



*Take Control Of Your Life with Hypnosis:
Eliminate negative habits, Create healthy changes, Achieve optimal well-being.*

Hi Everyone! Here is the 10th issue of Hypno-Healthgrams. You can access previous issues on the Newsletter page of my website: www.hypno-health.net

August 2011

SUGAR: HOW SWEET IT ISN'T

Gerry Kein, a prominent hypnotist who serves on both the Advisory and Certification Boards of the National Guild of Hypnotists, wrote an article for the National Guild's *Journal of Hypnotism*, detailing his struggles with heart attacks and bypass surgeries.[1] On July 21, 1988 Gerry suffered a severe heart attack and underwent triple bypass surgery. He followed a doctor-recommended strict diet and exercise regime, but continued to get fatter. By 1995, his triglycerides were 800 and his cholesterol 275. He again underwent triple bypass surgery. Although Gerry almost fanatically adhered to a similar diet and exercise program, he experienced the same results as before. In December 2002, overweight and frustrated, with his levels in the danger zone again, Gerry started doing his own research, which revealed that sugar was the hidden culprit.

In 1957 Dr. William Coda Martin, while trying to determine when a food was a food or a poison, classified refined sugar as a poison, because it has been depleted of its life forces, vitamins and minerals. What is left consists of pure, refined carbohydrates which the body cannot utilize without the depleted proteins, vitamins and minerals.[2] He went on to say that refined sugar is lethal when ingested by humans because it provides only that which nutritionists describe as empty or naked calories. Even worse, sugar drains and leaches the body of precious vitamins and minerals through the demand its digestion, detoxification and elimination makes upon one's entire system.[3] Gerry followed his review of Dr. Martin's and other researchers' findings with his own interpretation: "Processed sugar is the most absolute, non-nutritious, life draining, fat producing, disease creating, teeth rotting chemical ever developed. It is also more addictive than cigarettes, morphine, heroin, oxiconin or any other narcotic. Sugar is the leading cause of diabetes today, contributes to obesity, causes excessive fatigue, has been linked to mental illness, and causes arterial blockages in the heart." [4]

In early 2003, Gerry was told he had several non-operable blockages of two arteries in the rear of his heart and was diagnosed at great risk of sudden cardiac death. He eliminated sugar, took three tablespoons of apple cider vinegar daily and was told a year later that his arteries were clean and unblocked. Also, his weight went from 190 to 150 pounds, his cholesterol dropped from 275 to 105, his triglycerides plummeted from 800 to 110 and his (bad) LDLs dove from 235 to 22. He

suggests three simple things for people to become healthy: eliminate sugar, reduce portion size, exercise.

An article in *The Macrobiotic Guide* titled "Sugar - Its Effects On The Body And Mind," makes a powerful, but not surprising statement: "Today we have a nation that is addicted to sugar. In 1915, the national average of sugar consumption (per year) was around 15 to 20 pounds per person. Today the average person consumes his/her weight in sugar, plus over 20 pounds of corn syrup each year." [5] According to the U.S. Department of Agriculture, the average American eats approximately 43 teaspoons of sugar per day. That's 140 pounds per year. That's 10X more than is recommended. [6] In 1980, roughly one in seven Americans was obese and almost six million were diabetic. By the early 2000s, when sugar consumption peaked, one in every three Americans was obese and 14 million were diabetic. [7] It's not surprising that people are fatter than ever and illnesses such as diabetes, obesity, depression, panic attacks and mood swings are rising. Dr Mercola, in his July 11, 2011 post stated: "The amounts of salt Americans consume pale in comparison to the amount of fructose eaten on a daily basis, and I'm convinced that it's the sugar/fructose consumption that is the major driving force behind our skyrocketing hypertension rates, not excess salt." [8]

In the *Health Now Wealth Forever* article titled: "The True Cause of Obesity, Heart Disease, and other Diseases of Western Society - The Toxicity of Sugar," the author suggested: "The solution to our nationwide obesity epidemic is not the USDA recommended low-fat, high-carb diet. That diet actually makes all of these diseases worse. What needs to happen is a dramatic shift in our diets. Our diets need more fat and protein, less sugar and carbohydrates. When we start to change our minds about sugar as a nation we can start to turn our universal weight gain around." [9]

