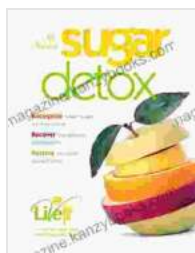


# Recognize Hidden Sugars And Their Toxicity - Recover From Addictive Eating

In today's fast-paced world, we are constantly bombarded with sugary temptations. From processed foods to sugary drinks, it seems like sugar is everywhere we turn. While a little bit of sugar can be enjoyable, too much sugar can have serious consequences for our health.

Hidden sugars are a particular concern. These sugars are added to foods without our knowledge, often in large amounts. They can be found in everything from bread to salad dressings to yogurt. Because hidden sugars are not always obvious, it can be difficult to avoid them.



**Natural Sugar Detox: RECOGNIZE hidden sugars and their toxicity; RECOVER from addictive eating patterns; RESTORE your health and well being** by Roseann Zaft

★★★★☆ 4.7 out of 5

Language : English  
File size : 2791 KB  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 88 pages  
Lending : Enabled



Consuming too much sugar can lead to a number of health problems, including weight gain, obesity, type 2 diabetes, heart disease, and even

cancer. Sugar can also be addictive, making it difficult to control our intake.

If you are concerned about your sugar intake, there are a few things you can do. First, read food labels carefully and avoid foods that contain added sugars. Second, make more meals at home so you can control the ingredients that go into your food. Third, choose healthy snacks like fruits, vegetables, and nuts instead of sugary treats.

## **The Dangers of Hidden Sugars**

Hidden sugars are a major threat to our health. They are often added to foods that we would not normally consider to be sweet, such as bread, pasta, and yogurt. This can make it difficult to avoid them, even if we are trying to eat a healthy diet.

Consuming too much sugar can lead to a number of health problems, including:

\* Weight gain and obesity \* Type 2 diabetes \* Heart disease \* Cancer \*  
Fatty liver disease \* Tooth decay \* Acne \* Mood swings \* Fatigue

Sugar can also be addictive, making it difficult to control our intake. When we eat sugar, our brains release dopamine, a neurotransmitter that makes us feel good. This can lead to us craving more sugar, even when we know it is not good for us.

## **How to Recognize Hidden Sugars**

Hidden sugars can be difficult to recognize, but there are a few things you can look for. First, check the food label. If the food contains any of the following ingredients, it is likely to contain added sugars:

\* Sugar \* High-fructose corn syrup \* Dextrose \* Maltose \* Sucrose \*  
Glucose \* Fructose

You should also be aware of the following common sources of hidden sugars:

\* Bread \* Pasta \* Yogurt \* Salad dressings \* Sauces \* Soups \* Cereals \*  
Granola bars \* Fruit juices \* Sports drinks

## **How to Recover from Addictive Eating**

If you are struggling with addictive eating, there are a few things you can do to recover. First, it is important to seek professional help. A therapist can help you to understand the underlying causes of your addictive eating and develop strategies for overcoming it.

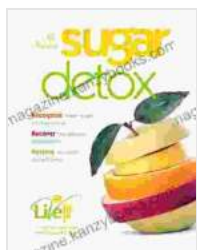
There are also a number of self-help steps you can take to recover from addictive eating, including:

\* Avoiding triggers that lead you to overeat \* Eating regular meals and snacks \* Making healthy food choices \* Getting regular exercise \* Getting enough sleep \* Managing stress \* Seeking support from others

Hidden sugars are a major threat to our health. They can be found in a variety of foods, even those that we would not normally consider to be sweet. Consuming too much sugar can lead to a number of health problems, including weight gain, obesity, type 2 diabetes, heart disease, and cancer.

It is important to be aware of the dangers of hidden sugars and to take steps to avoid them. By reading food labels carefully, making more meals

at home, and choosing healthy snacks, you can reduce your intake of hidden sugars and improve your overall health.



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