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Holistic Nutrition And The Appalling Facts Of Sugar Addiction

You might not believe you have a [sugar addiction](#), choosing to refute the old saying that tells us that anything that tastes really nice is bound to be bad for us. Whether this is inherently true or not is open to conjecture, but it certainly applies to an overabundance of sugar. Just as with everything else in life, we should practice moderation, because even though sugar gives us energy, too much too often is definitely unhealthy.

Energy is essential for us to function, and sugar definitely gives this to us in abundance. The human body converts sugar into glucose, but the primary issue we have to deal with as we indulge in our “quick fix” diets is that we regularly look to simple sugars, instead of complex sugars or carbohydrates. Simple sugars contained within sweets and soda or pop give no lasting value to the human body and we generally tend to eat added sugars rather than those naturally occurring, such as found in fruits, or within a more [holistic nutrition](#) plan.

Speaking in general terms, foods that have added sugars usually have very little nutritional value to people, and are often packed with calories - which to their misfortune and to our regret, adds to the world wide obesity problem on a daily basis.

In most diets, sweet drinks represent the primary source of sugar consumption, yet they provide almost nothing at all to us besides strongly contributing to the issue of tooth decay and giving us an intense “sugar rush” feeling, which is quickly followed by a feeling lethargy or sluggishness.

It is worth trying to remember that the typical 12 ounce can of Coca-Cola contains about 10 teaspoons of sugar. If you can envisage heaping 10 spoons of sugar into the can in your mind's eye, this will probably put you off turning to that bright red can for a while!

Keep in mind that most sugar cravings are usually put down to just having a “sweet tooth,” and most people don't give it any further consideration. However, too much sugar can quickly lead to intense mood swings, digestive problems, blood pressure issues, obesity, allergies, chronic fatigue, and headaches.

It's important to understand that the traditional Western diet plays too heavily on convenience, the quick fix, taste enhancements provided by fats or simple sugars and not enough on a balanced caloric intake, common sense and longevity. We might view sugar as our innocent friend but in truth, if not checked, it can lead to serious health issues and a less than productive daily life.

Many people wonder why they're not as productive as they could be from time to time and often put this down to them just having an off day, whereas in the majority of cases a poor diet is often the reason for our lack of performance. We tend to rely on sugars and temporary fixes or that cup of coffee, not fully comprehending that we are shortcutting our way to problems and should really be looking into [holistic health solutions](#).

Understanding the cold hard facts about your sugar addiction could lead to a more productive and fulfilling life.

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