Just as with other habits/addictions, hypnosis provides effective methods and techniques to help people eliminate sugar from their diets and bodies, because it enables them to go to the source, where the habits reside, the subconscious mind. It is only there that the roots of habits can be permanently disconnected and replaced by positive programs which become new habits through reinforcement. When we try to break habits using only the conscious mind, i.e. will power, it is often impossible to do and, even if we seem to be initially successful, the aforementioned "roots" of the habit are still connected in the subconscious mind. Something could trigger those roots at any time and cause the habit to return (yo-yo dieting being a good example).

You might also do a kinesiology experiment with a partner or friend to demonstrate the way sugar weakens muscles. With your elbow against your side (to produce stability and eliminate strain) hold your dominant arm straight out in front of you and make a fist. Have your partner /friend push down on your hand while you resist. Then place a packet or teaspoon of sugar in that same hand and close the fingers. Repeat the above resistance test.

HEALTH TIPS

Some suggestions from *Women's Health Magazine* [10]:

- **Artificial sweeteners.** Five hundred times as sweet as sugar and zero calories? Sounds pretty good. But studies show that those of us who use them are more likely to be overweight than not. The reason: The sweet taste tricks your body into thinking it's about to get a rush of caloric energy; when it doesn't arrive, you crave even more food. (In addition to this affect on increased appetite, some studies indicate that the sweetness without the calories interferes with the normal process of this pathway causing an increased craving for sweets specifically.)

- **Fortified" junk food.** Don't be fooled by flashy nutritional claims on the front of a package—it's the label on the back you need to study. Never buy products that list sugar (or sucrose, fructose, corn syrup, dextrose, etc.) among the first three ingredients, and remember that "enriched flour" is just a fancy way of saying "refined white flour." (It needs to be enriched because the refining process destroys most of the nutrients -- "enrichment" replaces the nutrients lost in the refining process.)

- **Munch wet snacks, not dry ones.** Water-rich, cherry tomatoes, baby carrots, corn on the cob, fresh fruit, broth-based soup, or baked potatoes pack fewer calories into bigger servings so you feel full on less. By comparison, dry foods like chips, crackers, candy, bagels, pretzels, and granola bars cram lots of calories into small servings.

[1] *The Poisoning of America*, National Guild of Hypnotists' Journal of Hypnosis, March 24, 2004

[2] www.GlobalHealingCenter.com.....>TheSugarProblem: Refined Sugar - The Sweetest Poison of all...

[3] www.GlobalHealingCenter.com.....>TheSugarProblem: Refined Sugar - The Sweetest Poison of all....

[4] *The Poisoning of America*, National Guild of Hypnotists' Journal of Hypnosis, March 24, 2004

[5] www.Macrobiotics.com.wk.sugar.htm

[6] www.steviacafe.net/dangers-and-side-effects-of-sugar

[7] *Is Sugar Toxic?*, by Gary Taubes, *New York Magazine*, April 13, 2011

[8] <http://articles.mercola.com/sites/articles/archive/2011/07/11/what-are-the-best-and-worst-foods-for-healthy-weight.aspx>

[9] [www.healthnowwealthforever.com/health/the-toxicity-of-sugar/June 21, 2010](http://www.healthnowwealthforever.com/health/the-toxicity-of-sugar/June%2021,%202010)

[10] <http://www.womenshealthmag.com/files/best-tips/pdf/76TipsForBody.pdf>



Happy Health!

Hugh Sadlier

Hugh Sadlier, M.Ed., BCH
Board Certified Hypnotherapist

Portland Office Address:

Maine Integrative Wellness Suite 102
222 Auburn Street
Portland, Maine 04103
Phone: (207) 773-5200

New Blue Hill Office Phone Number:

1280 Morgan Bay Road
Blue Hill, Maine 04614
(207) 773-5200

Remember: *Hypnosis can be done in the office, by phone, and via Skype.*