

More about Sugar

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You and I are addicts. We are addicted to food and we have certain trigger foods that cause us to crave more of the same. For me it is sugar and things that convert to sugar in my system.

What makes things more difficult for us is that we have an addiction that must be moderated. Alcoholics and drug addicts must abstain from their products of addiction, we can't do that.

Sugar works like a drug in that it stimulates the brain. Your body gets used to sugar and causes you to want to eat more, so you do. You keep increasing the intake to satisfy the cravings. To get off of sugar can cause your system to experience withdrawal effects similar to those of an addict on drugs or any other addictive product.

That's what sugar does to me. I've never had those ravenous cravings after eating chicken or eggs or fruits and vegetables. In fact if I cut sugar out of my eating program, within a couple of weeks, I have no cravings and no hunger. I have to force myself to eat when I am not hungry to insure that I get my 2000 calories per day that I need to maintain my energy levels.

You need to fully understand how these cravings work, but first, in order to beat back the cravings you must get on an eating program that does not include foods and drinks that contain sugar.

I invite those who have similar experiences especially with sugar to share.

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