty acids in fish oil help make mood-elevating prostaglandin PGE3. Fish oil has been shown in numerous studies to aid depression as well as many other psychological problems. In the May 1999 *Archives of General Psychiatry*, Andrew Stoll, M.D., and colleagues reported a study in which 10 grams of fish oil a day markedly improved symptoms in 64 percent of manic-depressive patients after four months (versus only 19 percent of those receiving the placebo). Joseph Hibbeln, M.D., a psychiatrist at the National Institutes of Health, thinks fish oil deficiency might explain why the rate of depression is rising in the United States.

In addition, taking fish oil during pregnancy markedly decreases the risk of postpartum depression. Postpartum depression is very similar to the symptoms of PMS, because both conditions are related to progesterone deficiencies. A deficiency of the hormone progesterone causes sugar cravings. Eating coldwater fish, such as salmon and mackerel, which are rich in omega-3 essential fatty acids, can decrease postpartum depression by half. You can also take a tablespoon of a mercury-free fish oil a day to ease symptoms.

If you are depressed, try eating three or more servings of salmon, tuna, or herring each week, and/or supplement with fish oil. (Check off treatment #8 in appendix A for evening primrose oil and fish oil). Make sure the oil is free of toxins and mercury, and not rancid. (Two good mercury-free brands are Eskimo 3 and Nordic Naturals.) Another benefit? Fish oil decreases arthritis and heart disease risk.

Most of your brain is actually made of DHA (docosahexaenoic acid), one of the two key components of fish oil. Fish is called “brain food” for a good reason. You’ll learn more about treating depression in part III.

Take Magnesium to Relieve Stress and Sugar Cravings

Magnesium has been called the “antistress mineral.” Magnesium relaxes muscles, improves sleep, and relieves tension. Like vitamin B₆, magnesium increases the production of PGE1, so it eases the deficiency of prostaglandin E1 that causes irritability and drives sugar cravings. Magnesium also helps make the three key “happiness” neurotransmitters that your body needs: serotonin, dopamine, and norepinephrine.

Take Theanine to Reduce Anxiety

If you experience anxiety related to PMS, theanine, which comes from green tea, can help. It will keep you calm and alert during the day and help you sleep at night. Theanine stimulates your body’s production of “natural Valium,” called gamma-aminobutyric acid (GABA) without addiction or side effects.

Theanine also increases alpha brain wave activity, creating a state of deep relaxation and mental alertness similar to what is achieved through meditation. Theanine naturally stimulates the release of the “happiness molecules” serotonin and dopamine. I recommend using the SunTheanine form. Check off #10 for anxiety in appendix A.

Prescription Help for PMS

If PMS symptoms are still problematic after three months, ask your physician to prescribe natural progesterone (Prometrium). Take one to two 100 mg capsules by mouth or use 30 mg of compounded progesterone cream topically daily for the week before your period. It is okay to take it each month as soon as PMS symptoms begin.

Prometrium can be found in most standard pharmacies, and it is usually covered by prescription insurance. It is natural and bio-identical. We advise against using the synthetic progesterone called Provera, which many studies suggest is horribly toxic.

TREATING PROBLEMS DUE TO PERIMENOPAUSE AND MENOPAUSE

The estrogen and progesterone deficiency that happens in menopause actually begins in perimenopause, five to twelve years before your blood tests become abnormal (i.e., FSH and LH levels go very high) and your period stops. You can tell whether you are in perimenopause if symptoms such as fatigue, anxiety, sadness, depression, insomnia, and headache are worse around your period. Other symptoms include vaginal dryness and sweats/hot flashes that worsen in the week before your period.

These symptoms are often accompanied by marked sugar cravings. Proper treatment can not only curb your sugar cravings but can also leave you feeling and looking years younger than your actual age.

Natural Remedies for Menopausal Complaints

The number one herbal remedy for menopausal problems, particularly hot flashes, is black cohosh, specifically Remifemin by Enzymatic Therapy. Study after study shows that the only brand that works for menopause symptoms is Remifemin, including a placebo-controlled study published in the journal *Obstetrics and Gynecology* in 2005.

Mark Blumenthal, founder and executive director of the American Botanical Council (the most respected source for information on herbs in the United States), noted, “Remifemin is clearly the world’s most clinically tested black cohosh product, with over fifteen clinical trials that demonstrate the safety and efficacy of the product ... Almost all of the scientific literature on black cohosh was conducted on Remifemin, including recent clinical trials showing no estrogenic activity of the product.” Yale University School of Medicine clinical professor Mary Jane Minkin, M.D., also recommends Remifemin as a standard alternative to hormone replacement therapy (HRT). Remifemin is also safe for women with a history of breast cancer who cannot take estrogen.

Remifemin helps stabilize autonomic functions, including blood pressure, pulse, and sweating. This decreases hot flashes associated with low estrogen. Contrary to some misconceptions, black cohosh contains no estrogen.

When the autonomic function is balanced, you can get off the sugar roller coaster. As your energy increases, you'll be less likely to reach for sugar to artificially boost your energy. Take two capsules twice a day for two months, then reduce the dose to one capsule twice a day. Check off treatment #9 in appendix A.

Natural remedies can also aid sleep problems associated with menopause, so you're more energetic and feel less need for sugar. Wild lettuce, Jamaican dogwood, hops, theanine, valerian, passionflower, magnesium, and melatonin are some effective herbs and supplements. You can find the first 6 of these herbs in combination products (Check off treatment #3 in appendix A). Even the scent of a lavender sachet placed near your pillow can help you sleep better.

Soybean pods (called edamame) are a good natural estrogen source, and eating a handful a day is a tasty snack and can be very helpful. Edamame can be found in supermarkets in the frozen vegetable section. As with peas, throw away the pod and eat only the seeds on the inside.

Common causes of sweats and/or hot flashes include having low blood sugar while you're sleeping. Simply eating a high-protein snack (such a few slices of turkey) just before bedtime will also prevent your blood sugar from dropping while you sleep, and may alleviate the problem.

Inhalation of acid reflux (especially at night while sleeping) can also cause sweating. Autonomic dysfunction as well as poor digestion can trigger reflux. To remedy this problem, take Pepcid or Tagamet at bedtime for a few nights. If the sweats markedly decrease, they are being caused by acid reflux. You'll learn more about how to treat indigestion naturally in part III.

R_X YOUR WELLNESS PRESCRIPTION

TREAT YOUR MENOPAUSAL COMPLAINTS WITH NATURAL REMEDIES:

1. ☒ For hot flashes: Take the herb black cohosh (Remifemin—check off #9 in appendix A) two capsules twice a day for two months, then reduce the dose to one capsule twice a day. Also eat a handful of edamame (soybean pods) each day for a natural estrogen boost.
 2. ☐ For depression caused by low estrogen: Take the herbs magnolia (30 to 90 mg of the extract a day) and St. John's wort (900 mg a day), and supplement with the amino acid 5-HTP (up to 300 mg a day—less if on prescription antidepressants). Check off item #17 in appendix A. Eat salmon or tuna at least three or four times a week.
 3. ☐ For anxiety caused by low progesterone: Take 30 to 100 mg of natural progesterone a day.
 4. ☐ For sleep dysfunction: Take wild lettuce, Jamaican dogwood, hops, theanine, valerian, passionflower (appendix A #3). Magnesium, and/or melatonin can also be helpful.
 5. ☐ Use bio-identical hormones to treat estrogen and progesterone deficiencies to improve energy, libido, and overall well-being. Try bio-identical hormone cream from a compounding pharmacy (a mixture of 0.3 to 2.5 mg of Biest plus 30 to 50 mg of progesterone is a common dose). After the first month, add 1 to 2 mg of testosterone to the cream if testosterone levels are low or below normal.
 6. ☐ If severe fatigue, insomnia, and achiness persist, see chapter 11.
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The onset of an underactive thyroid is common around menopause, and often causes symptoms blamed on low estrogen. If your symptoms include weight gain or cold intolerance (as opposed to hot flashes), you may have an underactive thyroid—which is easy to treat (see chapter 15). For more on this, see *The Menopause Thyroid Solution* by Mary Shomon.

BIO-IDENTICAL HORMONES CAN BALANCE DEFICIENCIES AND CURB SUGAR CRAVINGS

Both men and women going through midlife hormonal changes develop fatigue, poor libido, and/or depression. Natural hormone replacement can improve low estrogen and progesterone levels in women and low testosterone in men. Using bio-identical hormones to treat estrogen, progesterone, and testosterone deficiencies can help boost energy, libido, and overall well-being.

Using bio-identical hormones will also help curb sugar cravings. That's because reproductive hormone deficiencies are often accompanied by anxiety and depression, which trigger sugar cravings and addiction. Treating these hormone deficiencies makes it much easier to eliminate excess sweets from your diet.

As we've discussed in chapter 4, although synthetic versions of hormones used in HRT (hormone replacement therapy) have been proven to be harmful according to the recent Women's Health Initiative study, bio-identical hormones do not carry the same risks as the synthetics or pregnant horse urine estrogens (like Premarin), and my reading of the scientific research shows them to be much safer. An article on my website cites more than eighty studies reviewing this. Medical studies, such as the one by Fitzpatrick and colleagues in the *Journal of Women's Health and Gender-Based Medicine* in 2000, confirm that women report increased satisfaction when they switch from MPA (synthetic progesterones like Provera) to natural progesterone, and they enjoy an improved quality of life.

R_X YOUR WELLNESS PRESCRIPTION

TREAT LOW TESTOSTERONE IN MEN:

1. — ✓ If you are under age fifty, take 15 to 25 mg of compounded sustained-release clomiphene three nights a week.
 2. — If you are over fifty, apply 25 to 50 mg of testosterone cream topically each day.
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When low estrogen symptoms cannot be adequately controlled with the treatments we've discussed above, it may be worth a trial of a bio-identical estrogen called Biest, which is available from compounding pharmacies. A common dose is 0.3 to 2.5 mg daily (containing 0.06 to 0.50 mg of estradiol and 0.24 to 2 mg of estriol). Some women do well even on very low doses of Biest, such as 0.2 mg a day. Estriol may be normally present in the body and rises during pregnancy, and is protective against breast cancer. Estradiol is the other major bio-identical estrogen hormone, and is the form found in estrogen patches.

To prevent uterine cancer, take natural progesterone when taking estrogen. As an added benefit, progesterone improves sleep and decreases anxiety. Take 30 to 100 mg a day, at bedtime. Higher doses can aggravate depression, so pay attention to how you feel and adjust the dose as needed, with your doctor's help. If you are in perimenopause, after six to nine months of taking progesterone your period will sometimes stop, especially if the hormones are taken every day instead of being cycled.

TREATING PROBLEMS DUE TO LOW TESTOSTERONE IN MEN AND WOMEN

You can think of bio-identical testosterone as a kind of fountain of youth hormone for both men and, to a lesser degree, women. If you don't have enough testosterone, it can lead to fatigue and low libido, and you may feel like you are just trudging through life. When you supplement safely with this hormone, it can lead to increased energy, vitality, and well-being.

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R_x YOUR WELLNESS PRESCRIPTION

SUPPORT YOUR TESTOSTERONE FOR WOMEN:

1. — ✓ Apply 1 to 2 mg of testosterone cream a day to your skin.
 2. — If needed, use a combination estrogen, progesterone, and testosterone cream.
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It's important to note that treatment with testosterone in men has *not* been shown to increase prostate size or the blood test marker for prostate cancer (PSA). In fact, a review of eighteen studies published in the *Journal of Urology* in 1998 showed that testosterone treatment does not increase the risk of prostate cancer. Don't confuse taking safe levels of bio-identical natural testosterone with the high-dose, synthetic, toxic testosterone that bodybuilders sometimes use.

If you are under fifty, it may be best to stimulate your body's own production of

testosterone using a low dose of a medication called clomiphene. A "Clomiphene Stimulation Test" will tell you whether this will work for you. Details can be found at www.Vitality101.com.

If you are over fifty, use a topical testosterone cream or gel. Get Testim or Androgel from a standard pharmacy if it's covered by your prescription insurance. If not, have it made by a compounding pharmacy (50 mg testosterone plus 2.5 mg progesterone per gram of cream), which is less expensive. Always wash your hands after applying the cream. Contact with the testosterone cream can cause unsafe levels in a woman's body.

Testosterone Support for Women

Although testosterone levels are normally much lower in women than in men, a deficiency can cause health problems in women as well. To treat this, use a low-dose natural testosterone cream made by a compounding pharmacy. If you

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Women, if you experience acne or intense dreams or your facial hair gets darker, decrease your dose. These symptoms are usually caused by an imbalance between estrogen and testosterone. To decrease the risk of side effects, begin the estrogen four to eight weeks before starting testosterone.

SUMMARY: AN ACTION PLAN FOR TYPE 4 SUGAR ADDICTS

1. Avoid foods high in sugar and white flour.
2. Choose whole grains, high-protein foods, and foods that score low on the glycemic index. If you are in perimenopause or menopause, add a handful of edamame a day.
3. Exercise for thirty to sixty minutes a day, outside if possible.
4. Sunshine in moderation is good for you—get thirty to sixty minutes a day.
5. Use nutritional supplements for problematic symptoms and sugar cravings related to PMS, perimenopause, menopause, or andropause.
6. Use bio-identical hormones to address hormonal deficiencies and stop sugar cravings.
7. For help with anxiety and depression, see part III.
8. Check off treatment #1 in appendix A. For PMS, check off #4 and #8 (and #10 if needed for anxiety). For menopause and perimenopause, check off #3 (as needed) and #9.

PART III: TREATING HEALTH PROBLEMS ASSOCIATED WITH SUGAR ADDICTION

In part II, you learned specific treatments for your sugar addiction type. It's important to keep in mind, though, that sugar addiction can be complicated. It can lead to many common and often severe problems, which must also be treated if you're going to regain optimum health. Some of these problems are simply uncomfortable while others can be life threatening. These include (but aren't limited to) anxiety, chronic fatigue syndrome and fibromyalgia, depression, diabetes, heart disease, hypothyroidism, irritable bowel syndrome and spastic colon, migraines and tension headaches, obesity, and sinusitis. In part III, you'll learn about these illnesses caused by sugar addiction, and how to treat them using the best natural and prescription therapies.

CHAPTER 10

Anxiety

Replenish sugar-induced B-vitamin deficiencies that intensify your body's stress response

It's common for sugar addicts to suffer from anxiety. Sugar wreaks havoc on the central nervous system and can leave you feeling on edge. Sugar addiction causes anxiety for a number of reasons. Excessive sugar intake, especially when associated with chronic stress, can exhaust your stress-handler adrenal glands, as occurs in type 2 sugar addiction (see chapters 2 and 7). This causes wild swings in your blood sugar levels. As blood sugar levels plummet, the brain reacts by sending out a panicked adrenaline alarm, leading to severe anxiety. Over a period of years, this can become chronic.

