

SUGAR-COATED CHAOS



At the beginning, there were no artificial ingredients, no fake sugars, and no preservatives. Food was basic and simple—fruits, vegetables, seeds, nuts, berries, whole grains, and wild game. Over the course of time, sugar and all the derivatives have become popularized and *chaotic*. The average American ingests over **two pounds** of sugar on a weekly basis!

- **Function of Sugar:** Adds sweetness to foods—makes them more palatable, increases the bottom line for companies because people buy more and more product.
- **Effects of Sugar:** Addiction, fluctuating blood sugar levels, obesity, yo-yo energy levels throughout the day, diabetes, hypertriglyceridemia, depression, candida (yeast), irritability, headaches, depression, brain fog, tooth decay, skin problems, and acne.
- **Solution? Fake Sugars?** *Not so fast!* Fake sugars are marketed as “sugar substitutes.” This is sugar coating by manufacturers without actual sugar being involved. Fake “chemical” sugars are unnatural and not good for your body—it’s that simple.
- **Fake Sugar Names:** Aspartame (NutraSweet), sucralose (Splenda), acesulfame potassium (Ace K), saccharin (Sweet-N Low). Also, don’t be fooled by the advertising of *High Fructose “Corn” Syrup* as a “natural ingredient” because it is NOT—most corn today is genetically modified (GMO) which makes it even worse!
- **Fake Sugar Benefits:** Does not spike blood sugar, calorie-free, tastes sweet
- **Production Process:** Artificially formulated in factory *with the use of chemicals* that have not been thoroughly tested on humans.
- **Possible Side Effects:** Bad aftertaste, upset stomach, skin irritation, brain tumors, and ADDICTION! All fake sugars are neurotoxins—highly addictive neurotoxins. Ironically, the brain craves actual sweets anyway because the fake sugars don’t give the caloric payoff for the sweet taste.
- **Fake Sugar Products:** Gum, hard candy, regular candy, cupcakes, cookies, ice cream, diet soda, diet tea, energy bars, protein powders, meal replacement

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drinks, candy bars, yogurt that claims *50% less sugar*, any beverage claiming “zero” calories, or any beverage with flavor but little to no calories, and juices.

- **Natural Sugar Alternatives:** Stevia, lo han guo, xylitol, date sugar, agave, yacon syrup, maple syrup, maple sugar, and honey.
- **Buzzwords of the Day--Glycemic Index:** *What is the GI?* Simply put, the rate at which a carbohydrate raises blood sugar levels when consumed. Sugar is a carbohydrate, and it causes a fast spike in blood sugar levels. This in turn causes your pancreas to produce excessive insulin to stabilize elevated sugar levels. Insulin is also a fat-storage hormone which spells disaster for your hips, butt, belly, and sides. *The natural sugar alternatives have a low GI reading.* Refined carbs in the form of white flour products like bread, cookies, cakes, and doughnuts all have a high GI and should be avoided.
- **Glycemic Index Diet Warning:** Diets that encourage people to NOT eat carrots, bananas, and sweet potatoes because they are high on the glycemic index are a problem. All foods from trees, plants, vines, and shrubs are natural unless acted upon by an outside force. *Don't buy into the diet GI hype!* Instead, eat a balanced diet, include many natural foods, and watch your overall caloric intake. As long as you stay within caloric balance, you will maintain your weight.



Closing Comments: Keep the sugar to minimal levels and choose natural as much as possible. When trying to wean off of sugar, take it one craving at a time. The cravings WILL go away in a matter of minutes if you give yourself the time to rewire the feeling. After 3-5 days, your body will start to *desire real foods*—not excess sugars. Give your palate and body a chance to adjust and let go of the sugar addictions—it will. **Be aware of hidden sugars in products**—they need to go to The Lean Berets Firing Squad!!! Words like “invert sugar, evaporated cane juice, dextrin, corn syrup, molasses, and corn sweeteners” **all mean sugar** regardless if they are organic or conventional, so be mindful of the sugar calories too.



[Sugar-Coated Chaos Radio Show](#): Check out our special podcast show covering all the topics on this handout and more with Lean Berets Kevin Rail and Ron Jones with Jill Molchan (GoGlutenFreeGracefully.Com).