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WHealth

Health - Your Ultimate Wealth

AUGUST 2024



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Kick Your Sugar Habit: Sweeten Up Your Health

Sugar: it's the sweet temptation that lurks in almost everything we eat and drink. While it plays a vital role in our bodies, providing energy for our brains and muscles, excessive consumption can wreak havoc on our health. Let's delve into the sweet and sour truth about sugar.



Role of Sugar in the Body:



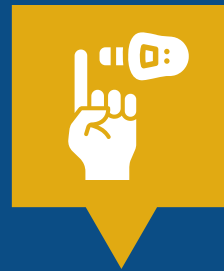
Energy Source



Brain Function



Glycogen Storage



Blood Sugar
Regulation

Sugar, primarily in the form of glucose, is essential for our bodies to function optimally. It fuels our brains, powers our muscles, and helps regulate blood sugar levels. However, the dark side of sugar is often overlooked.



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Understanding the Dark side: Addictive Nature

Dopamine Release

Sugar stimulates the release of dopamine, a neurotransmitter associated with pleasure and reward. Reinforcing the desire to consume more sugar.



Blood Sugar Spikes

High sugar intake leads to rapid spikes and subsequent drops in blood sugar levels. Triggering more cravings.



Habit Formation

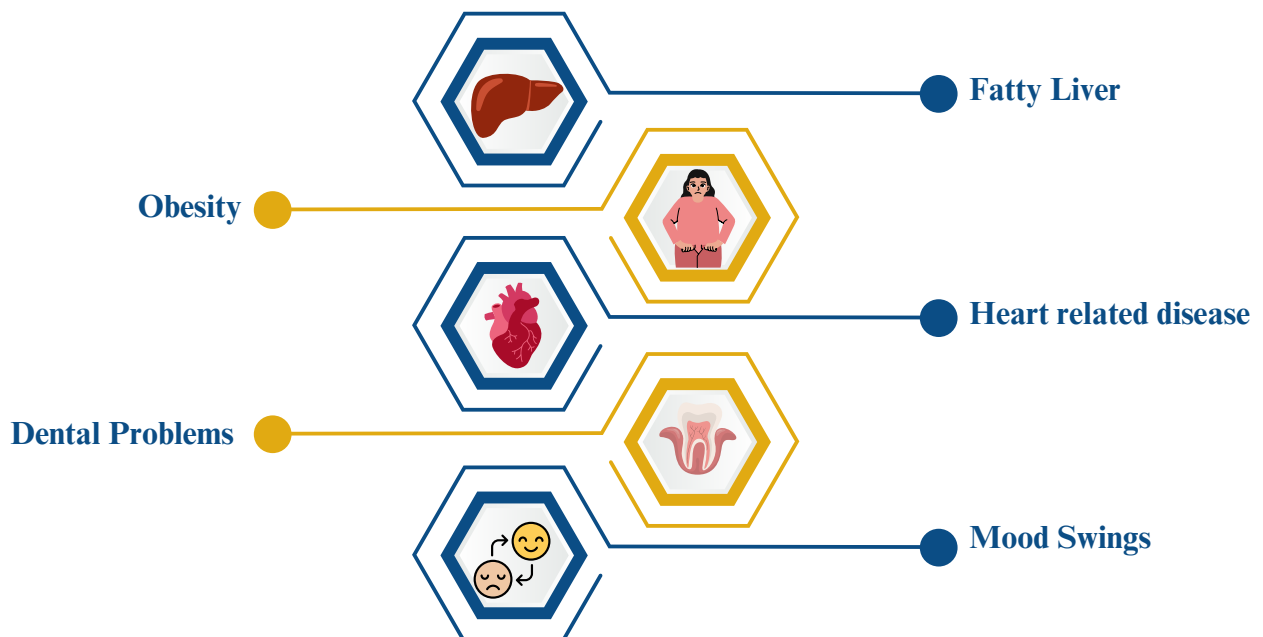
Regular consumption of sugary foods can lead to habitual eating patterns.



Reward System

The combination of pleasure from the taste and the dopamine response can condition individuals to seek out sugary foods for emotional comfort or stress relief.

Few Known Health Impacts:





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Sweeten Your Life Naturally

Reducing sugar intake is a simple step towards a healthier you. Here's how:



Read food labels carefully
Hidden sugars often lurk under names like sucrose and fructose.



Cut back on sugary drinks
opt for water, unsweetened tea, or infused water instead.



Prioritize whole fruits
The fiber in fruits helps slow down sugar absorption.



Control your portions
Even natural sugars can add up.



Experiment with your recipes
Enhance flavours using spices like vanilla, almond extract, or cinnamon instead of relying on sugar.



Snack smart
Choose whole foods over processed snacks packed with hidden sugars.



Gradually reduce sugar
Your taste buds will adjust over time.



Be mindful of sauces and condiments
Many contain surprising amounts of sugar. Look for low-sugar or sugar-free alternatives.

By making these small changes, you can significantly lower your sugar consumption and boost your overall well-being.





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Sugar Shockers: Fun Facts

The only taste humans are born craving is sugar



According to brain scans, sugar is as addictive as cocaine

Worldwide, people consume 500 extra calories a day from sugar, which is roughly the amount of calories needed to gain a pound a week



To find the number of calories from sugar in a product, multiply the grams by 4. For example, a product containing 15 grams of sugar has 60 calories from sugar per serving

Sugar and alcohol have similar toxic liver effects



Ready to ditch refined sugar? Consider these healthier options:



Stevia: A natural sweetener with zero calories and no impact on blood sugar.



Monk fruit sweetener: Intensely sweet with zero calories and no effect on blood sugar.



Erythritol: A sugar alcohol with minimal calories, but large amounts can cause digestive issues.



By understanding the role of sugar in our bodies and making informed choices, we can take control of our health and enjoy a sweeter, healthier life.



Honey: Lower glycemic index than sugar, but still high in calories. index than sugar, but still high in calories.



Remember, moderation is key. Enjoy your favourite treats in moderation and balance them with a healthy diet and active lifestyle.



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