The empty calories that sugar pumps into your diet can produce nutritional deficiencies, especially of the B vitamins and magnesium. Because B vitamins and magnesium have a relaxing effect on your system, a deficiency of these nutrients can intensify your response to stress and increase your anxiety.

In addition, progesterone stimulates your body's "natural Valium" (called GABA, or gamma-aminobutyric acid). Progesterone levels drop around a woman's period (called PMS) and decline as she begins to enter menopause. This progesterone deficiency can also trigger anxiety. (This is discussed in chapters 4 and 9 on type 4 sugar addiction).

If you follow the recommendations in chapter 7 regarding treatment for type 2 sugar addiction and in chapter 9 on remedying type 4 sugar addiction, much of your anxiety will dissipate. Some of you, though, may be left with persistent anxiety because you are so accustomed to living in a heightened state of preparedness and fear. Your anxiety has become chronic. In this chapter, you'll learn about many natural treatments that can help alleviate the symptoms of anxiety.

RELIEF FROM SUGAR-RELATED ANXIETY

Anxiety can be devastating, especially when it becomes chronic and interferes with your day-to-day functioning. Unfortunately, many anxiety sufferers are simply given medications such as Valium and antidepressants to reduce their symptoms. In some cases, these medications are ineffective and can have lots of unpleasant side effects, in addition to being addictive. Furthermore, they don't resolve the problem; they just mask it.

A better way is to use a combination of natural and then, if still needed, prescription therapies. The natural therapies recommended here can be dramatically effective in treating anxiety, making you calmer and restoring your peace of mind. They'll also leave you feeling more energetic and mentally clear, instead of drugged out.

R_X YOUR WELLNESS PRESCRIPTION

1. ✓ — Take 500 mg of vitamin B₁ (thiamine) three times a day.
 2. — Take 500+ mcg of vitamin B₁₂ a day.
 3. — Take one 50+ vitamin B-complex a day.
 4. — Take 200 to 500 mg of magnesium a day.
 5. — Take 50 to 100 mg of theanine three times a day.
 6. — Take 100 to 200 mg of passion-flower extract two or three times a day.
 7. — Take 30 mg of magnolia extract three times a day.
 8. — Use prescription medications as needed.
-
-

Vitamin B₁: Taking vitamin B₁

decreases anxiety (even panic attacks) and improves mental clarity. Vitamin B₁ also helps prevent the production of excess lactic acid, or lactate. Why is this important? A large body of research that was reviewed in the *Journal of Neuropsychiatry and Clinical Neurosciences* in 2001 confirmed that excess sensitivity to high levels of lactic acid is a factor in causing anxiety attacks in people who are prone to them.

Vitamin B₃/Niacin: Niacin (vitamin B₃), which is known as a natural tranquilizer, also helps decrease excess lactic acid that can lead to anxiety. Niacin has similar effects to Valium on the neurotransmitters that can calm anxiety. More good news: niacin isn't addictive.

Vitamin B₆: Not getting enough vitamin B₆ (pyridoxine) can also contribute to anxiety. That's because you need

this vitamin to help you make GABA and serotonin, two of the "happy" brain chemicals that prevent anxiety.

Vitamin B₁₂: You also need vitamin B₁₂ to stay calm. Research done in 1997 by Dr. Regland of the Institute of Clinical Neuroscience in Sweden on chronic fatigue syndrome patients has shown that many people require super high levels of B₁₂ to get adequate levels into the brain, where it is needed.

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Magnolia: Practitioners of Chinese medicine rely on magnolia bark to relieve anxiety without sedating effects. Magnolia extract is chock-full of two phytochemicals: honokiol, which exerts an antianxiety effect, and magnolol, which acts as an antidepressant. This herbal extract relieves stress—even when taken in small doses—and is nonaddictive and nonsedating.

You can find all of these supplements in combination in appendix A. Mark off treatment #10.

The treatments for types 2 and 4 sugar addiction (see part II), and the natural approaches described above, will effectively resolve anxiety in most people. Although they help immediately, their effectiveness increases over 1–6 weeks of use. If severe anxiety persists, consider asking your physician to prescribe a nonaddictive medication called trazodone, which can be helpful—even in very low doses—for treating anxiety. Recommended dose: 25 to 50 mg one to three times a day as needed.

SUMMARY: AN ACTION PLAN FOR TREATING SUGAR-RELATED ANXIETY

1. Supplement with key nutrients and herbs, such as the B vitamins, magnesium, theanine, passionflower, and magnolia, to calm anxiety naturally.
2. If your anxiety doesn't improve, see your doctor for prescription help.
3. Mark off treatment #10 in appendix A.

CHAPTER 11

Chronic Fatigue Syndrome and Fibromyalgia

Use the SHINE protocol to increase energy and eliminate pain

Do you suffer from persistent, severe fatigue that does not go away with rest? Do you experience horrible insomnia, widespread pain, and severe brain fog? You may have chronic fatigue syndrome (CFS) and/or fibromyalgia (FMS). These two conditions can occur as one type of sugar addiction snowballs into the next, creating a cascade effect. This means you may have symptoms of all four types of sugar addiction simultaneously. More about this in a minute.

CFS and FMS represent an energy crisis. This occurs when you spend more energy than your body is able to make. It's like blowing a fuse. The hypothalamus, which requires an enormous amount of energy, starts to malfunction. This triggers CFS and FMS, and can leave you disabled and very ill. The hypothalamus is a major control center in your brain. This center regulates sleep and your hormonal system, body temperature, blood flow, and blood pressure. The good news? The treatment we'll discuss in this section can restore energy production and hypothalamic function, sometimes even resulting in full recovery from CFS and FMS.

Inadequate energy levels also result in muscles getting stuck in the shortened position. When this becomes chronic, it causes the myofascial (muscle) pain commonly seen in fibromyalgia. The chronic muscle pain can then cause the pain to generate a pain signal, called central sensitization.

THE CONNECTION BETWEEN SUGAR AND CFS/FMS

CFS/FMS can be triggered in many ways. It can start with a sudden infection or what some experts call "the drop-dead flu." Some folks (who aren't sugar addicts) recover within days to weeks after the infection. However, sugar addicts are much more likely to have yeast overgrowth (type 3 sugar addiction, discussed in chapters 3 and 8), which makes it harder for them to get well. This was the pattern I had when I came down with CFS/FMS in 1975. It knocked me out of medical school and left me homeless for a year before I learned how to recover from these illnesses.

As a type 3 sugar addict, when you receive antibiotics for an infection, it flares your yeast overgrowth and may prevent you from recovering. You may then take even more antibiotics for your persistent disabling symptoms (now blamed on the initial infection), which causes you to get worse. Although the initial infection may have triggered your chronic fatigue syndrome, it could have been aggravated by the antibiotics exacerbating your yeast overgrowth.

In some cases, infections such as the flu and other viruses can cause direct suppression of the hypothalamus (discussed below), causing adrenal suppression (type 2 sugar addiction, discussed in chapters 2 and 7). When this happens, the result is ever-increasing sugar cravings, which put you on the sugar roller coaster. It also causes suppression of your immune system and yeast overgrowth, so you aren't able to recover without treatment.

Sugar also impairs your immune system. As we mentioned earlier, the amount of sugar in just one can of soda can suppress immune function by 30 percent for three hours. This makes it harder for your body to fight off infections and can enable many kinds of simple infections to turn into chronic fatigue syndrome.

The Snowball Effect: Sugar Addiction and CFS/FMS

Any type of sugar addiction can turn into CFS/FMS if untreated, as one type of sugar addiction triggers the next. Over time, carrying the load of different kinds of sugar addiction simply drags the body down and overwhelms it.

First, you may experience a gradual onset of fatigue from overworking. You turn to “loan shark” energy drinks and sodas, full of sugar and caffeine, for an energy boost (type 1 sugar addiction, see chapter 1). The excess sugar intake causes a slowly progressive yeast overgrowth (type 3 sugar addiction, see chapter 3). This yeast overgrowth results in chronic sinusitis and chronic bowel infections (usually misdiagnosed as spastic colon and irritable bowel syndrome). The stress of these chronic infections causes your adrenal glands to become exhausted (type 2 sugar addiction, see chapter 2) and leads to hypothalamic dysfunction. Hypothalamic dysfunction then causes premature reproductive hormone deficiencies (type 4 sugar addiction, see chapter 4). Estrogen deficiency is a major cause of insomnia, and sleep deprivation has been shown to suppress the immune system as well. This can cause more infections, more antibiotics, and more yeast. So the escalating cycle continues.

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For instance, type 1 sugar addicts usually will be able to correct their sleep disorders by taking a combination of herbal remedies. However, our research has shown that people with CFS and FMS frequently need three or four different medications, in addition to natural remedies, in order to sleep eight hours a night. Nearly all CFS and FMS patients require treatment for thyroid hormone deficiency, and most require adrenal support and other hormones. Many studies have also shown that a dozen or more infections are present in more than three-quarters of patients with CFS and FMS, including a fascinating recently-discovered virus called XMRV.

All of this means that treatment for these diseases must be very aggressive and comprehensive in order to restore energy production, eliminate the problems draining your energy, and reset the hypothalamic “circuit breaker” that’s been blown. So, in addition to taking the actions prescribed in chapter 6 for type 1 sugar addicts (if you fit the profile in chapter 1), you’ll find information in this chapter that is specifically geared to the energy crisis that results in CFS and FMS.

To make this simple, I recommend you do the free “Symptom Analysis” program at www.vitality101.com.

Research Shows the SHINE Protocol Works

To effectively treat chronic fatigue syndrome and fibromyalgia, we address five key points we call “SHINE”:

- Sleep
- Hormonal support
- Infections
- Nutritional support
- Exercise as able

This is your checklist for recovery. Let's look at the research behind this, and then we'll cover each part of the SHINE treatment.

Research shows that the SHINE Protocol is an effective treatment for CFS and FMS. My groundbreaking study, "Effective Treatment of Chronic Fatigue Syndrome and Fibromyalgia: The Results of a Randomized, Double-Blind, Placebo-Controlled Study," was published in the *Journal of Chronic Fatigue* in 2001, making this effective treatment available to people suffering from these illnesses.

In the study, 91 percent of patients improved with treatment. After three months, the average patient experienced a 75 percent improvement in quality of life. After two years of treatment, the average improvement in quality of life increased to 90 percent—despite patients having been weaned off of most of the treatments. Pain decreased by more than 50 percent on average. Most patients no longer even qualified for the diagnosis of CFS or FMS after treatment. Interestingly, many of the same principles for treating fibromyalgia also apply to myofascial pain syndrome (muscle pain).

The fact that the vast majority of patients improved significantly in the active group while there was minimal improvement in the placebo group proves two important things. The first is that these are very treatable diseases. The second is they are also very real and physical illnesses (otherwise the placebo group would have done as well as those receiving active treatment). The full text of the studies (the study discussed above confirmed an earlier study with the same effect) can be found at www.vitality101.com.

In addition, an editorial published in the April 2002 journal of the American Academy of Pain Management, a major multidisciplinary medical society for pain management in the United States, noted "the comprehensive and aggressive metabolic approach to treatment detailed in the Teitelbaum study are all highly successful approaches and make fibromyalgia a very treatment-responsive disorder. The study by Dr. Teitelbaum et al. and years of clinical

experience make this approach an excellent and powerfully effective part of the standard of practice for treatment of people who suffer from fibromyalgia and myofascial pain syndrome.”

Restful Sleep Improves Hypothalamic Function

Take a combination of natural and over-the-counter treatments, and then (if necessary) add the prescription remedies listed as needed to get eight hours of sleep a night. See chapter 8.

If you have chronic fatigue syndrome or fibromyalgia, it’s very likely that you are unable to get seven to eight hours of deep sleep a night without taking medications. In part, this occurs because hypothalamic function is critical to deep sleep. Your hypothalamic dysfunction requires aggressive sleep support so you can get the healing, deep sleep you need. Unfortunately, many of the most common sleep medications actually aggravate the problem by decreasing the amount of time spent in deep sleep. For patients to get well, they need to take enough of the correct sleep medications to get eight hours of sleep per night. These prescription medications may include Ambien, Desyrel, Neurontin, Klonopin, Lyrica, and, if you don’t have Restless Leg Syndrome, Flexeril and/or Elavil. You may also find that over-the-counter antihistamines such as doxylamine (Unisom) or Benadryl can help. Natural remedies can also help you sleep better—try theanine, Jamaican dogwood, wild lettuce, valerian, passionflower, and/or hops. Check off treatment #13 in appendix A. Other natural sleep aids include slow-release magnesium (check off treatment #14), 5-HTP, and melatonin.

During the first six months of treatment, you may sometimes need to take as many as six different sleep treatments simultaneously to get the requisite eight hours of sleep at night. This may seem like a lot of different supplements and medications—especially to people who have medication sensitivity (which is common in people with CFS and FMS). Because of this sensitivity,

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R_x YOUR WELLNESS PRESCRIPTION

SUPPORT YOUR IMMUNE SYSTEM:

1. ✓ — Take prescription antifungals, such as Diflucan, 200 mg a day for six to twelve weeks.
 2. — Take two acidophilus pearls twice a day for five months.
 3. — Take herbal antifungals for five months.
 4. — If symptoms persist, ask your physician to look for and consider treating other infections as well.
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If your doctor won't prescribe it, find a holistic physician, or go to one of the Fibromyalgia and Fatigue Centers listed at www.fibroandfatigue.com—these expert physicians are up-to-date on the research (see appendix C).

If you cannot get prescription thyroid, you can also try taking a mixture of thyroid glandulars, plus nutritional and herbal support. You'll find information about a combination formula in appendix A, #24. You'll also learn more about hypothyroidism in chapter 15.

Growth hormone has also been shown to be helpful in treating fibromyalgia. We don't use it often because, unfortunately, it can cost more than \$10,000 a year and

is given by injection. Fortunately, there are cheaper ways to raise your low growth hormone. Most growth hormone is made during deep sleep, exercise, and sex—I recommend all three!

Treating Unusual Infections in Your Sugar-Impaired Immune System

If you have CFS or FMS, it's very likely that your immune system is not functioning the way it should. Excess sugar is a critical immune suppressant. Yeast/candida—fed by the sugar you eat—also contribute to bowel infections, which play a major role in causing CFS/FMS. Not getting enough sleep is another important factor that can cause immune suppression. Nutritional deficiencies (especially zinc) affect immune function, too.

