



Cure for the

**Common
Garden Variety**

***Sugar
Blues***

Sugar Blues?

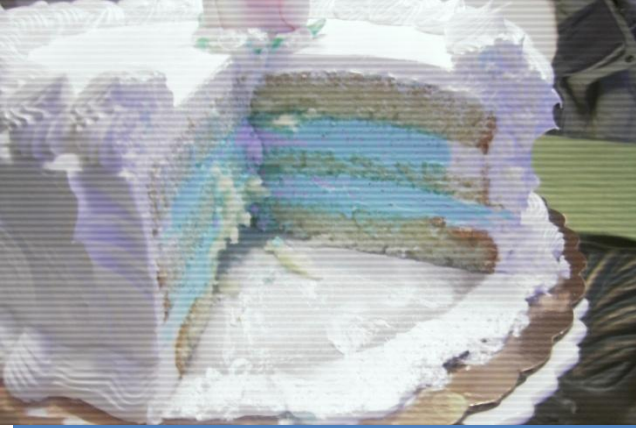


Garey Simmons, CHC, AADP
Don't Believe A Word I Say
4 Most Dangerous Words:
"I already know that!"



Trouble with Sugar?

- **My Family History and Why I Care about this stuff.**



Sugar Stories

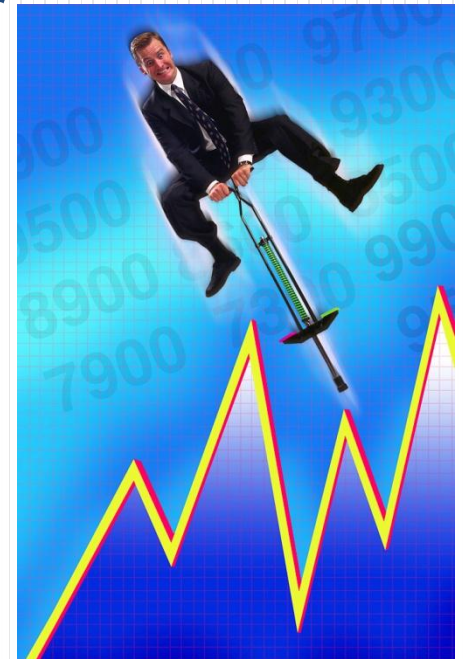
- Let's share some stories





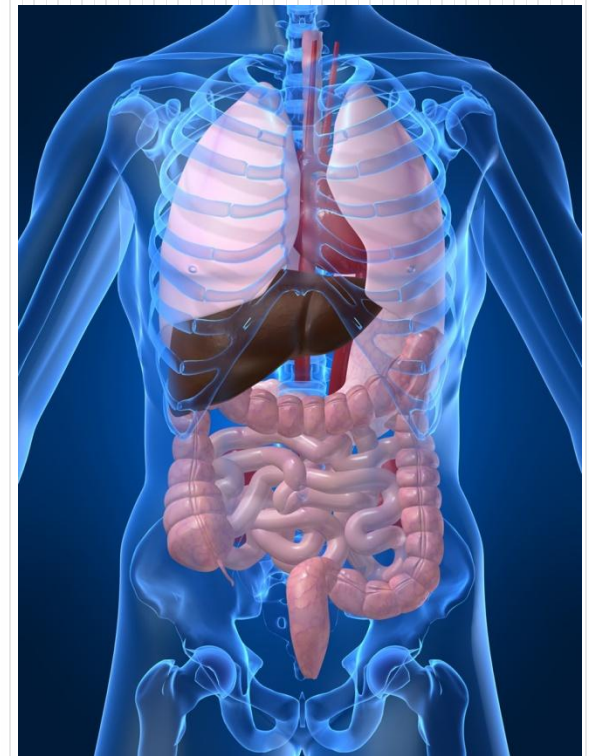
The Magnificent Human Body

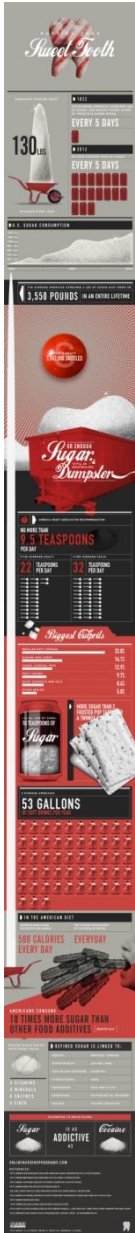
- 10,000,000,000,000 cells of wonder
- Intuitive
- Smart
- A Marvel of Perfection Most of the time
- When we get into trouble, we can bounce back quickly!



Is Sugar Really That Bad?

- “Blood glucose levels that remain high over time can damage your eyes, kidneys, nerves, and blood vessels.” – WedMD
- High blood glucose a cause for heart disease!
- Who knows someone with kidney failure? Dialysis is not fun.





