

PCRI Weekly



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Conquer Your Sweet Tooth - Naturally! (Part 3: Eat More Frequently!)

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Tip #3: Eat More Frequently!

Poor blood sugar management is one of the most common reasons for sugar cravings.

Waiting too long between meals lowers the amount of sugar in your blood, leading to what is commonly called **low blood sugar**. When that happens, the craving for something sweet can often become overwhelming.

Typically, most people experience a drop in blood sugar when they eat a light early lunch and then fast throughout the afternoon. Then, they arrive home with a voracious dinner appetite, and by the time dinner is finally served, tend to overeat and frequently want something sweet afterward.

If this profile fits you, try to eat at least every four hours to maintain a regulated blood sugar. **Eating more frequently** is one of the factors that can reduce your craving for overeating and sugar.

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 third part in a ten-part series.

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

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