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Supplementing a Diet of Processed Foods and Sugar

Because the American diet has been highly processed, and 18 percent of our calories come from sugar (devoid of vitamins and minerals), nutritional deficiencies are a common problem. Your body needs more nutrients than normal to heal and fight infections, especially if your immune system is already compromised due to CFS or FMS.

In addition, bowel infections can cause poor nutritional absorption, while your illness itself can cause increased nutritional needs. The most important nutrients you need include B vitamins (especially vitamin B₁₂); the antioxidant vitamins C and E; minerals, especially magnesium, zinc, and selenium; and amino acids.

If you have CFS and FMS, supplementing with a nutrient called ribose can make a huge difference in the amount of energy you have. Ribose is a special, five-carbon sugar that is made naturally in our bodies. But ribose is not like any other sugar.

Sugars we are all familiar with, such as table sugar (sucrose), corn sugar (glucose), milk sugar (lactose), honey (predominantly fructose), and others, are used by the body as fuel. These sugars are consumed and, with the help of the oxygen we breathe, are “burned” by the body for energy. When these sugars are consumed excessively, however, they become toxic, acting as energy loan sharks in the body.

Ribose, on the other hand, is special. It actually has a negative value on the glycemic index. When you consume ribose, your body recognizes that it is different from other sugars and preserves it for the vital work of actually making the special “energy molecules” (ATP, NADH, and FADH) that power your heart, muscles, brain, and every other tissue in your body. Ribose is also critical to the production of DNA and RNA that are the “control centers” in each cell of your body.

A study I published in 2006 in the *Journal of Alternative and Complementary Medicine* shows that patients experienced an average 44.7 percent increase in energy after supplementing with ribose for only three weeks, with improvement beginning at day 12. They also reported an average of 30 percent overall improvement in quality of life. Two-thirds of the study patients felt they had improved. A new 2010 study done at 53 different treatment centers showed an average 61.3 percent increase in energy in 203 CFS and fibromyalgia patients taking Ribose! Check off treatment #12 in appendix A.

Dr. T's Free Computerized Program for Treating CFS/FMS

Determining which treatments a patient needs and teaching him or her how to use them can be difficult and time-consuming, even for doctors who are skilled in treating these syndromes. A new patient visit in my office usually takes at least four hours of my one-on-one time. Therefore, I've created a program that is like a computerized CFS/fibromyalgia specialist.

Visit my website, www.vitality101.com, and click on the "Symptom Analysis" link for detailed instructions on treatments for

each of these problems. The program can analyze your symptoms and, if you have them available, even your lab tests, to tailor a comprehensive individualized treatment protocol tailored to your case using both natural and prescription therapies. It will also tell you which specific problems are causing your CFS/FMS. Do the free short form program. The long form is only needed if you want to create a complete medical record of your case for your physician.

R_x YOUR WELLNESS PRESCRIPTION

WALK TOWARD MORE ENERGY:

1. ☒ Start a walking program, for as many minutes a day as feels good.
 2. ☐ After ten weeks on the SHINE protocol, increase your walking by up to one minute a day, as you are able.
 3. ☐ When you are walking one hour a day, you can begin to increase the intensity of your workout by adding other activities.
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Walk Your Way to Wellness

Start out by walking as able, so that you feel “good tired” afterward and better the next day. Do not push beyond what is comfortable. Otherwise, you’re likely to crash and find yourself bed bound the next day. When you reach the maximal comfortable level, stay at that level until you are ten to twelve weeks into the SHINE Protocol treatment. After ten weeks on the program, your energy production will increase. Then you’ll be able to increase your walking time by up to one minute each day, as you feel able.

When you get up to one hour a day, you can increase the intensity of your workout.

Add other physical activities, such as

swimming, biking, yoga, and low-impact aerobics, as long as you feel good after doing it.

IF YOU STILL HAVE FIBROMYALGIA PAIN

Your fibromyalgia pain usually will decrease, and often go away, when you follow the SHINE Protocol. But if pain continues to be an issue, avoid medications in the aspirin family (including ibuprofen). They are not very effective for most patients with fibromyalgia and myofascial pain. In addition, the regular use of Tylenol (acetaminophen) can markedly deplete a critical antioxidant (glutathione) in your body.

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CHAPTER 12

Depression

Mood-enhancing supplements that get you off the sugar-high to sugar-low roller coaster

Eating sugar can give you the sugar blues. That's because the initial sugar high you get from consuming cookies, candy, soft drinks, etc., quickly wears off and leads to a sugar low that can put you in a downward spiral.

Depression is more than just feeling down or a little blue every now and then. It's a powerful force that can wreak havoc in all aspects of your life, cutting you off from the people you love and sapping the joy from your life.

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R_X YOUR WELLNESS PRESCRIPTION

TREAT DEPRESSION WITH NATURAL REMEDIES:

1. ☒ Take 500+ mcg of vitamins B₁₂ and 400 to 800 mcg of folate daily.
2. ☐ Take 50 mg each of vitamin B₂ (riboflavin), B₆ (pyridoxine), and B₃ (niacin) daily. (These can all be found in many "50-mg B-complex" products in a single capsule.)
3. ☐ Take 200 to 500 mg of magnesium a day.
4. ☐ Take 500 to 1,000 mg of tyrosine a day.
5. ☐ Take 200 to 300 mg of 5-HTP a day.
6. ☐ Take 300 to 600 mg of St. John's wort three times a day.
7. ☐ Take 30 mg of magnolia extract three times a day.
8. ☐ Take ½ to 1 tablespoon of fish oil a day, or two or three softgels three times a day, or eat 6+ ounces (170 g) of salmon or tuna at least four times a week for three to nine months until the depression clears, and then as needed. Check off treatment #16 in appendix A.
9. ☐ Use bio-identical hormones to optimize thyroid and testosterone hormone levels.
10. ☐ Take prescription medications if needed.
11. ☐ Change your attitude—learn to express your feelings and then let go of them.

Give both natural and prescription antidepressants six weeks to work, because it takes this long to fully see their effects. Be aware that suddenly stopping prescription antidepressants can result in severe withdrawal reactions (just like stopping narcotics).

Approximately a third of patients suffering with depression have been found to be deficient in folic acid, and this by itself can cause depression, as can B₁₂ deficiency. Taking folic acid and B₁₂ gives your body the building blocks it needs to make you happier.

5-HTP and tyrosine: The same “happiness molecules” raised by prescription antidepressants can be raised naturally—without the side effects. Serotonin is made from 5-HTP. Dopamine and norepinephrine are made from tyrosine. Numerous double-blind studies, including several reported in 1977 in the journal *Archiv für Psychiatrie und Nervenkrankheiten* have shown 5-HTP to be as effective as prescription antidepressants without the adverse side effects. The same goes for tyrosine. Taking tyrosine along with 5-HTP may result in long-lasting improvement. I recommend avoiding doses higher than 200 to 250 mg of 5-HTP if you’re on prescription antidepressants to avoid raising serotonin too high. Stop the 5-HTP and discuss with your holistic physician if you get anxiety, racing heart, or fever when combining 5-HTP with prescription antidepressants (or from the antidepressants alone—ask your doctor about serotonergic syndrome).

Riboflavin and niacin: Riboflavin (vitamin B₂) and niacin (vitamin B₃) are key components of the “energy molecules” NADH and FADH, which makes them important players in energy production. If you feel depressed, you may have a niacin and/or riboflavin deficiency.

Vitamin B₆: Depression can also be a result of low vitamin B₆ levels. Vitamin B₆ is critical in the production of serotonin, dopamine, and norepinephrine. A deficiency of B₆ is an especially significant problem in women who take birth control pills or estrogen, both of which can deplete your body’s vitamin B₆.

Magnesium: Magnesium deficiency can also contribute to depression, as well as fatigue, pain, and increased risk of heart attack. This mineral is essential for more than 300 different reactions in your body.

St. John's wort: Chances are you've heard of St. John's wort. A 2008 review in the highly respected *Cochrane Database of Systematic Reviews* looked at twenty-nine studies involving 5,489 patients with depression and compared treatment with extracts of St. John's wort for four to twelve weeks with placebo treatment or standard antidepressants. The studies mostly included patients suffering from mild to moderately severe symptoms. Overall, the St. John's wort extracts were more effective than a placebo, and as or more effective than standard antidepressants.

Magnolia: Practitioners of Chinese medicine have long relied on magnolia bark to treat depression. Magnolia extract is rich in two phytochemicals: honokiol, which eases anxiety, and magnolol, which acts as an antidepressant. It is a nonaddictive, nonsedating antidepressant. For a combination product that contains all of these nutrients and herbals, check off #17 in appendix A.

Use Caution Combining Remedies

If you are combining St. John's wort with prescription antidepressants, it is best to use lower doses (300 mg three times a day) under the guidance of a holistic health practitioner. The combination of these two remedies can drive serotonin levels too high, resulting in serotonergic syndrome. This can lead to anxiety, rapid pulse, and even fever. In rare instances

it can be life threatening. The same problem can occur with 5-HTP. If symptoms occur while you are on antidepressants, stop taking St. John's wort and 5-HTP and let your holistic physician know. Also consult your physician immediately about lowering the medication dose. Don't stop the medication suddenly, because it could result in severe withdrawal symptoms.

Prescription antidepressants: If your depression is severe, or when natural therapies are not effective, prescription antidepressants such as Prozac, Paxil, and Wellbutrin can help by raising levels of the neurotransmitters serotonin, dopamine, and norepinephrine in your body. Unfortunately, these medications can sometimes be toxic and produce unwanted side effects. It's best to discuss with your doctor what is right for you.

THE LINK BETWEEN DEPRESSION AND ANGER

From a psychological perspective, depression usually represents anger that has been repressed or turned inward. If you're depressed, choosing to allow yourself to be angry can be healthy. You can tell when the anger is healthy because it will feel good. Remember, though, that you are choosing to be angry, what you are angry about is nobody else's fault, and violence is not a healthy or acceptable expression of anger.

You may feel better after you allow yourself to express and release your anger, and your depression may decrease. Sometimes, a session with a therapist can be a safe place to do this. If you have persistent depression that does not respond to treatment, see a professional.

Change Your Attitude to Ease Depression

1. Feel all of your feelings without the need to understand or justify them. When they no longer feel good, let go of them.
2. Make life a "no-fault" system. This means *no blame, no fault, no guilt, no judgment, and no expectations* toward yourself or anyone else. If you find yourself judging somebody, simply stop yourself as soon as you notice it. And no judging yourself for judging others.
3. Learn to keep your attention focused on what feels good. We sometimes are given the misconception that paying attention to our problems is more realistic. Not so. Life is like a massive buffet with thousands of options.

You can choose where you want to put your attention—so put it on things that feel good. If a problem truly requires your attention, it will feel good to focus on it and handle it. Otherwise, it's like filling your plate at that buffet with only things you don't like.

4. Look on the bright side. According to the *Mayo Clinic Health Letter* in 2009, cultivating a positive outlook can improve health and decrease the risk of depression. You're also likely to live longer. Their data comes from research conducted in the Women's Health Initiative, a study of almost 100,000 women aged fifty and older.

A good way to get into the habit of seeing the glass half-full instead of half-empty is to keep a gratitude list. Every morning write down five things you are grateful for. When you find yourself going to the dark side during the day, remind yourself of these five things and you'll feel more optimistic.

SUMMARY: AN ACTION PLAN FOR TREATING DEPRESSION

1. Treat your depression naturally with B vitamins, magnesium, tyrosine, 5-HTP, St. John's wort, magnolia extract, and fish oil.
2. Use bio-identical hormones as needed.
3. If your depression is severe, see a health practitioner for a prescription medication.
4. Change your attitude. Learn to express your anger in a healthy way, and then focus on the positive.
5. Mark off treatments #1, #16, and #17 in appendix A.

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A study published in the *Archives of Internal Medicine* in 2008 provides a good example of sugar's toxicity. Researchers studied 43,960 African American women and found that the incidence of type 2 diabetes was higher in women who had a greater intake of both sugar-sweetened soft drinks and fruit drinks. Drinking at least two soft drinks per day was associated with a 24 percent increased risk of type 2 diabetes, and consumption of at least two fruit drinks per day was associated with a 31 percent increase. Epidemiologic studies show that diabetes is almost unheard of in black populations in Africa—until a Western diet high in sugar and low in fiber is introduced. Then diabetes rates skyrocket. The same problem was seen in Native American populations in the United States.

Ideally, your body makes insulin to carry sugar from the blood into your cells, where it can be burned as fuel. But in type 1 diabetes, the cells that manufacture insulin have been destroyed, so you just don't have the cells you need to make insulin so that you can process sugar.

In type 2 diabetes (the condition we discuss here as it relates to sugar addiction), your body gets overwhelmed by the demands of processing excess sugar. Eating sugar can also make you overweight, a key risk factor for type 2 diabetes. When you are a type 2 diabetic, you manufacture plenty of insulin, but it just doesn't work. This is what's known as "insulin resistance." Unfortunately, a high insulin level makes you continue to pack on pounds of body fat, which then worsens the insulin resistance.

If you are a type 1 (childhood) diabetic it's important to follow the recommendations of your doctor. Several natural remedies can help as well. We'll note those as we go along. But in this section our main focus is type 2 (adult-onset) diabetes and metabolic syndrome. Metabolic syndrome means you have insulin resistance along with high blood pressure, weight gain, elevated cholesterol, and often diabetes, which increases your risk of heart attack if not treated.

Do you have metabolic syndrome? You must have three of these five risk factors:

1. A large waistline
2. High blood pressure
3. High triglycerides
4. Low levels of “good” HDL cholesterol
5. Diabetes/high blood sugar (associated with insulin resistance)

In men, metabolic syndrome is often caused by testosterone deficiency (a testosterone blood level under 450 should be treated). Testosterone plays an important role in glucose metabolism, and for this reason low testosterone can be a major factor in the development of diabetes and metabolic syndrome. In addition, large epidemiologic studies have shown a strong association between type 2 diabetes and low testosterone levels. For example, in the Third National Health and Nutrition Examination Survey (NHANES III), which more than 1,400 men, the men whose free testosterone levels were in the lowest third of the population were four times more likely to have diabetes than men in the highest third.

Interestingly, in addition to low testosterone causing diabetes in men, the converse is true. Diabetes can probably lower testosterone as well. A 2008 study published in *Diabetes Care* found that about a third of men between the ages of eighteen and thirty-five who have type 2 diabetes also have low testosterone (because the hypothalamic/pituitary hormonal control center in the brain is not stimulating the testes).