NURSING YOUR *Sweet Tooth*

**Warning: Everything You Wish
You Never Knew about Sugar!**

Sweet Tooth

EVERY 5 DAYS

130 LBS

EVERY 5 DAYS

3,550 POUNDS IN AN AVERAGE LIFETIME

Sugar Dumpster

EVERY 5 DAYS

22 SUGAR TONS

32 SUGAR TONS

Sugar

53 GALLONS

100 CALORIES EVERY DAY

10 TIMES MORE SUGAR THAN OTHER FOOD ADDITIVES

ADDITIVE SUGAR IS LIMITED TO

Sugar *ADDITIVE* *Sweet*

AMERICANS CONSUME ABOUT

130 LBS



OF SUGAR EVERY YEAR

► 1822

THE AVERAGE AMERICAN CONSUMED 45G OF SUGAR, THE AMOUNT FOUND IN ONE OF TODAY'S 12-OUNCE SODAS,

EVERY 5 DAYS



Seriously?

► 2012

WE NOW CONSUME 765G OF SUGAR

EVERY 5 DAYS



Sweet Tooth

130 LBS

EVERY 5 DAYS

EVERY 5 DAYS

3,550 POUNDS in an average lifetime

6.5 TEASPOONS

22 TEASPOONS PER DAY

32 TEASPOONS PER DAY

Sugar Dumpster

53 GALLONS

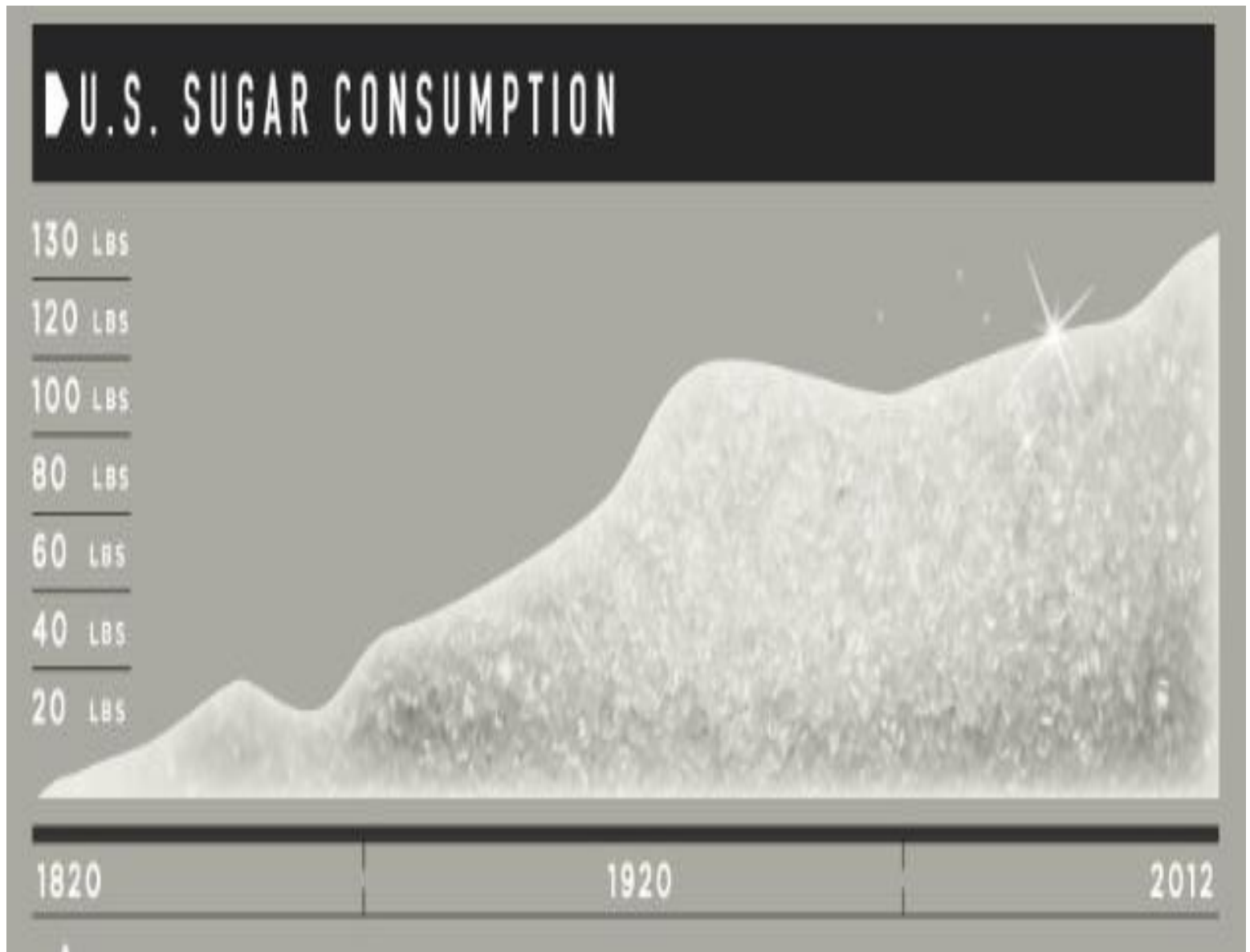
