

OASIS Book Reviews Inspiration on Demand

Session 36 - Oct 9th, 2019

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Beat Sugar Addiction Now!

*The Cutting-Edge Program That Cures Your Type of
Sugar Addiction and Puts You on the Road to Feeling
Great – and Losing Weight*

By Jacob Teitelbaum and Chrystle Fiedler



Beat Sugar Addiction Now!

The Cutting-Edge Program That Cures
Your Type of Sugar Addiction an

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This presentation is based on a summary from [blinkist.com](https://www.blinkist.com)

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What to expect in this session

- **Types of Sugar Addiction**
- **Stress can make you crave sugar...A lot!**
- **Sugar might cause fungal bacterial grow in gut**

Sugar Addiction Type #1

The Caffeine & Sugar Fix – Energy Drinks (RedBull)

Who – usually Perfectionists – who want to do it all but cannot

Why – Helps Boost energy for now – will wear you out soon

What to do about this

SHINE : Sleep, Hormones, Infections, Nutrition & Exercise

Sleep – 8 Hours

Hormones – Check Thyroid Function

Infections – Boost Immunity (Zinc & High Protein foods)

Nutrition – Whole Unprocessed (Grains, Veggies, fruits, meat, nuts)

Exercise – At least 30 minute walks 4-7 times a week

Sugar Addiction Type #2

The Hangry (Hungry + Angry) Folks

Who – People with very High Stress Levels

(Depleted Adrenaline - Adrenal Glands produces more cortisol & Adrenaline)

Why – Because of low sugar levels – reach for more SUGAR

Short term fix – causes more hunger & anxiety

What to do about this

Slow Down!

Stabilize blood sugar – No Sugar, Caffeine or White Flour

Eat high protein foods – Cheese, Nuts, Beans, Eggs, Fish, Meats

High protein takes longer to digest and keeps sugar levels stable

Sugar Addiction Type #3

Yeast Fuelled Sugar Addiction

Who – Coffee & Donut types – with sweet foods all day

**Why – A type of yeast thrives in gut and makes you crave more
(Weakens Immune system, increased fatigue, chronic pain, memory problems)**

What to do about this – Starve it!

Eliminate all sugar (snacks/donuts/cookies/cake etcetera)

Nutrition – Whole Unprocessed (Grains, Veggies, fruits, meat, nuts)

Get medical help - get prescription medication as applicable

Supplement with Vitamins (A, C, D) & Zinc if needed

Check for Food Allergies which could sometimes make you crave

Sugar Addiction Type #4

Hormonal Changes + Insulin Resistance

Who – Low levels of Progesterone & Prostaglandin

Why – Insulin Resistance keeps sugar from getting to cells

(Fatigued, depressed and craving more sugar)

What to do about this

Eliminate all sugar (snacks/sodas/cookies/processed foods)

Nutrition – Whole Unprocessed (Grains, Veggies, fruits, meat, nuts)

Get medical help – may need hormonal help – use bio-identical

Supplement with Vitamins (B6)

Summary

- **4 main types of Sugar addiction**
- **Energy Drinks (high Sugar Caffeine drinks) – use SHINE method to fight it**
- **Others include stress induced, a certain type of yeast or hormonal imbalances**
- **All require simple changes – Sleep well, exercise, Eat Whole Unprocessed foods**
- **Some will require medical assistance – may supplement with vitamins as needed**
- **Cut out sugar – that's the first thing we have to do!**

Upcoming Reviews:

Session #36 - Oct 9th - 2-3 PM EST –

Beat Sugar Addiction Now! – *The Cutting-Edge Program That Cures Your Type of Sugar Addiction and Puts You on the Road to Feeling Great – and Losing Weight* **By Jacob Teitelbaum and Chrystle Fiedler**

Session #37 - Oct 16th - 2-3 PM EST –

Playing with FIRE (*Financial Independence Retire Early*) – *How Far Would You Go for Financial Freedom?*

By Scott Rieckens

Session #38 - Oct 23rd - 2-3 PM EST –

Sapiens – *A Brief History of Humankind* **By Yuval Noah Harari**

Session #39 - Oct 30th- 2-3 PM EST –

The Emperor of All Maladies – *A Biography of Cancer* **By Siddhartha Mukherjee**

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