

WHAT IS A SUGAR ADDICTION



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The sugar in it -- called a simple carbohydrate -- is quickly turned into glucose in your bloodstream. Your blood sugar levels spike. Simple carbs are also found in fruits, veggies, and dairy products. But these have fiber and protein that slow the process. Syrup, soda, candy, and table sugar don't.

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Sugar addiction is a physical addiction and as real and extreme as any other. Our natural tendency is to appreciate sweet tastes, as it was our survival back when our ancestors were foraging for herbs, ground roots and berries. Bitter tastes were often poisonous. The majority of modern diets involve sugar in some form.

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Is Sugar an Addictive Drug Healthline

Sugar addiction could be an even harder habit to break, according to recent evidence about how added sugar affects our stress hormones. Sugar is also much more prevalent, available, and socially acceptable than amphetamines or alcohol, and so harder to avoid.

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Overcoming Sugar Addiction 7 Scientifically Proven Steps

Overcoming sugar addiction could mean the difference between finally being able to lose weight, eating a health diet, feeling full of natural energy or Continuing to struggle with perpetual weight-gain, yo-yo dieting, daily energy crashes, and the frustration that comes with a dependence on eating sweet foods .

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Sugar Addiction Symptoms Causes and How to Break Free

As described above, sugar addiction is similar to drug or alcohol addiction in the sense that your desire to consume sugar is aggressive. In addition, breaking the habit is a lifestyle change that certainly takes time and effort (there will be further explanation below).

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Sugar Addiction Psychology Today

As a sugar addict (and child / grandchild of alcoholics), addiction is predisposed in my genes. At one point I weighed over 300 lbs -- and not by eating broccoli and brussel sprouts, but eating sugar in its many incarnations.

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Sugar Addiction 76 Ways Sugar Can Ruin Your Health

Tolerance and withdrawal constitute addiction.". Another major player in possible sugar addiction is the hormone leptin. It is responsible for telling the brain how energy that is stored from fat is to be used. Moreover, it targets taste receptors in your tongue, which could increase or decrease your food cravings.

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This is What Sugar Addiction Does to Your Mind and Body

Sugar addiction is an intense craving for sweet foods. It s triggered by the brain sending signals to the receptors in our tongue. It is directly correlated to the reward center of the brain. Dopamine, a neurotransmitter that creates a feel good response, is released upon the consumption of sugar.

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5 Warning Signs That You're a Sugar Addict All Body

Sugar addiction seems casual, but don't be fooled. Starting from infancy, sugar can quickly become a habit that is hard to break. Once you have that sweet taste, you need more.

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