The potential implications for men, in terms of their sexual and reproductive function during prime reproductive years, are “profound,” note Dr. Paresh Dandona and colleagues from the State University of New York at Buffalo.

Fortunately, a low testosterone level can usually be treated using safe, bio-identical, natural testosterone. (You can learn more about bio-identical testosterone hormone treatment in chapter 9).

In addition, if you have metabolic syndrome and high hostility levels, you have a fourfold risk of having a heart attack compared to people without these cardiovascular risk factors, according to a study by researchers at Brown University, published in the July 2005 issue of the *American Journal of Cardiology*.

On the plus side, research published in the medical journal *Andrologia* in 2008 showed that testosterone therapy can improve metabolic syndrome in men, decreasing the risk of diabetes and heart disease. You can find out more about heart disease later in this section.

In women, paradoxically, an elevated testosterone level can cause diabetes. This is seen in women who have polycystic ovarian syndrome (PCOS) and have high testosterone levels and insulin resistance. The information in this book can help PCOS as well, including avoiding sugar, optimizing the correct types of estrogen, and treating adrenal exhaustion (see chapter 7).

TREATING TYPE 2 DIABETES

The first step in the treatment of type 2 diabetes is eliminating sugar from your diet. But more is needed to control this illness and its complications. Following this wellness prescription will help restore your body's own insulin sensitivity, and often will make type 2 diabetes go away. In addition, it will often help prevent and reverse many of the complications of diabetes.

Lose Weight to Decrease Insulin Resistance

To treat type 2 diabetes (or prevent it), it's important to lose weight if you are overweight. Exercising enough to maintain a healthy body weight decreases insulin resistance and is often enough to make the diabetes go away. A study published in the *American Journal of Cardiology* in 2007 shows the benefits of walking thirty minutes a day six days a week. Researchers found that just taking this action is enough to lose weight and cut the risk of metabolic syndrome (a key cause of heart attack and stroke) by 25 percent—without changing your diet.

Before participants in the STRRIDE study (Studies of a Targeted Risk Reduction Intervention through Defined Exercise) exercised regularly, 41 percent of the study subjects (171 middle-aged, overweight men and women) met the criteria for metabolic syndrome. At the end of the eight-month exercise program, only 27 percent did.

Another benefit of walking? By walking outdoors, you'll increase your sun exposure, which enables your body to manufacture vitamin D. This decreases the risk of diabetes, hypertension, and cancer (vitamin D deficiency is responsible for more than 85,000 cancer deaths a year in the United States).

Research published in the *American Journal of Clinical Nutrition* in 2004 showed that people with low levels of vitamin D had almost three times the risk of metabolic syndrome. Vitamin D levels also tend to be low in diabetic children. A study published in *Hormone and Metabolic Research* in 2005 showed that vitamin D, when given early, may even help prevent diabetes. The research also shows that the risk for type 1 diabetes decreased 78 percent in subjects who took 2,000 IU a day of vitamin D.

The Role of Diet in Treating Diabetes

What you eat plays a key role in type 2 diabetes. In addition to avoiding excess sugar and white flour, you'll want to increase the amount of fiber you eat, along with fruits and vegetables that score low on the glycemic index. (You'll find a glycemic index chart of various foods in appendix B.)

A review of several studies (called a meta-analysis), which was published in the *Journal of the American College of Nutrition*, found that optimizing fiber, carbohydrate, and protein intakes resulted in lower blood sugar levels, as well as improvements in cholesterol and other blood fats. The study recommended that diabetics get 55 percent of their calories from complex carbohydrates and 12 to 16 percent from protein.

Oils should be predominantly liquid unsaturated fats, such as fish oils and olive oil. Dietary fiber should be 25 to 50 grams per day. Overall, instead of counting calories and trying to figure out what percent of your diet should

R_X YOUR WELLNESS PRESCRIPTION

FIGHT DIABETES WITH THESE RECOMMENDATIONS:

Recommendations 1, 2, and 3 below apply to both type 1 and type 2 diabetics. Recommendations 4 to 7 are only for type 2 adult diabetics.

1. ☒ Eliminate sugar intake, and lose weight if you are overweight.
 2. ☐ Optimize nutritional support.
 - a. ☐ Increase your fiber intake. Aim for 25 to 50 grams a day.
Eat fruits and vegetables that score low on the glycemic index (see appendix B).
 - b. ☐ Take vitamin C (500 mg) and vitamin E (100 IU) daily.
 - c. ☐ Take vitamins B₁₂ (500 mcg), B₆ (25 to 100 mg), and inositol (500 to 1,000 mg) daily.
 - d. ☐ Take 1,000 to 2,000 IU of vitamin D a day.
 - e. ☐ Take 200 mg of magnesium a day.
 3. ☐ Take special nutrients to prevent and treat diabetic nerve injury.
 - a. ☐ Take 1,000 to 2,000 mg of acetyl-L-carnitine a day.
 - b. ☐ Take 300 mg of alpha-lipoic acid twice a day.
 4. ☐ Take 200 mg of coenzyme Q10 daily, if you are on cholesterol-lowering medications.
 5. ☐ Eat salmon or tuna at least three or four times a week and/or supplement with a teaspoon of fish oil three or four times a week.
 6. ☐ For men with a blood testosterone level under 450, consider bio-identical testosterone hormone by prescription.
 7. ☐ Take the medication Metformin (along with vitamin B₁₂).
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Low Testosterone Can Cause Diabetes

Low testosterone in men can cause diabetes. Insulin resistance can be improved by optimizing testosterone levels using bio-identical hormones (see chapter 9).

Metformin: An Excellent Diabetic Medicine

Metformin may be the best diabetic medication to protect your heart. A major review of forty studies, published in the *Archives of Internal Medicine* in 2008, showed that Metformin reduced cardiovascular risk by 26 percent. Rosiglitazone (Avandia), another more expensive antidiabetic medication, actually showed a possible higher risk of heart disease.

Holistic doctors have used Metformin, an excellent, old, and inexpensive medication, for years to treat diabetes and insulin resistance. It can also help you lose weight when insulin resistance is present. Metformin can cause vitamin B₁₂ deficiency, so be sure to take vitamin B₁₂ with it.

SUMMARY: AN ACTION PLAN FOR TREATING DIABETES

1. Supplement with nutrients, including vitamin C, vitamin B₁₂, inositol, vitamin D, CoQ10, acetyl-L-carnitine, alpha-lipoic acid, magnesium, and fish oil.
2. Eat more fiber and fruits and vegetables with low glycemic index scores.
3. Consider bio-identical hormone treatment.
4. Check off #1, #16, #18, #19, and #21 in appendix A.

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The heart is the hardest working muscle in your body. With congestive heart failure, the heart muscle is weakening. With angina, there may not be heart muscle weakness until after a heart attack occurs. By increasing heart efficiency, you can decrease its work, and therefore the tendency to chest pain and abnormal heart rhythms as well.

TREATING AND PREVENTING HEART DISEASE

Obviously, cutting back on sugar is an important part of prevention (and preventing further damage). However, there are several very effective and promising natural treatments that can help decrease symptoms and improve the ability to function (e.g., walking, working, and generally living life) in people with heart disease. These natural remedies are safe and inexpensive and usually produce results in six weeks.

Boost Energy with the “Special” Sugar Ribose

Ribose is a five-carbon “special” sugar found in our bodies. Unlike table sugar, corn sugar, or milk sugar, which can be toxic when consumed, ribose is a building block for the energy molecules ATP, FADH, NADH, and acetyl-CoA, which are essential as the energy currency of the cell. ATP powers your heart, muscles, brain, and every other tissue in your body.

But when the heart doesn’t have enough energy, it doesn’t relax between beats. This means it can’t fill completely with blood. Because of this, the heart can’t function properly and pump enough blood to the body. When this happens, your tissues become oxygen starved. Ultimately, a heart attack can result, or you may experience symptoms of heart failure such as ankle swelling, or shortness of breath while exercising or lying flat.

Research shows that ribose has a profound effect on heart function in patients with heart disease. One study published in the *European Journal of Heart Failure* in 2003 showed that when patients with congestive heart failure

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the oxygen it contains) is able to circulate the way it is supposed to, and the heart functions far more efficiently—reducing chest pain and shortness of breath, and improving stamina. Check off #20 in appendix A.

Take Coenzyme Q10 to Improve Heart Function

This nutrient is critical for energy production and, in turn, for the heart. A review of more than a dozen studies published in both the *Annual of Pharmacotherapy* (2005) and the *Journal of Cardiac Failure* (2006) showed that coenzyme Q10 (CoQ10) increases heart function significantly in heart failure patients.

CoQ10 is especially important if you are on cholesterol-lowering medications, even if you don't have a heart problem, because these medications cause coenzyme Q10 deficiency. This can lead to or aggravate congestive heart failure, and your physician may have no idea that the cholesterol medicine might be contributing to the problem. Coenzyme Q10 levels are also sometimes lower if you use oral contraceptives or Premarin or Provera, which may in turn increase your risk of cardiovascular disease. Check off #21 in appendix A.

Take Magnesium to Strengthen Your Heart

Magnesium deficiency not only decreases your heart muscle's strength but also markedly decreases the tendency toward abnormal heart rhythms. Almost all Western diets are low in magnesium, because our food loses more than half of its magnesium through processing. If your magnesium supplement causes diarrhea, use a sustained-release form of magnesium (e.g., Jigsaw Health Sustained-Release Magnesium, which can be taken at bedtime as well to improve sleep). Check off #4 in appendix A.

If you have congestive heart failure, add a special form of magnesium called magnesium orotate. Take 6,000 mg a day for one month, then

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Take Fish Oil to Prevent Heart Disease

In 2008 the American Heart Association (AHA) endorsed the use of omega-3 fatty acids to help prevent heart disease, especially in people who have coronary artery disease (CAD). Fish oil may also decrease the risk of abnormal heart rhythms and sudden cardiac death.

A study published in the *International Journal of Cardiology* in 2008 showed that long-term fish consumption can even lower the risk of having another heart attack. When the study's participants—214 men and 79 women who had previously had heart attacks—consumed seven or more portions of fish a week, they had a much lower risk of having another heart attack in the next thirty days, and 83 percent reduced their risk of recurrent heart problems after hospitalization. It is also effective to take 1 teaspoon (5 ml) of fish oil three to seven times a week.

Many large studies, which looked at more than 300,000 people, confirm the beneficial aspects of omega-3 fatty acid intake. The group that supplemented with omega-3 fatty acids had a 19 to 45 percent reduction in heart attacks. Cholesterol-lowering medications only decrease heart attack deaths by 1.4 percent.

The 2007 large-scale clinical trial conducted by Dr. Yokoyama and colleagues, called the Japan EPA Lipid Intervention Study (JELIS), included more than 18,000 men and women. Almost 15,000 participants had no record of coronary artery disease (primary prevention). Results showed a 19 percent decrease in major coronary events (fatal plus nonfatal) for all subjects, a 19 percent decrease for secondary prevention subjects, and an 18 percent decrease for primary prevention subjects. This effect was still lower than some other studies because the Japanese population already eats a lot of fish.

The large, well-conducted secondary prevention trial, GISSI, included more than 10,000 men. It found a 15 percent decrease in all deaths plus nonfatal heart attacks and strokes, a 26 percent decrease in cardiovascular deaths plus nonfatal heart attacks and strokes, and a 45 percent decrease in sudden death among people taking 1,000 mg a day of fish oil concentrate.

The American Heart Association's recommendation is to eat two meals of oily fish per week (mackerel, herring, tuna, or salmon) to obtain the omega-3 fatty acids needed. Supplementation with a good-quality fish oil is another option if you don't like fish. Check off #23 in appendix A.

Hawthorn Extract Decreases Heart Failure Symptoms

A recent major medical review of fourteen placebo-controlled studies (see *Cochrane Database Systematic Reviews*, 2008) involving more than 1,000 patients found the herb hawthorn to be helpful in treating the symptoms of heart failure. In the review, hawthorn extract was shown to significantly decrease symptoms and improve exercise performance in patients with chronic heart failure—without significant unwanted side effects. Hawthorn extract strengthened heart muscle contraction, while increasing blood flow to the heart muscle. This makes it a good remedy for heart failure (which causes shortness of breath during exertion, swollen ankles, and shortness of breath while lying flat). The data suggest hawthorn extract may also be helpful for angina. Recommended dose: 400 mg three times a day.

Alpha-Linolenic Acid Helps Prevent a Second Heart Attack

Tofu and other forms of soybeans, and canola, walnut, flaxseed, and their oils all contain alpha-linolenic acid, which can become omega-3 fatty acids in the body. Their benefits to the heart are more modest than what fish oils provide, but a 2008 study published in the journal *Circulation* showed that people who'd already had a heart attack reduced their risk of another by consuming vegetable oils that contain alpha-linolenic acid. Study subjects whose consumption of these vegetable oils was in the highest 20 percent of the group had a 59 percent lower risk of heart attack than those whose consumption was in the lowest 20 percent. You can also take an alpha-linolenic acid supplement.

Supplement with Bio-identical Testosterone to Protect Your Heart

More and more studies are showing that low testosterone in men is associated with increased death at a younger age, especially from heart disease. A study published in the *Journal of Endocrinology and Metabolism* in 2008, which involved 794 men fifty to ninety-one years of age in the Rancho Bernardo area of California, showed that men with the lowest testosterone levels were more likely to die of heart disease than those with higher levels of testosterone. Treatment with bio-identical testosterone hormones can aid this deficiency and help prevent death from coronary disease (see chapter 9 for more information).

SUMMARY: AN ACTION PLAN FOR TREATING HEART DISEASE

1. Take ribose, coenzyme Q10, and acetyl-L-carnitine to strengthen your heart by boosting overall energy production. Allow six weeks to see the benefits.
2. Get good overall nutritional support in a vitamin powder containing 50 mg of B-complex, 150 to 200 mg of magnesium glycinate, 500 to 750 mg of vitamin C, 100 IU of vitamin E, 15 mg of zinc, 0.5 mg of copper, and other antioxidants. (See appendix A #1 for a recommended vitamin powder that combines all of these.)
3. Take fish oil—or eat at least 4 ounces (113 g) of fish (salmon, tuna, sardines, herring, or mackerel) three or four times a week—to protect your heart.
4. Take hawthorn extract and magnesium orotate, along with the nutrients above if you have heart failure. Allow six weeks for them to work.
5. Stay on the regimen for a total of three months to see the optimal effects of the regimen. Then you can lower the doses and cut back on the supplements as able.
6. Work with a holistic physician to optimize testosterone levels (in men) and thyroid levels (in women).
7. Check off #4 (as needed), #19, #20, #21, and #23 in appendix A. Add #22 plus hawthorn if heart failure persists.

