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Conquer Your Sweet Tooth - Naturally! (Part 1 of 10)

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Annually, Americans spend **more than \$23 billion** on candy and gum alone.

In 1915, the national average of annual sugar consumption was approximately 15 to 20 pounds per person. Today, the average person consumes his own weight in sugar, PLUS more than 20 pounds of corn syrup! The problem with **excessive amounts of sugar** is that it forces your body to produce **too much insulin**.

Insulin is a natural substance made by your pancreas. However, insulin sends messages to cells to grow. In simple terms, **insulin can “amp up” cellular growth**. For healthy cells, this boost is a good thing, because body cells grow, divide, die and are naturally replaced as part of the living process.

However, **cancer cells can also be encouraged to grow when our bodies produce too much insulin**. So while some insulin is normal (and necessary), **excess insulin can encourage cancer growth**, which is not desirable.

Habit, familiarity and childhood associations may tempt you into consuming that chocolate bar calling your name while you shop. But there are reasons our bodies crave the sweet taste of sugar. Once we understand these reasons and take control of our diets, managing sugar cravings becomes a lot easier and less stressful—without the deep sense of deprivation that so often plagues individuals who are on “diets.”

The idea is not to fuel those cravings so that they grow to the point where you feel out of control and suddenly “gotta have something sweet.” If you find yourself obsessing about sugar, or just want to take a sugar holiday, my ten strategies, compiled from years of client feedback, personal experience, and study, can help you reduce your craving for sugar. When you do decide to have something sweet, you’ll then be able to enjoy a quality sweet without the compulsion to eat as much as you can get your hands on.

1. Reduce Animal Proteins

The more animal protein you eat, the more you might find yourself craving sugar. It may be because meat and sugar have opposite, but attracting, qualities: Meat has no carbohydrates, and sugar has no protein; therefore, they often appear in the same meal. The salt in the meat tissue may also trigger a sugar craving. (See the next section for more about the love-hate relationship between salt and sugar.) When you consume excessive amounts of animal protein, your appetite for sugar can potentially become compulsive.

So what can you do to combat cravings? First, try cutting your animal protein consumption in half. If this fails, experiment with a plant-based vegetarian diet (emphasizing whole grain, beans and vegetables) for two weeks, and note positive changes and an automatic decreased desire for sugar.

This is the first in a ten-part series.

For more health tips, please visit Varona's website at www.vernevarona.com.

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