

PCRI Weekly



VOLUME 2, ISSUE 5

March 29, 2012

Conquer Your Sweet Tooth - Naturally! (Part 4: Eat Less!)

VERNE VARONA, Health & Nutrition Expert

Tip #4: Eat Less

Miss Piggy once said, "Never eat more than you can lift."

That's good advice. In general, however, overeating is not necessarily "stuffing" your face—it means to **eat beyond your capacity for digestion**.

It's very easy to compromise digestion with too much food. If you cup your hands together as if you're taking water from the bank of a stream, **that two-palm width is roughly the size of your stomach** (with a covering). Not very large, is it?

Overeating can make you feel mentally dull and physically tired. Often, feeling this way will make you **crave stimulants** such as sugar, caffeine or salt, to restore your energy. So as strange as it may sound, if you **avoid overeating**, you can also reduce sugar cravings.

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 fourth part in a ten-part series.

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

PCRI Weekly is an e-newsletter brought to you by the Prostate Cancer Research Institute (PCRI), publisher of *Insights* magazine.



What's Your **SHADE?**



Join the Prostate Cancer Blue Community

800.641.PCRI
Helpline

PCRI is a **not-for-profit** 501(c)(3) educational and research organization.

Please support PCRI with a contribution by calling **310.743.2116** today!

Questions?

Please contact editor Madhu Rajaraman at madhu@pcri.org.

Copyright 2011
Prostate Cancer Research Institute
All Rights Reserved.