CHAPTER 15

Hypothyroidism

Optimize thyroid function with natural hormone glandular supplements

If you have hypothyroidism, you may have become a sugar addict in an attempt to get energy that you don't have. Severe fatigue is a hallmark of hypothyroidism, often accompanied by achiness, brain fog, confusion, constipation, depression, weight gain, intolerance to cold, and dry skin. Untreated, hypothyroidism can even lead to elevated cholesterol, heart disease, miscarriages, and infertility. But it's the fatigue that will drive your sugar addiction and put you in a downward spiral, resulting in one of the four addiction types you've learned about in part I. Now that you're off sugar, it's time to look at one of the major underlying causes of fatigue.

Unfortunately, most people who need thyroid hormone will have normal blood tests, so your doctor may say you're fine when you're not. The good news is that simply treating with prescription desiccated (natural) thyroid hormones, or better yet a compounded T4/T3 prescription thyroid hormone, can dramatically improve how you feel.

If you do not get treatment for your hypothyroidism, the fatigue you experience will *not* go away, leaving you craving sugar in an attempt to get an energy boost. Not treating your low thyroid usually results in unnecessary major weight gains as well. This can then trigger the sleep apnea and fatigue discussed in chapter 1, which can drive sugar cravings.

THE THYROID GLAND'S JOB

The thyroid is a butterfly-shaped gland at the base of your neck. Think of it as the “master of your metabolism.” When it's working the way it should, you feel good and have the energy you need. When it isn't, you can feel miserable, without understanding why.

Hashimoto's thyroiditis is the most common cause of hypothyroidism. What this means in simplest terms is that antibodies (your body's own immune system) are attacking your thyroid, weakening it. This can be diagnosed by a blood test called an anti-TPO antibody. If test results show you have elevated levels of these antibodies, you probably have Hashimoto's thyroiditis.

The thyroid makes two primary hormones. Thyroxine (T4) is the storage form of thyroid hormone. The body uses it to make triiodothyronine (T3), the active form of thyroid hormone.

Most synthetic thyroid medications, such as Synthroid and Levothyroid, are pure T4. These synthetics are fine if your body has the ability to properly turn them into triiodothyronine (T3). But if you don't, a natural compounded thyroid hormone containing both T4 and T3—or supplementing the Synthroid (T4) with Cytomel (T3 thyroid hormone)—can help. More about this later.

TESTING FOR HYPOTHYROIDISM

Most doctors still rely on what is known as the TSH, or thyroid stimulating test, to determine whether you have hypothyroidism. TSH is the molecule made by your brain that is controlled by the hypothalamus/pituitary centers and tells your thyroid how much hormone to make. If TSH is high (i.e., your brain is saying to make more thyroid), a doctor will presume that your thyroid level is low. A high TSH equals low thyroid in medical care. Unfortunately, this test is unreliable and misses millions of folks who need to be treated.

Let's look at the problem with lab testing a bit further. The normal range for thyroid hormone levels is based on statistical norms (called two standard deviations). This means that out of every 100 people, those with the two highest and lowest scores are considered abnormal—everyone else is defined as normal.

In 2002, the American Academy of Clinical Endocrinologists (AACE), the nation's largest organization of thyroid specialists, recommended that doctors consider treatment for patients who have a TSH level ranging from 0.3 to 3.0 instead of 0.5 to 5.0. This recommendation was meant to help diagnose and treat the 13 million Americans with a TSH of 3.0 to 5.0 whose fatigue and weight gain have been ignored. Fortunately, more doctors are learning to treat the patient instead of relying only on the blood test.

Still, in many cases, doctors are not aware of the new optimal range in TSH testing and still use the old scale to determine whether a person is normal. Even the major labs doing thyroid testing have not bothered to change the normal ranges for both diagnosis and treatment of thyroid disorders. The 13 million undiagnosed and untreated hypothyroid Americans whose TSH blood tests fall between 3.0 and 5.0 could represent the tip of the iceberg for this problem. Millions of people's lives can be dramatically improved by simply getting a trial of thyroid hormone.

R_X YOUR WELLNESS PRESCRIPTION

TREAT YOUR THYROID FOR BETTER HEALTH OVERALL:

1. ✓ — Thyroid glandulars can be very helpful.
 2. — Take at least 200 mcg per day of iodine.
 3. — Take 150 to 200 mcg of selenium a day, but not more than 300 to 400 mcg a day.
 4. — Take 1,000+ mg of tyrosine a day.
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In two studies published in the *British Medical Journal*, patients who were thought to have hypothyroidism (an underactive thyroid) had their blood levels of thyroid hormone checked. The vast majority of these individuals had technically “normal” thyroid blood tests. In the next study, the patients with normal blood tests who had symptoms of an underactive thyroid (who might have been considered to have normal thyroids and not in need of treatment) were treated with thyroid hormone. Guess what? The large majority of patients, despite being considered to have “normal” thyroid tests, improved upon taking thyroid hormone (Synthroid), at an average dosage of 100 to 120 mcg a day.

THYROID TREATMENT

Besides relieving the symptoms of hypothyroidism, treatment with thyroid hormone can have other profound effects on your health. The Hunt Study followed 25,000 people with different thyroid levels to see what their risk was for dying from a heart attack over time. It showed that women with intermediate (1.5 to 2.4 mIU/L) or high (2.5 to 3.5) normal levels of TSH had a 41 percent and 69 percent increased risk of heart attack death respectively, compared with women who had TSH levels in the lower range of normal (0.5 to 1.4). Women whose thyroid levels were actually abnormally low (a high TSH over 3.5) had an even greater risk of heart attack.

Cardiovascular disease kills 2,800 Americans every day, and many more worldwide. But much of this is preventable using thyroid and other natural therapies. In many cases it's a better choice than taking toxic cholesterol-lowering medicines (called statins). These medicines only decrease heart attacks deaths (when used for prevention in those without known heart disease) by less than 2 percent. In addition, statins can cause not only muscle pain and heart failure but also the fatigue that drives sugar craving.

Prescription Treatments for Hypothyroidism

Most doctors prescribe T4 (Synthroid) to treat an underactive thyroid. T4, though, is fairly inactive until the body converts it into T3, or activated thyroid hormone. If the problem is only with the thyroid gland itself, prescribing Synthroid will work just fine. It may not be effective in treating other thyroid-related problems, though. Unfortunately, both clinical experience and research published in a 2004 study in the journal *Thyroid* suggest that most of those patients on Synthroid are unhappy with their treatment.

You may find that you do better by taking compounded thyroid hormone, which contains a mix of T4 and T3. Either way, you'll want to take your thyroid hormone on an empty stomach first thing in the morning, or take half in the morning and half in the afternoon (or at bedtime). Don't take it within several hours of taking iron or calcium supplements, or you won't absorb the thyroid hormone. Your physician should adjust the dose to what feels best, while keeping your free-T4 blood test in the normal range.

Find a holistic doctor who's familiar with this treatment and can guide you in when and how to use it.

Synthetic T4 (Synthroid) and pure T3 (Cytomel) are available at any pharmacy. A combination of the T4 and T3 hormones (or sustained-release T3), which works better for many patients, can be obtained from compounding

pharmacies. One of the best is ITC Pharmacy (www.itcpharmacy.com). See appendix D.

All prescription thyroid treatments must be prescribed and monitored by a physician. Holistic physicians are more likely to be familiar with and open to trying these treatment approaches. Unfortunately, many nonholistic doctors are trained to stop increasing the dosage of thyroid hormone once your thyroid tests are in the “normal” range, even if the dose is inadequate for you.

Do *not* let your doctor use the TSH test to monitor therapy once the TSH drops below 2.0—it is totally unreliable. Ask your doctor to only check the free-T4 level, and to allow you to adjust your thyroid dose according to what feels best for you, as long as the free-T4 test stays in the normal range for safety. When using Cytomel or T3 at doses over 25 mcg a day, thyroid blood testing becomes meaningless and should not be used. Treatment should then be adjusted based on symptoms, pulse, and other clinical findings.

Taking Thyroid Hormone Can Decrease the Risk of Miscarriage

In a study of 984 pregnant women published in the *Journal of Clinical Endocrinology and Metabolism*, those who got blood tests for thyroid inflammation (called an anti-TPO antibody) and took

thyroid hormone if the test was positive (despite the TSH being “normal”) decreased miscarriage rates by 75 percent. This could prevent more than 50,000 unnecessary miscarriages a year in the United States.

Natural Therapies for Hypothyroidism

For many people, natural nonprescription thyroid glandular supplements are very helpful. Thyroid glandular supplies the raw materials needed to optimize thyroid function. The herb blue flag root, which is a thyroid stimulant, can also be beneficial. For a combination product, check off #24 in appendix A. Glandular supplements can be especially helpful if you haven't found a good holistic practitioner yet.

It's also important to get the nutrients that are critical to thyroid function. Make sure you are getting iodine (at least 200 mcg a day), selenium (150 to 200 mcg a day, but not more than 300 to 400 mcg a day), and tyrosine (1,000+ mg a day). Iodine is essential for optimal thyroid function. My clinical experience has shown that many people whose fatigue is accompanied by a low body temperature improve when they take iodine. Take an iodine tablet containing 12.5 mg (12,500 mcg) a day for two to four months if you experience sugar cravings and fatigue, have a daytime body temperature below 98.3°F, or have breast tenderness or cysts. Higher doses may suppress thyroid function (with long-term use), so they are best used under a doctor's supervision. Check off #25 in appendix A.

Understanding the Risks of Thyroid Treatment

If you have significant risk of angina, do an exercise treadmill test done before undergoing thyroid treatment. Risk factors include smoking, high blood pressure, cholesterol levels over 260, being over forty-five years old, or having a family history of heart attacks under the age of sixty-five.

If you have blockages in the arteries that feed the heart and are on the verge of a heart attack, in rare instances taking thyroid hormone can trigger a heart attack or angina, just as exercise could. Thyroid treatment can trigger

heart palpitations as well. These are often benign, but if chest pain or increasing palpitations occur, stop the thyroid supplementation and call your doctor and/or go to the emergency room at once.

Perhaps you've heard that excess thyroid hormone can cause osteoporosis. There is no research we've seen that shows any increase in osteoporosis in premenopausal women, or even in postmenopausal women on estrogen, if you keep the T4 thyroid blood level in the normal range. If you need to keep the T4 above the upper limit of normal, consider having a DEXA (osteoporosis) scan every six to twenty-four months. If it shows loss of bone density, lower the thyroid dose. If this is not possible, consider the highly effective osteoporosis treatments we discuss at www.vitality101.com.

Hypothyroidism is discussed in more detail in the book *From Fatigued to Fantastic!* You can also find valuable information at Mary Shoman's website, www.thyroid-info.com. Shoman is a thyroid expert, a leading advocate for thyroid patients, the author of *The Thyroid Diet*, and simply wonderful.

SUMMARY: AN ACTION PLAN FOR TREATING HYPOTHYROIDISM

1. Use prescription natural thyroid hormone glandular to treat your hypothyroidism.
2. Alternatively, you can combine Synthroid with Cytomel, or get a compounded mix of T4 and T3 hormone (in about a 4:1 ratio) as needed.
2. Optimize thyroid hormone with thyroid glandular and key nutrients, including iodine, selenium, and tyrosine.
4. Check off #24 and #25 in appendix A.

CHAPTER 16

Irritable Bowel Syndrome/Spastic Colon

A comprehensive program to beat sugar-induced yeast overgrowth

If you have a spastic colon, also known as irritable bowel syndrome (IBS), you're familiar with the symptoms of gas, bloating, and diarrhea and/or constipation. It's also quite likely that you are a sugar addict.

When type 1 sugar addicts run out of energy, it affects the hypothalamus and, in turn, bowel function. The hypothalamus is a control center in the brain for your autonomic nervous system. In addition to regulating sweating and blood pressure, it also causes contractions in your digestive tract. This long muscular "food tube" carries your food from your mouth through your digestive system and then out of the body. Contractions in your digestive tract are called peristalsis or bowel motility. When things are working correctly, these contractions convulse in a rhythmic fashion, starting from the top and moving along to the end of the intestine, where food is eventually expelled.

But when the hypothalamus malfunctions because of sugar overload, peristalsis becomes disordered. Instead of slow and steady rhythmic contractions, the large intestine/colon often goes into random spasms, causing the symptoms of spastic colon. Some sugars, especially fructose, can directly trigger these spasms.

Normally, food that you eat should be digested and then come out in your stools within twelve to thirty-six hours. When bowel motility becomes dysfunctional, cramping can occur and normal amounts of gas can become painful. If the contractions are too fast and you get diarrhea, your bowels may not have optimal time to digest and absorb the nutrients from the food you eat. If the contractions are too slow and take longer than thirty-six hours to eliminate your food, constipation can result and your food may actually have time to become toxic.

These ongoing bowel contractions also push bacteria downstream into the large intestine, where they belong. If these contractions are faulty, infections can migrate upstream, where they can cause small intestinal bacterial overgrowth (SIBO). More on this later.

TREATING IBS/SPASTIC COLON

When treating IBS/spastic colon, the first step is to address yeast overgrowth. This process is covered in detail in chapter 8, which describes treatment for type 3 sugar addicts. Eliminating yeast overgrowth will often eliminate the problem of spastic colon. But if it persists, you can take other actions to get well, including treating other infections and changing your eating habits by using Doris Rapp's Elimination Diet, which is also covered in chapter 8.

Treat Candida and Other Infections

In type 3 sugar addicts, IBS is due predominantly to bowel infections, especially yeast/candida overgrowth resulting from excessive sugar consumption. This is especially true in people who have associated nasal congestion or chronic sinusitis.

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Even if you are lactose intolerant you can still drink some milk. But because you don't have the enzymes to digest more than a certain amount, it causes gas. This isn't a health problem, but it is a nuisance.

Try an Elimination Diet

If symptoms persist despite eliminating sugars and lactose for ten days, consider trying Doris Rapp's food elimination diet in chapter 8 to identify food allergies. If symptoms persist unchanged after seven to ten days on the elimination diet, food allergies are less likely to be a cause of your problem. If your symptoms decrease, then add different food groups back into your diet slowly to see which foods trigger bowel problems.

Indigestion

Sugar addiction can also wreak havoc on your digestive system, causing indigestion and acid reflux. Your first impulse is probably to reach for an antacid, but overuse of these medicines can lead to nutritional deficiencies. That's because your body needs a certain amount of stomach acid to break down foods and extract nutri-

ents. Have no fear—the natural remedies in the indigestion wellness prescription can really help you feel better fast!

For more information on treating indigestion naturally, see treatments #28–31 in appendix A and “Health A–Z” at www.Vitality101.com.

