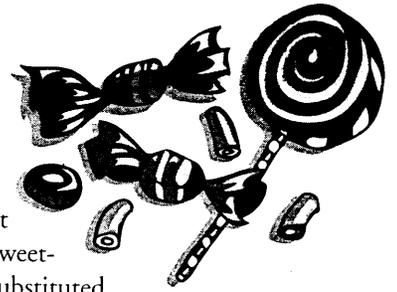


Are You a Sugar Addict? Let Xylitol Come to Your Rescue!



Too much of a good thing can be harmful, and that's especially true of one of our eight essential sugars—glucose. Glucose, also known as “blood sugar,” is a major energy source for the body. At one time, people got this energy from eating complex carbohydrates—fruits, vegetables and whole grains—which are loaded with other essential sugars, vitamins, minerals, fiber and other beneficial substances. Today, however, most people are getting their glucose from refined carbohydrates—table sugar, white flour and polished rice—which do not contain these other nutrients.

This excess consumption of one sugar has led to an epidemic of obesity and diabetes, which is affecting not only older people but young children, as well. Furthermore, these simple carbohydrates trigger a release of excess insulin, which has been linked with increased inflammation in the body and the development of degenerative diseases like heart disease and cancer.

As the title of Dr. Hugo Rodier's book, *Sweet Death*, suggests, it's a sweet way to die. But, most of us are so addicted to simple sugars and carbohydrates that we just can't “give up” our sweets, even if it is ruining our health.

In their attempts to lose weight and improve their health, many people turn to artificial sweeteners like aspartame and sucralose (marketed as “Splenda”) to satisfy their cravings. Unfortunately, these artificial sweeteners have a dubious safety record and often create health problems of their own. The good news is, there are other things that have a good safety record and actually do satisfy sugar cravings naturally.

Beating Sugar Addiction

If we ate a full range of whole foods, containing quality sugars, we would not crave sugar as much. So, the first step in breaking your addiction to sugar is to start eating more complex carbohydrates—whole fruits (not juices), vegetables and whole grains. It is also important to eat quality fats and proteins as these stabilize blood sugar levels and reduce cravings.

Supplements can help, too. **Licorice Root** is very helpful in reducing sugar cravings, especially in children. **HY-A** and **Super Algae** can also help.

When you need something sweet, at the very least replace processed white sugar with natural sweeteners such as real maple syrup, raw honey or freeze-dried sugar cane juice. You can also use a natural sugar substitute like **stevia**. However, an even better natural substitute for refined sugar has recently appeared in the marketplace—**xylitol**.

Xylitol is a sugar alcohol (don't worry, this has no relationship to the alcohol you drink, it's just a chemical structure). It is made from the fibers of corn husks, birch tree bark and beets. It is also found in many other fruits, vegetables, oats and even some mushrooms. Xylitol has been used in Europe and China for over twenty years, so it has an excellent track record of safety, too.

What makes xylitol so great is that it has about the same sweetness of sugar, so it can be substituted 1-to-1 for sugar in most applications. It does have caloric value, meaning it does give you food energy, but it has 40% less calories than sugar. Even better, xylitol does not spike blood sugar and does not trigger the release of insulin. In fact, it has a very low glycemic index value of 7. By contrast, table sugar has an index value of 100. This means it will not adversely affect either hypoglycemics or diabetics.

Another benefit of xylitol is that it doesn't promote tooth decay. In fact, the bacteria that cause plaque, gum disease and tooth decay can't live on xylitol. So, regular use of xylitol can reduce dental problems. It also inhibits the bacteria that cause middle ear infections and sinus infections. It even helps to remineralize teeth and bones, so it's good for osteoporosis, too.

Best of all, consumed regularly, xylitol actually balances blood sugar and reduces carbohydrate cravings. In other words, it can help you break your addiction to refined sugar and simple carbohydrates without sacrificing your need for something sweet occasionally.

Xylitol is available in bulk for cooking and baking and may be substituted for equal amounts of sugar. However, it will not work in yeasted recipes because it doesn't feed yeast, which is good news for candida sufferers. Xylitol is also available in a mouthwash for combating problems with teeth and gums.

For those who need healthy snacks to replace sugary ones, there are several options including two flavors of xylitol gum (**Cinnamon Gum** and **Spearmint Gum**), two flavors of mints (**Peppermint Mints** and **Lemon Mints**), and even two flavors of healthy chocolate bars (**Calcium Crunch Dark Chocolate Bars** and **Cardio Raspberry Dark Chocolate Bars**). These healthy snacks can satisfy your sweet tooth, while aiding your gums and teeth and reducing carbohydrate cravings.

Additional Help and Information

This newsletter provides only a basic overview of the benefits of healthy sugars. For more information on how to get away from the wrong kinds of sugars and start benefiting from the right kinds of sugars, talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

The Sweet Miracle of Xylitol by Fran Gare, N.D.

Sweet Death by Hugo Rodier, M.D.

Glyconutrients—The Healthy Benefits of Miracle Sugars,

Breakthroughs in Health, September 2006,

Sugars that Heal: The New Healing Science of Glyconutrients by Emil I. Mondo, M.D. and Mindy Kitei

Sweeten Your Life the Xylitol Way by Karen Edwards

Healing Sugars DVD by Tree of Light Publishing, featuring Steven Horne and Kimberly Balas