

DEADLY SUGAR

In the medical community, it is a well-known fact that eating sugared foods makes people extremely tired in the morning. A little sugar in the water to boil carrots will give you "sugar eyes" - that gluey, crusty deposit which can make opening your eyes a struggle. Although many people start their day with a cup of coffee and a donut, they fail to realize that those habits are responsible for their chronic sluggishness, inability to get out of bed and frequent tardiness at work. Unfortunately, it is not profitable for the mainstream medical community to inform the public of this truth. By simply replacing donuts with hot unsweetened cereal and omitting the sugar from coffee (or better yet, omitting the coffee all together!). You will regain your ability to get up in the morning, have clear eyes and be alert and energetic all day. Sound too good to be true? Well, it's not, it is a fact. Through hypnosis, a therapist enables you to unify the power of your mind, body and spirit to heal physical challenges. The body responds to what the mind tells it to do.

Feeling well is a wonderful incentive. By making the conscious effort to cut out refined sugar from your diet, you will free yourself from fatigue, as well as stabilize any mood swings you may be experiencing. Many are resigned to living with everyday sadness or minor depression, not knowing that their food is causing the malaise. Surprisingly, mainstream nutritionists and a majority of parents are horrified at the prospect of omitting sugared cookies, ice cream, candy and other sweets from children's diets. They foolishly resist changing their eating habits, even in the face of sugar crazed children forming a new generation of Ritalin addicts. So what is this substance that we are so enthralled with? Crystalline white sugar is refined from the sugar cane by crushing the cane, processing the juice and evaporating it, then bleaching and deodorizing the resulting carbohydrate crystals until they are white. Dried, unrefined cane sugar in its natural state is dense, sticky and brown in color.

It takes approximately 17 feet of sugar cane to come up with just 1 cup of sugar. This has been confirmed by actual sugar factories. If you visualize this relationship 17 feet to one cup – you realize that the refined cane sugar has a lot missing that is present in the original: it has none of the nutrients, vitamins and minerals found in the plant, let alone any of the protein and fiber. It is also missing the water, so consuming sugar will make you actually thirsty. A quick test will show you: a 20-0z can of cola may have as much as 15 teaspoons of sugar. To see how it really tastes, and whether it actually quenches your thirst, try drinking some room-temperature cola. Note the taste and how it makes you feel. During clinical hypnosis, the body and conscious mind are in a relaxed, neutral state while the subconscious mind remains awake and receptive to suggestion. Hypnotic suggestions bypass the intellectual mind called the "conscious mind" and zero in on the "subconscious mind." When given a new suggestion such as decreasing or omitting sugar in your diet, the subconscious mind accepts it literally as a new reality.

Suggestions stay with some individuals indefinitely, while others may need some reinforcement – known as "conditioning - much the same way your body needs conditioning while on an exercise program. The effects of hypnosis are cumulative. The

more often techniques are practiced and post-hypnotic suggestions are brought into play, the more permanent the results will become. Self-hypnosis training and reinforcement tapes for home use provide additional help.

Cane sugar is refined from the sugar cane. Then there is corn syrup, produced from corn, and beet sugar made from beets. While cane sugar has been popular for the past 200 years, corn syrup is fast passing it by, especially in the production of processed and commercial foods and because it's cheaper to produce.

Refined cane sugar is a disaccharide (double sugar) called sucrose, made up of two single sugars called fructose and glucose. Glucose is the technical name for blood sugar, and this must remain more or less steady for proper functioning especially brain functions. The brain utilizes about 25% of blood glucose, so its needs are paramount.

In refined sugar there is only one actual nutrient, the above mentioned sucrose makes up 99.9% of the product. There are no vitamins, minerals, trace elements, fiber, water, protein, fat or anything else. Nutrients such as chromium, manganese, zinc, magnesium and copper have been lost in the refining process. For that reason, it has been said that sugar provides "empty calories." They could be called "naked calories" as well.

Simple carbohydrates such as cane sugar are quickly absorbed into the bloodstream where they provide a quick high and a subsequent crash, on the other hand, complex carbohydrates such as whole grains or vegetables, which possess fiber and other nutrients, are absorbed more slowly and therefore tend to provide a more regular supply of energy, without the big highs and lows.

Diabetes and hypoglycemia: When carbohydrates are consumed blood sugar goes up and the body responds by producing insulin, which makes the blood sugar go down. In a normally healthy person, the insulin is just enough to bring the blood sugar back to normal. The function of insulin is to encourage the rest of the cells to open up and absorb the glucose for its energy needs. In a condition called "insulin resistance" the cells resist this suggestion and more insulin is needed to get the message across, which then stresses the pancreas." Eventually this situation leads to diabetes, a condition in which the blood sugar remains elevated. If it is closely related to diet and lifestyle, it is Type II diabetes. Hypnosis is an outstanding healing tool for this type of condition.

A different variety of diabetes occurs when the pancreas does not make enough insulin for the body's needs. If the pancreas has been damaged because of an autoimmune reaction, the condition is called Type 1, or insulin dependent diabetes mellitus (IDDM). This condition does not respond to lifestyle changes, and must be monitored by a physician.

When the pancreas secretes too much insulin, it can lower the blood sugar below the level required for health, producing instead a condition of hypoglycemia of low blood sugar. This condition, according to Kathleen DesMaisons, PhD, author of *Potatoes Not Prozac*, can create fatigue, restlessness, irritability, confusion, and poor memory, in addition to

hunger, dizziness, and what some people have termed “brain fog.” In some cases, low blood sugar can cause fainting. A quick remedy consists of any quickly absorbed sweet food such as orange juice. However, the regular use of sugar does not correct the problem, it only makes it worse as the pancreas gets hyper stimulated and sends out more and more insulin. A better remedy consists of increasing the protein and fiber content of the diet and eliminating refined sugar altogether.

Finding solutions to self-sabotaging habits can lead to peace of mind and control of negative behavior. Self-empowerment is always the goal. As alternative and complementary healing modalities become more mainstream, it is key to remember that only certified therapists have the proper training and expertise. A professional hypnotherapist can help you embrace a new and positive healthier soul and body. All healing begins with the mind. If we can believe it, we can achieve it!

An excess of carbohydrate foods (generally refined carbohydrates such as sugar and white flour) will frequently be stored in the body as fat. While this metabolic tendency was useful in the past for certain cultures, as it could protect against the frequent famines in hunting and gathering societies, it is not useful any more with the abundant presence of cheap, refined foods. This situation has been such a rise in the consumption of fat free snacks: people have taken to eat entire boxes of “low calorie” or “fat-free” cookies with the sad result of a considerable increase in obesity and health problems.

Fortunately, hypnosis is extremely effective in reprogramming the mind to affect a healthier attitude towards food and its contents. Once you are aware of the deleterious effects of processed foods and heavily sugared products, you have won half the battle. Hypnotherapy will enable and empower you to act upon your newfound knowledge for the benefit of your entire being. Besides weight loss, your body will follow the directions given to it and heal you internally. If we only knew what we are actually capable of, there would be a drastic (if not total!) reduction in hospital patients, prescription drug dependency and unnecessary surgeries.