Enteric-Coated Peppermint

To help with the symptoms of IBS, such as pain, bloating, gas and diarrhea, it can help to take peppermint oil. But it's very important that you take enteric-coated peppermint tablets so the oil is released in the bowel where it can be beneficial, not the stomach. Research published in 2007 in *Digestive and Liver Disease*, the official medical journal of the Italian Society of Gastro-

R_X YOUR WELLNESS PRESCRIPTION

TREAT INDIGESTION:

1. ☒ Take two capsules of plant-based digestive enzymes with each meal (e.g.-Complete Gest). This will replace the enzymes that are removed during food processing.
 2. ☐ Drink warm liquids (not cold drinks) with meals, as your body's digestive enzymes don't work as well at cold temperatures.
 3. ☐ Take 380 mg of DGL licorice (not the sugar-free kind) for one to two months, and then as needed. Chew tablets 20 minutes before meals. Research shows that DGL licorice is as effective as Tagamet (cimetidine).
 4. ☐ Take two 500-1000 mg capsules of Mastic Gum twice a day for two months. This, along with the DGL licorice, will help to heal your stomach. If symptoms recur, repeat.
 5. ☐ Take limonene to treat an H. pylori infection. Your doctor can diagnose this condition with a simple test. A good brand of limonene is Heartburn Free from Enzymatic Therapy. Take one every other day for 20 days.
 6. ☐ Check off #28, #29, #30, and #31 in appendix A.
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that doesn't respond to the treatments above, consider getting tested for SIBO. SIBO may also contribute to food allergies and nutritional deficiencies.

To diagnose SIBO, ask your doctor to do a hydrogen breath test (HBT) to look for SIBO as well as lactose or fructose intolerance. (Each of these tests will need to be done on different days.) If you have SIBO, a special antibiotic called Rifaximin (400 mg three times a day for seven to ten days) can markedly improve spastic colon symptoms for months. This antibiotic is not absorbed into the body and stays in the gut, making it useful for bowel infections. Unfortunately, it is also expensive (\$300 for seven to ten days). An older but cheaper nonabsorbable antibiotic called Neomycin may work just as well. It can be made by compounding pharmacies or purchased by prescription from Costco (less than \$50 for a ten-day supply). Take 500 mg three times a day for seven to ten days.

The Relationship between Hypothyroidism and SIBO

It's also important to treat for an underactive thyroid (see "Hypothyroidism" in chapter 15), which is a main cause of SIBO. As we said before, slow bowel motility keeps your body from washing the bacteria downstream into the lower bowel, where they belong. Magnesium supplements, which pulls water into the bowels and thus speeds the elimination process, can also be helpful in treating SIBO but may worsen diarrhea.

Use Natural Remedies to Improve Digestion

Instead of using antacids, try natural remedies to improve your digestion. You need a healthy amount of stomach acid because the acid kills off most infections that try to set up shop in the gut. When you don't have enough stomach acid, bacteria are more likely to run wild, which can aggravate IBS/spastic colon. Antacids reduce the amount of stomach acid, thereby worsening the problem.

Instead of popping antacids long term, consider using remedies such as the herb licorice and/or mastic gum for one to two months to heal your stomach. In addition, digestive enzymes will help you digest your food properly.

SUMMARY: AN ACTION PLAN FOR TREATING IBS/SPASTIC COLON

1. Eliminate yeast/candida overgrowth, milk and fructose allergies, and parasites. For more information see chapter 8.
2. Use natural remedies such as enteric-coated peppermint to relieve the symptoms of IBS. Check off #26 in appendix A.
3. If you are constipated, increase your fiber and water intake.
4. For bloating, take Mylicon tablets. Check off #27 in appendix A.
5. Treat SIBO with Rifaximin and magnesium.
6. Optimize thyroid function.

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Magnesium: Intravenous magnesium given in a hospital emergency room (if you get an open-minded doctor) or a holistic physician's office can effectively eliminate an acute migraine.

A study conducted in 1995 by noted headache specialist Alexander Mauskop, MD, author of *What Your Doctor May Not Tell You about Migraines*, involved thirty patients with moderate or severe migraine attacks. Half received 1 gram of intravenous magnesium sulfate over fifteen minutes and the other half were given a placebo. Those in the placebo group who were not better after a half hour were then treated with magnesium. Immediately after treatment, at thirty minutes, and again at two hours, 86 percent of those in the

The High Cost of Migraines

Migraines affect as many as 28 million people in the United States. If you are a migraine sufferer, your headaches usually last more than twenty-four hours if left untreated. (You may wake up with a migraine headache, whereas tension headaches usually go away during sleep.) Nausea as well as light and sound sensitivity can be present, too. Migraines are sometimes preceded by an "aura," which may consist of

visual disturbances, such as flashing lights or blurred vision, but this doesn't happen to everyone.

Not only are migraines horribly painful for many people, but they are expensive as well. The average amount of work missed by people with migraines is 19.6 days a year, costing employers \$3,000 per year per employee. Migraine is also undertreated—31 percent of patients have never sought treatment.

R_X YOUR WELLNESS PRESCRIPTION

TREAT ACUTE MIGRAINES:

1. ✓ — Take 100 mg of butterbur every three hours to eliminate an acute migraine.
 2. — Take 1 to 2 grams of IV (intravenous) magnesium over a period of ten to fifteen minutes.
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magnesium group were pain-free. Symptoms such as nausea, light sensitivity, and irritability were gone. None of the patients had a recurrence of pain within twenty-four hours. This shows magnesium to be far more effective than narcotics for relieving migraine pain.

NATURAL REMEDIES FOR PREVENTING MIGRAINES

Natural remedies can also be effective in preventing migraines. They may take as much as six to twelve weeks to start working, however, so the other treatments

we discuss can be used while you're waiting for the natural preventives to take effect.

Magnesium: Magnesium is vital for an enormous number of functions in the body, including the relaxation of muscles and arteries. For this reason, taking magnesium in supplement form can also help prevent migraines. Research shows it's as effective as the medication Elavil. A study published in the medical journal *Magnesium Research* in 2008 showed that people who have migraine headaches who do not get a warning aura (e.g., flashing lights) had markedly fewer migraines when they took 600 mg a day of magnesium citrate for three months.

In a study published in the medical journal *Cephalgia* in 1996, patients were given either 600 mg of magnesium daily for twelve weeks or a placebo. There was a significant drop in migraine frequency in the magnesium group. A study published in the medical journal *Headache* in 1991 showed similar effects in women with menstrual-related migraines. Recommended daily dose:

R_X YOUR WELLNESS PRESCRIPTION

PREVENT MIGRAINES:

1. ☒ Take 150 to 200 mg of magnesium in the morning and again with dinner or at bedtime (take less if diarrhea is a problem).
 2. ☐ Take 400 mg of riboflavin (vitamin B₂) a day. After six weeks you may be able to lower the dose to 50 to 100 mg a day.
 3. ☐ Take 500 mcg of vitamin B₁₂ a day.
 4. ☐ Take 50 mg of butterbur three times a day for one month, and then 50 mg twice a day.
 5. ☐ Take 1 to 2 tablespoons of fish oil a day for six weeks. Then you can decrease to the lowest dose that maintains benefits (or simply switch to eating at least three or four servings of salmon or tuna a week).
 6. ☐ Take 1,500 to 2,000 mg of glucosamine a day.
 7. ☐ Take 200 mg of coenzyme Q10 a day.
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Take 150 to 200 mg of magnesium in the morning and again with dinner or at bedtime (use sustained-release magnesium if diarrhea is a problem).

Riboflavin (vitamin B₂): Riboflavin also helps prevent migraines. A study published in the medical journal *Cephalgia* in 1994 followed migraine patients who were given 400 mg of riboflavin with breakfast every day for at least three months. By the end of the study the patients had a 67 percent decrease in migraine attacks as well as a decrease in attack severity. This was later confirmed in a placebo-controlled study. Note that it can take six to twelve weeks for the riboflavin to start working. You may then be able to lower the dose to 100 mg a day.

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Coenzyme Q10: According to an open study published in the medical journal *Cephalgia* in 2002, coenzyme Q10 decreased the average number of migraine attacks per month from 4.8 to 2.8. Recommended daily dose: 200 mg a day. Check off #35 in appendix A.

I save fish oil, glucosamine, and coenzyme Q10 for patients whose migraines don't go away with the other treatments in this chapter. For those of you who are tired of migraines, it's okay to do all of the treatments together, and then start weaning from them after six to twelve weeks to see what you need to keep the migraines at bay.

THE ROLE OF FOOD ALLERGIES IN MIGRAINES

Food allergies, as we said earlier, can impact migraine frequency and severity. Most migraine patients get marked improvement by avoiding certain foods. But most people with migraines are not aware of which foods are triggering their headaches. Food sensitivities are an even bigger problem in children with migraines. To determine whether foods are playing a role in causing your headaches, it is helpful to follow Doris Rapp's elimination diet as outlined in chapter 8. This strict elimination diet will make it easier to tell whether food allergies/sensitivities are present, because your migraines will be triggered when you reintroduce certain foods into your diet.

Research published in the medical journal *Headache* in 1988 and 1989 showed that when people avoided the ten most common food triggers, they had a dramatic reduction in the number of headaches they experienced per month—85 percent became headache-free. The most common reactive foods were wheat in 78 percent of patients; oranges in 65 percent; eggs in 45 percent; tea and coffee in 40 percent each; chocolate and milk in 37 percent each; beef in 35 percent; and corn, cane sugar, and yeast in 33 percent each. Some studies also suggest that the artificial sweetener aspartame (Nutra-Sweet) can trigger migraines and other headaches, although this is controversial.

You may find that instead of avoiding foods that trigger your migraines for the rest of your life, you can eliminate the sensitivities/allergies using a powerfully effective acupressure technique called NAET (see www.NAET.com).

PRESCRIPTION AND OVER-THE-COUNTER MEDICATIONS FOR MIGRAINES

Medications in the Imitrex family still remain the first choice for many physicians when treating acute migraines. It's most effective if you do not yet have painful sensitivity around the eyes. If you use Imitrex in the first five to twenty minutes of your migraine before you get the tenderness/pain around the eyes, it will knock out the migraine 93 percent of the time. If the pain/tenderness around the eyes has already set in, Imitrex only eliminates migraine 13 percent of the time (although it still helps the throbbing). If you are one of the lucky ones who does not get pain around the eyes, then Imitrex can knock out your migraine at any time.

Acupuncture Can Relieve Headaches

Acupuncture is another option to consider if you have chronic migraines and/or tension headaches. In two studies conducted in New York City and London, acupuncture was found to be a cost-effective treatment. In a randomized controlled study published in the *British Medical Journal Online* in 2004, 401 patients with chronic headaches

(the majority having migraines) received up to twelve acupuncture treatments over a three-month period. A control group received standard care. Compared to those receiving standard treatments, the acupuncture patients had 22 fewer headache days per year, 15 percent fewer sick days, and 25 percent fewer visits to the doctor.

R_X YOUR WELLNESS PRESCRIPTION

TREAT TENSION HEADACHES:

1. ☒ Take willow bark extract that supplies 40 to 80 mg of salicin three times a day.
 2. ☐ Take 300 mg of boswellia three times day. (Willow and boswellia can be found in appendix A #37.)
 3. ☐ The sleep herbs discussed in chapter 6 can be very helpful for muscle pain as well.
 4. ☐ Take two capsules of Midrin (by prescription) at the onset of the headache followed by one capsule every hour until the headache is relieved (to a maximum of five capsules within a twelve-hour period).
 5. ☐ Acetaminophen, caffeine, and aspirin (Excedrin Extra Strength) can also be helpful.
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Imitrex can be a good choice, but aspirin, Tylenol, and caffeine in combination can also knock out a migraine for some people. You can find this in Excedrin Migraine or Excedrin Extra Strength. Take one or two tablets per dose, using a maximum of four to six tablets throughout the day if the caffeine doesn't make you too hyper. The dose recommendations on the bottle are fairly low.

Midrin, which is a prescription combination of three medications, can also be effective. Take two capsules at the onset of the headache followed by one capsule every hour until the headache is relieved (to a maximum of five capsules within a twelve-hour period).

Other prescription medications used preventively can reduce the number of headache days per month by an average of 50 percent. These include Neurontin, beta-blockers (Inderal—avoid this if you have asthma or fatigue), calcium channel blockers, Depakote, Topamax, Elavil, and doxepin. Using the natural remedies above, you likely will never need these medications for prevention.

HELP FOR TENSION HEADACHES

Tension headaches account for about three-quarters of all headaches. The result of muscle tightness, they tend to start and fade away gradually. When coming from the neck muscles, they cause moderate pain on both sides of, and across, the forehead. Occasionally, tension headaches from the muscles at the base of the skull are felt on the back and top of the head, or behind the eyes.

To treat an acute headache, herbal remedies such as willow bark and boswellia can be very helpful, especially when combined with natural muscle relaxants such as valerian and Jamaican dogwood. And there are, of course, the old standbys Excedrin Extra Strength, Tylenol, and Motrin. Prescription medications that can be quite helpful include Midrin and Ultram. Chiropractic adjustments and bodywork can ease tension, too, and are useful in many cases.

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CHAPTER 18

Obesity

Supplements that heal a sugar-ravaged metabolic system

You know that indulging your sweet tooth can cause you to pack on unwanted pounds, but you may not know exactly why. It's due to several factors. First of all, excess sugar, especially fructose (found in sodas and fruit drinks), can cause insulin resistance. This means that your body has to make more insulin to handle the sugar you eat. Unfortunately, insulin turns sugar and other calories directly into fat.

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Address Nutritional Deficiencies to Boost Metabolism

When you are deficient in vitamins or minerals, your body will crave more food than you need trying to get those nutrients, and your metabolism will be sluggish. This food craving can be caused by many different nutritional deficiencies, so it's most effective to provide overall nutritional support. A good way to get the nutrients you need is to take a good vitamin powder. You'll find information about a good brand in appendix A #1.

Stop Yeast Overgrowth to Facilitate Weight Loss

Fungal (also known as candida or yeast) overgrowth, as discussed in chapters 3 and 8, contributes significantly to both sugar cravings and weight gain. Although we do not know the mechanism for this, the excess weight often drops off once the overgrowth is treated and eliminated. The main causes of fungal overgrowth are excess sugar intake and antibiotic use.

Common problems caused by yeast overgrowth include chronic sinusitis and/or spastic colon (gas, bloating, diarrhea and/or constipation). If you have either of these, you probably have fungal overgrowth. Treating it will help you lose weight—find out how in chapter 8.

