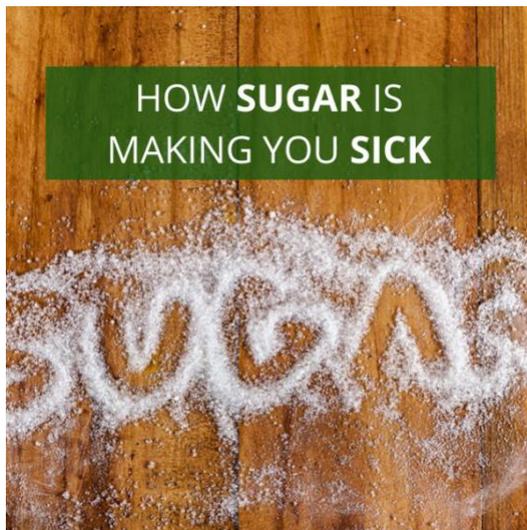


How Sugar Is Making You Sick



Can you believe that more than 50% of Americans consume a half pound of sugar *per day*—and a whopping 170 pounds of sugar per year?

Even if you think you don't eat much sugar, you may be surprised to find out that more than 80% of the packaged foods at the grocery store come with hidden sources of sugar. This includes foods like bread, sauces, store-bought green juices, supposed health and organic foods, and even chewable vitamins.

All of that sugar is literally making us sick – both with serious diseases like heart disease and diabetes and illnesses like the common cold. The science behind why that is and what you can do about it is what we're talking about today.

Sugar and grain consumption is at a high in the history of the human species. When people are eating high levels of sugar and carbohydrates day in and day out, the result is constantly elevated blood glucose levels.

Here's why this affects your health...

What happens is that when you eat sugar, blood glucose levels spike. In order to maintain healthy blood sugar levels, the pancreas releases more and more insulin. If this happens long enough and often enough, it becomes a chronic inflammatory issue, leading to diabetes, heart disease, cancer, and more.

The pancreas is one of the most important organs in charge of maintaining alkaline balance. Chronic, low-grade acidosis increases body toxicity over time, making you more vulnerable to diseases from the common cold all the way to heart disease.

If that isn't bad enough, sugar consumption causes massive depletions in one of the most important minerals for overall health, magnesium. Research shows that 80% of Americans are lacking in this vital mineral, and sugar is one of the culprits.

Magnesium helps regulate glucose and insulin, so it's no wonder there's a strong correlation between sugar consumption, magnesium deficiency, and diabetes.

Magnesium also gives you energy, helps you sleep better, and keeps digestion flowing – all important for a healthy, functioning immune system to prevent disease.

Bottom line: if you get sick frequently, the hidden culprit may be the sugar in the foods you eat.

Think of the colds and viruses you get as a helpful warning sign of potentially bigger issues like heart disease, diabetes, and cancer down the road. You CAN turn your health around. Remember that with each thing you put in your mouth, you're choosing to FUEL disease, or to FIGHT it!



So how do you quit sugar?

Well having been a former sugar addict, I know firsthand how hard it can be to overcome sugar cravings.

In fact, keeping you addicted is built right in. Anytime you consume sugar, it keeps you feeling hungry. It alters the hormone function of 2 hunger hormones—leptin and ghrelin. These are the hormones responsible for letting you know when you are hungry and when you're full.

When insulin levels spike from eating sugar, the effects of these 2 hormones are negated, so you continue to feel hungry, and you never feel satisfied.

If you wonder why you gain weight so easily, this explains it – when insulin levels spike, your hormones tell your body to 1) eat more sugar, and 2) store sugar as body fat.

But all of that said, you CAN take control of your sugar addiction. I've done it, I've helped countless patients do it, and you can do it too.

Quitting sugar is going to be a major focus of my upcoming virtual SUGAR SUMMIT! It's happening in March, so be on the lookout for how to reserve your spot soon!



Here is my suggestion to you: **add, don't take away.** Add more of the good to your diet, and they will soon crowd out the bad – in part because they will help end your cravings.

Begin eating alkaline foods rich in good, healthy fats, which will help shift your body from running on sugar to running on fat:

- Avocados
- Coconut oil
- Flax seeds, chia seeds, and hemp seeds
- Raw nuts and nut butters
- Wild-caught salmon and other low-mercury fish

Also, add more foods high in magnesium and other minerals – dark leafy greens like watercress, kale, spinach, romaine, and chard – because again, if you crave sugar, your body is really craving and deficient in magnesium.

Ending your sugar cravings for good is going to be the focus of [The Get Off Your Acid Sugar Summit](#), which starts soon!

A promotional banner for the 'GET OFF YOUR SUGAR summit'. The text is set against a light blue background with a subtle pattern. The main title 'GET OFF YOUR SUGAR' is in large, bold, purple letters, with 'summit' in smaller black letters below it. To the right, a purple text block reads: 'More addictive than cocaine, sugar drives up inflammation in your brain and hijacks your health and energy. END your health-zapping addiction to sugar and reclaim your health and energy!'. At the bottom left, it says 'FREE & ONLINE FROM MAR 23-29'. On the bottom right, there is a prominent pink button with the word 'ATTEND' in white capital letters.

I'm bringing together an unprecedented team of experts to help you fight the substance that is more addictive than cocaine, hijacks your health, and adds to your weight. When you register for this free, online event, you'll not only reserve your spot for all of the summit's interviews, you'll also get immediate access to free guides and helpful e-books you can't get anywhere else about living your most energized, disease-free, resilient life!

[Get access now!](#)

GET OFF YOUR ACID!

Dr. Daryl