

VOLUME 2, ISSUE 2

March 8, 2012

Conquer Your Sweet Tooth - Naturally! (Part 2: Go Easy on the Salt)

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Tip #2: Go Easy on the Salt!

Salt and sugar have a dynamic relationship. The more salt you eat, the more you might find yourself craving sugar. On average, you require **1/2 to 1 teaspoon** of sodium daily.

North Americans consume an average of **2 to 3 teaspoons** of salt a day, and sometimes more! You only crave this taste when you have an **excess of internal acids** in your body fluids (typically from sugar, alcohol or overeating).

Reduce your salt intake dramatically, and change to a **better quality of salt**, such as mineralized sun-evaporated sea salt. Ideally, add sea salt toward the end of your cooking time.

Food should really not taste salty — while some dishes may have a salty accent for medicinal purposes, in general, salt should only enhance a food's natural flavor. If you've eaten too much salt, one of the quickest ways to counteract excess sodium is by drinking hot water and lemon.

Did you know?

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.

This is the second part in a ten-part series.

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

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