Treat Insulin Resistance to Regulate Blood Sugar

Insulin is the hormone your body uses to regulate blood sugar. It's the key that opens the door so sugar can go from your blood into your cells, where it is burned for fuel. This results in increased energy. It also lets you burn more calories so that you have a higher metabolism and lose weight.

Unfortunately, many factors in modern life cause what is called insulin resistance. When you become insulin resistant, it takes a very high level of insulin to get the sugar out of your blood and into the furnaces in your cells. Excess sugar intake (especially of fructose found in sodas and fruit drinks) is a major cause of insulin resistance. High insulin levels caused by insulin

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Take Acetyl-L-Carnitine to Lose Fat

Another major cause of weight gain is carnitine deficiency. When you don't have enough carnitine, it also forces your body to turn calories into fat and makes it almost impossible to lose fat. Simply taking carnitine does not adequately help, however, because it does not get into cells optimally. Instead, take 1,000 mg of acetyl-L-carnitine (which does get into the cells more effectively) daily for four months, to boost energy and allow weight loss.

Exercise to Lose Weight

As we've said, eating 3,500 calories equals 1 pound (0.5 kg) of body weight, so an extra 500 calories a day can cause you to put on 50 pounds (22.6 kg) a year. The good side of that equation is that burning an extra 500 calories a day can burn off 50 pounds (22.6 kg) a year.

Walking is a good way to begin. Your weight times distance determines how many calories you burn walking. It is best to increase the distance before working on speed. A simple rule of thumb is that if you weigh 180 pounds (81.6 kg) you will burn around 100 calories per mile (1.6 km). Walking an hour a day (approximately 3 miles [4.8 km]) can easily make you 25 pounds (11.3 kg) lighter each year until you hit your optimal weight. Then it will keep you trim while allowing you to enjoy your food. Also, food you eat at night when you are not active puts on a lot more weight than food eaten during daylight hours.

Get Mind-Body-Spirit Support to Encourage Weight Loss

If you eat for emotional reasons instead of eating to meet your nutritional needs—in addition to addressing the reasons (above) that have prevented you from losing weight—you may need to look beyond your physical body for answers. That's because emotional eaters, compulsive overeaters, and food addicts eat (specifically sugar and white flour, in many cases) as a way to soothe unpleasant emotions such as anger, anxiety, depression, sadness, boredom, and restlessness. Using food in this way can lead to weight gain.

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CHAPTER 19

Sinusitis

Stop yeast overgrowth and breathe easier

Chronic sinusitis is very common in sugar addicts, especially type 3 sugar addicts who have an underlying yeast/fungal infection (discussed in chapters 3 and 8). Eating sugar to excess causes the overgrowth of yeast. In turn, the yeast triggers an inflammatory reaction in the nose and sinuses. This causes swelling, blocking the drainage from these areas. Whenever drainage in the body is blocked (e.g., when gallstones cause a gallbladder attack), a secondary bacterial infection will occur. Usually sinusitis is treated with antibiotics, but this just makes the yeast overgrowth worse and causes the sinusitis to become chronic.

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R_X YOUR WELLNESS PRESCRIPTION

TREAT SINUSITIS:

1. ☒ Use one or two sprays of the Sinusitis Nose Spray in each nostril twice a day.
 2. ☐ Use five to ten sprays of the colloidal Silver Nose Spray in each nostril three times a day for seven to ten days, until the sinusitis resolves, and then two sprays in each nostril twice a day until the bottle is used up.
 3. ☐ Use nasal rinses to wash out the infection.
 4. ☐ Take 200 mg of the prescription antifungal Diflucan daily for six to twelve weeks for any yeast infection.
 5. ☐ See chapter 8 for more about treating yeast/fungal overgrowth.
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Squirt five to ten sprays of the Silver Nose Spray in each nostril three times a day for seven to ten days, until the sinusitis resolves. Then squirt two sprays in each nostril twice a day until the bottle is used up, to help suppress the underlying infection even further. Silver also works well in combination with the prescription Sinusitis Nose Spray. Check off #38 and #40 in appendix A.

Use Nasal Rinses to Clean Out Infection

If you have a sinus infection, nasal rinses can bring you relief. Dissolve ½ teaspoon (2.5 g) of salt in 1 cup (240 ml) of lukewarm water. Add a pinch of baking soda to make the solution gentler if it is irritating your nasal passages. You can even use plain lukewarm tap water without salt if you want to keep it simple. Inhale (snort) some of the solution about 1 to 3 inches (2.5 to 7.6 cm)

up into your nose, one nostril at a time. You can use a baby nose bulb or an eyedropper while lying down, or sniff the solution out of the palm of your hand while leaning over a sink. You can also use a neti pot to rinse your sinuses. You'll find premixed sinus rinses at health food stores or online, with directions for use. When you've finished inhaling the solution, gently blow your nose, being careful not to hurt your ears.

Repeat the same process with the other nostril. Continue doing this, one nostril at a time, until your nose is clear. Rinse your nasal passages at least twice a day until the infection improves. Each time you rinse, it will wash away about 90 percent of the infection and make it much easier for your body to heal.

Do not use standard over-the-counter decongestant nasal sprays like Afrin for more than two or three days because they can cause nasal congestion and chronic sinusitis when used long term. The approach described here will often clear up your chronic sinusitis within six to twelve weeks. If you have a sore throat, gargling with saltwater, mixed as described above for the nasal rinse, will help.

SUMMARY: AN ACTION PLAN FOR TREATING SINUSITIS

1. Use Sinusitis and Silver Nose Sprays to treat the yeast overgrowth in your nose that is fueling your sinusitis.
2. Use Diflucan to treat your yeast overgrowth (see chapter 8).
3. Use nasal rinses.
5. If you have persistent chronic sinusitis despite treatment, read the book *Sinus Survival* by Robert S. Ivker. See www.sinussurvival.com for many helpful treatment tools.
6. Check #39 and #40 in appendix A.

Appendices

Appendix A: Treatment Plans Simplified

In this appendix you'll find information about many combination products that can simplify your treatment plan, along with specific brands we recommend. Unless noted, the natural supplements suggested can be found in most health food stores, at www.vitality101.com (or by calling 800-333-5287), or at most online natural pharmacies. I consider Enzymatic Therapy (sold in health food stores) and Integrative Therapeutics (sold to health care practitioners) to be two of the best brands. In appendix D you'll find the addresses, phone numbers, and websites for the companies who make and/or distribute the products recommended here. You'll also find information about compounding pharmacies, finding the best water filter and more.

When taking the supplements that are right for your individual condition and/or sugar addiction type, I usually suggest the following:

1. Begin to slowly taper off most treatments when you have felt well for six months. I recommend the vitamin powder (#1, on the following page) for long-term use to maintain optimal nutritional support.
2. Stop supplements one at a time, so you can see whether you still need them.
3. If need be, any or all of these can be used forever, although this is usually not necessary.

I encourage people who recommend either prescription or natural products to provide financial disclosure of financial ties they may have to the makers of the products they recommend. A word about Fatigued to Fantastic products: I direct any company making my formulas to donate to charity all of the money that I would have received. I also never accept money from any natural or pharmaceutical product companies. I do make money from products sold on my website (www.vitality101.com).

Use this section to develop your treatment program by marking off the relevant numbers as you read.

OPTIMAL OVERALL NUTRITIONAL SUPPORT FOR ALL SUGAR ADDICTS

1. ____ **Energy Revitalization System multivitamin powder (Berry or Citrus Flavor by Enzymatic Therapy or Integrative Therapeutics):** Take one-half to one scoop a day (as feels best) blended with milk, water, or yogurt. If loose stools occurs, mix the powder with milk and/or start with a lower dose and work your way up to the dose that feels best; or, divide the daily dose into smaller doses and take two or three times a day. It's available at www.vitality101.com and most health food stores.

Supplements for Type 1 Sugar Addiction

TO INCREASE ENERGY

2. ____ **Ribose (Corvalen by Bioenergy):** Take one 5-gram scoop of powder three times a day for three weeks, then twice a day. If this is too energizing, take it with food, or lower the dose. Effects are usually seen within two to three weeks for energy and six weeks for heart disease. You can find it at your health food store or at www.vitality101.com.

To Treat Insomnia

3. ____ **Revitalizing Sleep Formula (from Enzymatic Therapy or Integrative Therapeutics):** This formula contains 200 mg of valerian, 90 mg of passionflower, 50 mg of L-theanine, 30 mg of hops, 12 mg of piscidia (Jamaican dogwood), and 28 mg of wild lettuce. Take two to four capsules each night up to sixty minutes before bedtime. It can also be used during the day for anxiety. If valerian energizes you (occurs in 5 to 10 percent of people), use the other components. Do not take more than eight capsules a day.

Magnesium and More

4. ____ **Sustained-Release Magnesium (by Jigsaw Health):** If taking magnesium causes diarrhea, use this form (it contains 125 mg per tablet, plus other helpful nutrients). You can find it at www.vitality101.com or www.jigsawhealth.com.

Supplements for Type 2 Sugar Addiction

For Adrenal Support

5. ____ **Adrenal Stress End (from Enzymatic Therapy or Integrative Therapeutics):** This combination product contains important nutrients for adrenal health. Take one or two capsules each morning (or one or two in the morning and another at noon). Lower the dosage or take with food if it upsets your stomach (which is unusual).

Supplements for Type 3 Sugar Addiction

To Promote Healthy Gut Flora

6. ____ **Anti-Yeast (by NutriElements):** This excellent combination of natural products aids in fighting yeast (candida) overgrowth; it also provides important protection for the liver during yeast treatment with Diflucan. Take two capsules two or three times daily, before meals. Available at www.vitality101.com.
7. ____ **Acidophilus Milk Bacteria, Acidophilus Pearls, or Probiotic Pearls (from Enzymatic Therapy or Integrative Therapeutics):** Take two twice a day for five months, then consider taking one a day to help maintain healthy bowels. The Enzymatic Therapy and the Integrative Therapeutics acidophilus and probiotic pearls actually contain about 2.8 billion units per pearl, even though the box says only 1 billion. I use only probiotics made in protective “pearls”; otherwise, your stomach acid will kill 99.9 percent of the bacteria, making them useless for fighting yeast.

Supplements for Type 4 Sugar Addiction

For Nutritional Support

8. ____ **Evening Primrose Oil (a brand using the “Efamol” form) or borage oil (less expensive):** Take 3000 mg a day for 3 months, and then just the week before your period. Available at most health food stores. Also aim to eat salmon or tuna at least three times per week. You can also supplement with fish oil (Eskimo 3 Fish Oil from Enzymatic Therapy or Arctic Omega from Nordic Naturals).

To Treat Hot Flashes

9. ____ **Black Cohosh (Remifemin by Enzymatic Therapy):** Take two tablets twice a day for two months, then you can lower the dose to one tablet twice a day. Note: This treatment can take six weeks to work.

SUPPLEMENTS FOR SPECIFIC CONDITIONS COMMON IN SUGAR ADDICTION

Anxiety

10. ____ **Calming Balance (by Health Freedom Nutrition):** Start with three capsules, three times a day. After maximum benefit has been achieved (usually in one to six weeks, though it begins to work within thirty minutes or less), decrease to the minimum dose that provides the same benefit (e.g., two capsules twice a day).

Chronic Fatigue/Fibromyalgia

11. ____ **Energy Revitalization System multivitamin powder (Berry or Citrus by Enzymatic Therapy or Integrative Therapeutics):** See #1.
12. ____ **Ribose (Corvalen by Bioenergy):** See #2.
13. ____ **Revitalizing Sleep Formula (from Enzymatic Therapy or Integrative Therapeutics):** See #3.
14. ____ **Sustained-Release Magnesium (by Jigsaw Health):** See #4.
15. ____ **Adrenal Stress End (from Enzymatic Therapy or Integrative Therapeutics):** See #5.

Depression

16. ____ **Fish Oil (by Eskimo 3 Fish Oil or Arctic Omega):** Take ½ to 1 tablespoon (7.5 to 15 grams) a day or two or three softgels three times a day. Or eat 6+ ounces (168+ grams) of salmon or tuna at least four times a week for three to nine months until the depression clears, and then as needed. We recommend these two brands because many others tend to be rancid and often contain mercury, lead, or other toxins.

17. ____ **Happiness 1-2-3! (by Health Freedom Nutrition) or In Harmony (by NutriElements):** Take two tablets two or three times a day. Give this herbal mix six weeks to work. If depression persists despite following the recommended treatments above, or if depression is severe, consult with your doctor about taking prescription antidepressants.

Diabetes

For Diabetic Neuropathy (nerve pain)

18. ____ **Lipoic acid:** Take 300 mg twice a day.
19. ____ **Acetyl-L-carnitine:** 500 mg two to three times a day. Helps both nerve pain and heart failure.

Heart Disease

20. ____ **Ribose (by Corvalen):** See #3.
21. ____ **Coenzyme Q10:** Coenzyme Q10 is critical for energy production. This nutrient is especially important for anyone on cholesterol-lowering “statin” medications (i.e., Lipitor), even if there is no heart problem, because these medications cause coenzyme Q10 deficiency. Take 400 mg a day for six weeks, then 200 mg a day. Use the 200 mg chewable wafers from Enzymatic Therapy.
22. ____ **Magnesium Orotate:** Take 6,000 mg a day for one month, then 3,000 mg a day. Available online in many shops.
23. ____ **Fish Oil (by Eskimo 3 Fish Oil or Arctic Omega):** Take ½ to 1 tablespoon (7.5 to 15 grams) a day or two or three softgels three times a day. We recommend these two brands because many others tend to be rancid and often contain mercury, lead, or other toxins.

Hypothyroidism

24. ____ **BMR Complex (thyroid glandular plus tyrosine, iodine, and other thyroid-supporting nutrients, available from Integrative Therapeutics):**
Take 1 or 2 capsules three times daily between meals, or as feels best.
25. ____ **Iodine:** Breast cysts, cancer, or tenderness suggest that iodine deficiency is contributing to your low thyroid condition, and we recommend taking either Tri-iodine (Terry Naturally by EuroPharma, which is kelp-based, see www.europharmausa.com) or Iodoral (by Optimox, www.optimox.com).
Take one tablet or capsule a day for two to four months. Each tablet or capsule contains 12.5 mg of iodine.

IBS/Spastic Colon

26. ____ **Peppermint Oil:** Take one or two enteric/stomach-coated 0.2 cc capsules three times a day between meals (not with food) for spastic colon. I recommend Peppermint Plus from Enzymatic Therapy or Mentharil from Integrative Therapeutics.
27. ____ **Simethicone (Mylicon, available over-the-counter in most pharmacies or food markets):** Chew 40 to 80 mg three times a day as needed for abdominal gas pain.

