

The Sugar Addiction Cycle

The Progression and How To Break It

by Saltwaterchef.com



You consume sugary foods for a special occasion, or just in daily life through the typical American diet of sodas, sugary desserts, dressings, alcohol, and processed foods

Drug-like effect

The sugar has a calming effect, raising insulin levels and causing dopamine secretions

Recoil/ Insulin crash

Your body produces large amounts of insulin to metabolize the sugar and once finished, you "crash" and crave more sugar.



Weight Gain

The Body stores the sugar from the insulin cycle immediately as fat

Body PH Lowered- Acid/Alkaline Imbalance

Your body becomes more acidic during this cycle, causing more sugar cravings and creating a more favorable environment for cancer and disease

Cortisol Levels Rise, Adrenal Fatigue and Inflammation set in

Your body responds to the stress of the insulin crash by secreting cortisol. This causes inflammation and more sugar cravings.



Fatigue, Disease, Candida Fungus, Diabetes, and Depression

Diabetes, heart disease, hormonal imbalances, obesity, and depression can all be brought on by the sugar cycle common in the typical American diet.

Break the cycle by omitting all sugar and replacing it with good fats, proteins, and non-starchy vegetables

Introduce COCONUT OIL into your diet to kill the fungus and reduce sugar cravings

Manage stress, fatigue, and depression through exercise, sunshine, and a healthy lifestyle

Maintain a high protein, sugar-free, whole- foods diet full of good fats