



SUGAR & SPICE AND ALL THINGS NICE?!

I'm addicted to sugar! I'm not sure for how long but it has been the case for far too many years and now I am ready to give it up. Maybe you feel the same and have tried on numerous occasions to reduce your intake of sugar. It's the most affordable and easily available bad substance on the market and sugar is hidden in the majority of foods we buy on a daily basis.



As a mother of two I am not sure how I am supposed to feel about sugar. If I believe the anti-sugar lobby, it's "the new tobacco".

Sugar rather than fat, the argument goes, is responsible for ever-rising levels of obesity.

The more sugar you eat or drink, the more the body stores it as fat. Hence the links to obesity. But what is emerging is just how much of what we eat is stuffed with "hidden" sugar, not just in fizzy drinks and doughnuts, but sauces, cereals, fruit juices, even fruit itself.

To try and understand the nutritional facts, learn about how much sugar is included in our diet and the effects it has on us and our children, I



have considered going cold turkey! If I cut out sugar, would I feel better? How much hidden sugar is really in my children's diet? And how much of life without sugar can I tolerate? The cold turkey idea failed big time so I approached my good friend Caroline Spiller who is an expert Hypnotherapist. Really? Could hypnotherapy help control my sugar addiction?

After 6 sessions with Caroline I have learnt why I reach for sugar and what the triggers are. I am now able to make logical decisions about whether I should or shouldn't have a slice of cake with my morning coffee. I have clearly understood that I actually don't wish to remove all sugars from my diet but I am more focused on removing refined sugars out of my menu and not let the sweet tooth control me at my weakest or tired moments. After all a good life is

about having what you love in moderation and enjoying the affordable luxuries!

Caroline Spiller



As a Clinical Hypnotherapist, I work with individuals who want to have more control over their eating habits and enjoy a healthier, happier life. Through

Solution Focused Hypnotherapy I help clients to address the underlying reasons for their eating habits and to transform their relationship with food. Factors such as stress, anxiety, low mood or poor sleep patterns, for instance, are highly influential to our dietary choices, increasing the desire for foods which are high in sugar and fat. These "hyper-palatable foods are known to trigger our reward systems by boosting dopamine levels much as addictive drugs do", New Scientist, 1 February 2014.

There is growing evidence linking the consumption of a diet high in sugar with increased risk of obesity, type 2 diabetes and heart disease. Experts predict that more than half of all UK boys and 70 per cent of girls will be overweight or obese within a generation, Independent, 7 April 2016.