Indigestion

28. ____ **DGL Licorice (DGL Ultra by Enzymatic Therapy or Rhizinate 3x by Integrative Therapeutics):** Take 380 mg (not the sugar-free variety). Chew two tablets twenty minutes before meals for 1–2 months, and then as needed.
29. ____ **Limonene (Heartburn Free by Enzymatic Therapy):** Take this to treat an *H. pylori* infection (a common problem aggravating indigestion). Once your indigestion is better as a result of taking DGL licorice and/or mastic gum, take one pill of limonene every other day for twenty days. This may give long-term relief after taking only a single ten-capsule course.

30. ____ **Mastic gum:** Take 500–1000 mg twice a day for 1–2 months to help your stomach heal from indigestion, then if needed for recurrences.
31. ____ **CompleteGest Digestive Enzymes (from Enzymatic Therapy):** Take two capsules with each meal to help you digest your food properly. Also drink warm liquids (not cold drinks) with meals, because digestive enzymes (including those made by your body) work only in warm temperatures. Only use plant-based (not animal-based) digestive enzymes to aid digestion.

Migraines and Tension Headaches

To Prevent and Treat Migraines

32. ____ **Butterbur (Petadolex by Enzymatic Therapy):** Take 50 mg three times a day for one month, and then 50 mg twice a day thereafter to prevent migraines. You can take 100 mg every three hours to eliminate an acute migraine.
33. ____ **Sustained-Release Magnesium (by Jigsaw Health):** If taking magnesium causes diarrhea, use this form (it contains 125 mg per tablet, plus other helpful nutrients).
34. ____ **Fish Oil (Eskimo 3 Fish Oil or Arctic Omega):** See #1.
35. ____ **Coenzyme Q10:** Coenzyme Q10 is critical for energy production. Take 200 mg a day. Use the 200 mg chewable wafers from Enzymatic Therapy.
36. ____ **Energy Revitalization System Vitamin Powder:** This supplies riboflavin, magnesium, and other nutrients that can markedly decrease the frequency of migraine headaches. Note: Give this product six weeks to work. (See #1 for more information.)

To Treat Tension Headaches

37. ____ **End Pain (by Enzymatic Therapy) or Pain Formula (by Integrative Therapeutics) herbal mix:** Take three tablets immediately, up to eight a day for headache. For ongoing pain in general, take 2 tabs three times a day for six weeks to see the full effect. You can then lower it to the dose needed to control the pain. Can be taken with pain medications.

Osteoporosis

38. ____ **Bone Health (by NutriElements):** Take three tablets twice a day. When bone density normalizes, you can lower the dose to three tablets a day at bedtime. Do not take within three hours of taking thyroid hormone. Bone Health is available at www.vitality101.com. An alternative is OsteoStrong (Terry Naturally by EuroPharma); take four tablets each night plus two strontium capsules each morning (available at www.vitality101.com, or see www.europharmausa.com for a health food store near you).

Sinusitis

39. ____ **Sinusitis Nose Spray (prescription):** This formula contains Diflucan, xylitol, Bactroban, bismuth, and triamcinolone. Squirt one or two sprays into each nostril twice a day for six to twelve weeks. Use with the Silver Nose Spray below. Available by prescription from ITC Pharmacy (www.itcpharmacy.com, 303-663-4224. See appendix D).
40. ____ **Silver Nose Spray (Argentyn 23 brand by Natural-Immunogenics):** Squirt five to ten sprays into each nostril three times a day for seven to fourteen days, until the sinusitis resolves.

Appendix B:

Glycemic Index Information

The glycemic index (GI) tells you which foods raise your blood glucose fastest and highest. This is especially important for sugar addicts to keep in mind. Pure glucose gets a GI score of 100—all other foods are measured in relation to glucose. A food with a glycemic index above 85 raises blood sugar rapidly, but a food with a glycemic index below 30 does not raise your blood sugar much at all. As a sugar addict, you'll want to eat foods that score low on the glycemic index as often as possible.

CLASSIFICATION	GI RANGE	EXAMPLES
Low GI	55 or below	Most fruits and vegetables (except potatoes, watermelon), grainy breads, pasta, legumes/pulses, milk, products extremely low in carbohydrates (fish, eggs, meat, some cheeses, nuts, cooking oil), brown rice
Medium GI	56–69	Whole wheat products, basmati rice, sweet potatoes, table sugar, most white rices (e.g., jasmine)
High GI	70 and above	Cornflakes, baked potatoes, watermelon, croissants, white bread, extruded breakfast cereals (e.g., Rice Krispies), straight glucose (100)

FRESH FRUIT	GLYCEMIC INDEX
Cherries	63
Blueberries (fresh or frozen)	53
Grapes	53
Bananas	52
Oranges	42
Peaches	42
Strawberries (fresh or frozen)	40
Pears	38
Apples	38

Starchy Vegetables

These tend to be largely sugar and starch with low protein content to balance the starch, so limit your intake of these to 4 ounces (113 g) or less on most days, using those with a lower glycemic index whenever possible.

FRESH VEGETABLES	GLYCEMIC INDEX
Parsnips	97
Potato	high 80s
Rutabaga	72
Beets	64
Sweet potato	61
Corn	53
Carrots	47

Other Vegetables

Most other vegetables, and particularly green leafy ones, usually score zero or near zero on the glycemic index. Try to eat three to five portions a day, but you can have as much as you like. Vinaigrette or oil and vinegar dressings can be used on salads as desired.

Meats, Eggs, Poultry, and Seafood

These predominantly high-protein foods generally have a zero glycemic index value, and you can eat as much of these as you like. Make them the main dish in most of your meals whenever possible, adding beans/legumes, vegetables, and greens for balance.

Beans and Legumes

Although some beans and legumes score high on the glycemic index, they also are high in protein, vitamins, minerals, and fiber, making them a healthy choice for sugar addicts—especially vegetarians. Enjoy up to two or three servings of these a day.

Unless otherwise noted, the following GI scores refer to dried beans or peas that have been boiled. Canned beans tend to have a higher glycemic index value.

BEANS AND LEGUMES	GLYCEMIC INDEX
Black-eyed peas	33–50
Butter beans	28–36, average 31
Chickpeas (garbanzo beans)	31–36
Chickpeas, canned	42
Kidney beans	13–46, average 34

(continued)

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BEANS AND LEGUMES	GLYCEMIC INDEX
Kidney beans, canned	52
Lentils	18–37
Lentils, canned	52
Navy beans (white beans, haricot)	30–39
Navy beans, pressure cooked	29–59
Peas, dried, split	32
Pinto beans	39
Pinto beans, canned	45
Soybeans	15–20
Soybeans, canned	14

Dairy Products

It’s okay to eat up to four servings a day.

DAIRY PRODUCTS	GLYCEMIC INDEX
Milk, regular (full fat)	11–40, average 27
Milk, skim	32
Yogurt without added sugar	14–23

Breads

As you can see, bread has a high glycemic index score. Limit your intake to one or two slices a day or less. We recommend whole-grain products, because they have not lost most of their vitamins and minerals through refining and processing.

BREADS	GLYCEMIC INDEX
White bread	71
Whole wheat bread	71
Wheat bread made with 50% cracked wheat kernels	58
Wheat bread made with 75% cracked wheat kernels	48

Cold Cereals

These tend to have a high glycemic index score. Although a breakfast of eggs and meat (skip the potatoes or grits) is preferable, if you don't have time to prepare this, a bowl of cereal for breakfast is okay as long as it does not contain more than 14 grams of sugar per serving (which equals 3½ teaspoons of sugar; read the nutrition information on the box). Cheerios, Life cereal, and Shredded Wheat are good choices.

COLD CEREALS	GLYCEMIC INDEX
All-Bran	42
Cornflakes	81
Corn Chex	83

(continued)

(continued from page 234)

COLD CEREALS	GLYCEMIC INDEX
Crispix	87
Fruit Loops	69
Golden Grahams	71
Grape-Nuts	71
Life	66
Puffed Wheat	73
Rice Krispies–type cereals	88
Rice Chex	89
Shredded Wheat	75
Special K	69
Total	76

Pasta

The glycemic index scores for standard wheat pastas depend on thickness (the thicker the pasta, the lower the GI), and the way it is cooked (al dente—somewhat firm—has the lowest GI). The longer you cook it, the softer it is, and the higher the GI. Eat these sparingly (up to four servings a week).

PASTA	GLYCEMIC INDEX
Most wheat pastas	35–60

Nuts

These have a low GI score and you can eat as much as you like. Nuts make good snacks.

NUTS	GLYCEMIC INDEX
Cashews	22
Peanuts	14
Almonds	0
Brazil nuts	0
Hazelnuts	0
Macadamia nuts	0
Pecans	0
Walnuts	0

Appendix C: Finding a Practitioner

PHYSICIAN ORGANIZATIONS

Holistic physicians are much more likely than conventional, allopathic doctors to be familiar with the treatments and principles discussed in this book. The following organizations include more than 3,000 practitioners throughout North America who take a holistic approach to medicine.

To find a holistic M.D. or D.O. (Doctor of Osteopathy), the American Board of Integrative and Holistic Medicine, www.holisticboard.org, certifies physicians as having advanced training in the use of natural therapies. Their website lists more than 1,400 board-certified holistic physicians.

To find a naturopath who has completed a four-year training program equivalent to medical school, see the American Academy of Naturopathic Physicians, www.naturopathic.org.

More and more states are wisely allowing naturopaths who have graduated from one of the seven naturopathic colleges in North America to prescribe and treat like physicians.

IF YOU HAVE CHRONIC FATIGUE SYNDROME OR FIBROMYALGIA (CFS/FMS)

Instead of trying to teach your doctor how to treat CFS/FMS, go to a specialist. The Fibromyalgia and Fatigue Centers have offices throughout the United States and see people from all over the world. Their physicians are excellent, well trained in the SHINE Protocol, and stay well versed in new CFS/FMS research and treatments. Go to www.fibroandfatigue.com or call 866-443-4276. Holistic physicians are also more likely to be able to help you.

In addition, the free “Symptom Analysis” program at www.vitality101.com will analyze your medical history (and your laboratory test results, if available) to determine the most likely underlying problems in your case. The program will also create a treatment protocol tailored to your case. This will allow you to begin the natural parts of the protocol on your own, and will assist and support your doctor in giving you the best possible care.

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Cape Apothecary

800-248-5978 or 410-757-3522, www.capedrugs.com

This is another excellent holistic compounding pharmacy that fulfills mail orders. Quality control is critical, so find a compounding pharmacy that pays attention to detail. The pharmacists at both ITC Pharmacy and Cape Apothecary are excellent, and will be happy to guide your physician in finding the best dose and form to prescribe for you.

Prescription Medications

Consumers Discount Pharmacy

323-461-3606

This mail-order pharmacy has the best prices I've found for mail-order prescription medications. They sell generic fluconazole for only \$42 for forty-two tablets (a six-week course).

Costco Pharmacy

www.costco.com

Costco also has excellent prices for generic prescriptions. To see what a medication should cost, go to the website above. You do not have to be a Costco member to fill prescriptions at their pharmacy.

Stool Parasite Testing

Genova Diagnostics (previously Great Smokies Diagnostic Laboratory)

800-522-4762, www.genovadiagnostics.com

This lab does an excellent job with stool testing for ova and parasites (O&P testing) and bacterial infections, as well as many other tests. Genova Diagnostics has performed Optimized Parasite Recovery with experienced microbiology technicians for more than twenty years. Eradication of parasites and treating bacterial overgrowth can be very helpful in addressing the fatigue and bowel

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Information and Supplements

Jacob Teitelbaum, M.D.

800-333-5287 or 410-573-5389, www.vitality101.com

Many of the products recommended in this book, particularly the hard-to-find ones, are available through our website. At our website, you can also sign up for free email newsletters that will keep you on the cutting edge of developments in health care—especially issues related to sugar addiction, pain, and fatigue. You'll also find a free computerized "Symptom Analysis" program for people with chronic fatigue or fibromyalgia that will analyze your symptoms (and your lab results, if available) to tailor a treatment protocol to your case. The section "Health Conditions A–Z" will tell you how to treat hundreds of conditions using the best of natural prescription therapies.

Wholesale Products for Health Care Practitioners

Most of the products recommended in this book can be found at www.vitality101.com or in health food stores. Health practitioners or health food stores that would like to carry these products can contact:

Bioenergy Life Science, Inc.

866-267-8253, www.bioenergy.com

For wholesale purchases of ribose (Corvalen) or ribose with magnesium and malic acid (CorvalenM) by practitioners. This company is to be especially commended for its commitment to quality, in both its finished products and its extensive patient-focused research. Ribose is available to the public (retail) from www.vitality101.com.

Enzymatic Therapy

800-783-2286, www.enzymatictherapy.com

This company sells to health food stores and makes many excellent products, including the Fatigued to Fantastic product line, which I developed. This line includes Fatigued to Fantastic Energy Revitalization System vitamin powder (includes the B-complex), Fatigued to Fantastic Daily Energy B-Complex, End Pain, Adrenal Stress, and Revitalizing Sleep Formula. The products I've recommended in this book can be found in most health food stores as well as at www.vitality101.com.

Integrative Therapeutics, Inc. (ITI)

800-931-1709

Representative: Cathy Leet

920-737-8828, www.integrativeinc.com

I feel this is the best company in the United States making products for health practitioners only, and I am so impressed with them that I asked them to make my End Fatigue line of products. This line includes the Energy Revitalization System vitamin powder (which can replace more than thirty-five different vitamin tablets a day), Daily Energy B-Complex, Pain Formula Herbal Mix, Adrenal Stress End, and Revitalizing Sleep Formula. ITI voluntarily registered with the FDA, so their products have to go through the same testing for potency and purity as pharmaceuticals do. They have many excellent products and Cathy Leet is great to work with. ITI's complete line of products can also be purchased through their distributor partners:

Emerson Ecologics (EE)

800-654-4432 (Bedford, NH)

800-824-2434 (Redlands, CA)

www.emersonecologics.com

Natural Partners, Inc. (NP)

888-633-7620, www.naturalpartners.com

Natural Partners carries an extensive line of wholesale natural products for health practitioners' offices.

Other Products

Body Ecology

800-4-STEVI or 800-478-3842, www.bodyecology.com

They have the best-tasting stevia I have found. They also offer stevia cookbooks.

Health Freedom Nutrition

800-980-8780, www.HFN-USA.com

Go to this mail-order company for herbals for anxiety or depression. They also make Calming Balance and Happiness 1-2-3! (also available at www.vitality101.com) and have an informative newsletter.

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