100 CALORIES EVERY DAY

10 TIMES MORE SUGAR THAN OTHER FOOD ADDITIVES

SUGAR IS ADDICTIVE

Sugar ADDICTIVE

Cravings



Sweet Tooth

130 LBS

EVERY 5 DAYS

EVERY 5 DAYS

3,550 POUNDS

IN AN ENTIRE LIFETIME

LET SUGAR BE YOUR DUMPSTER

9.5 TEASPOONS

22 TEASPOONS PER DAY

32 TEASPOONS PER DAY

SUGAR

53 GALLONS

100 CALORIES EVERY DAY

10 TIMES MORE SUGAR THAN OTHER FOOD ADDITIVES

50% OF AMERICANS

SUGAR ADDICTIVE

CRACKS

THE AVERAGE AMERICAN CONSUMES 3 LBS OF SUGAR EACH WEEK OR

3,550 POUNDS IN AN ENTIRE LIFETIME

THAT'S ABOUT 1,767,900 SKITTLES

Sweet Tooth

EVERY 5 DAYS

130 LBS

EVERY 5 DAYS

3,550 POUNDS IN AN AVERAGE LIFETIME

Sugar Dumpster

9.5 TEASPOONS

22 SUGAR POUNDS 32 SUGAR POUNDS

Sugared Cereals

53 GALLONS

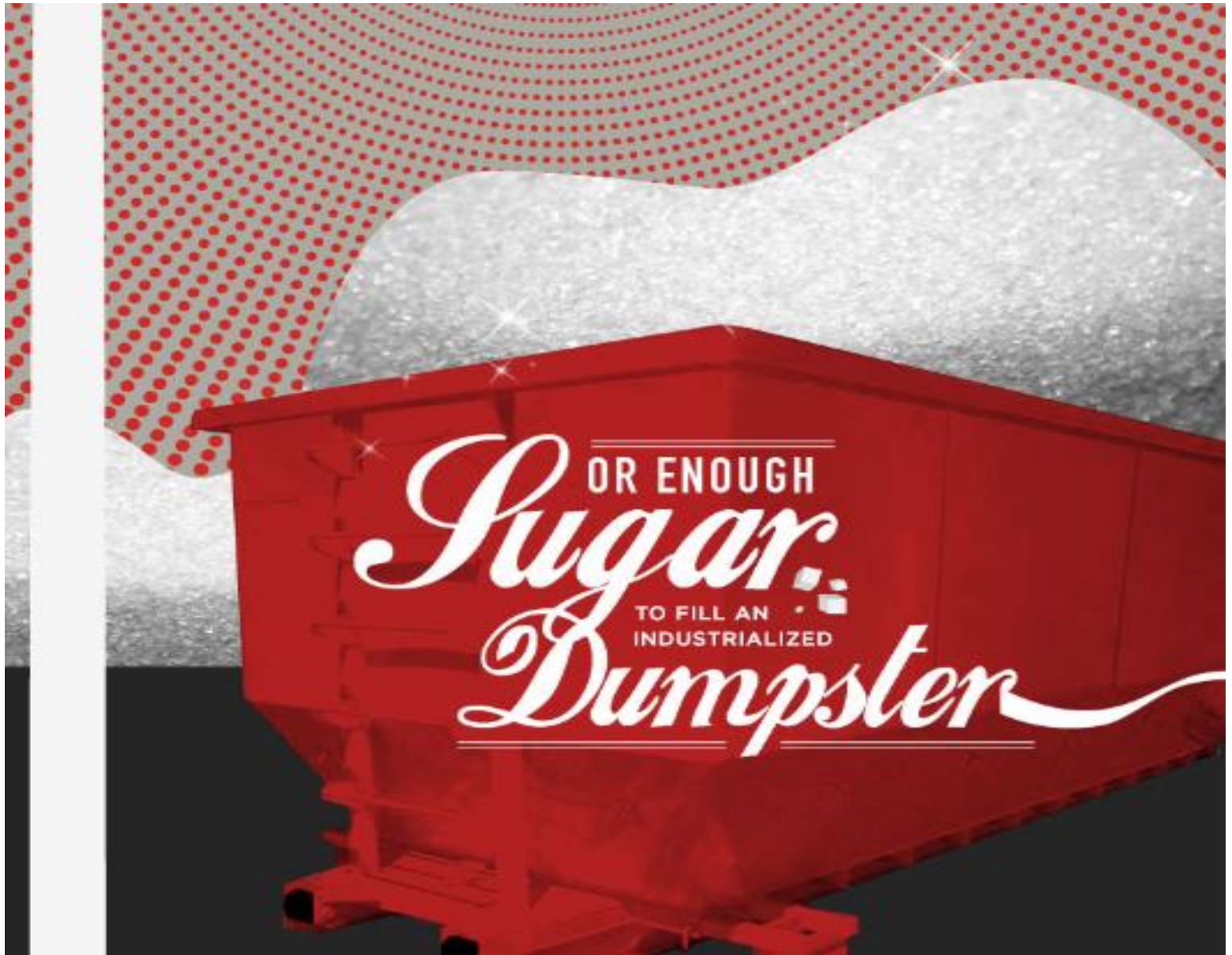
6 IN THE AVERAGE DIET

600 CALORIES EVERYDAY EVERY DAY

10 TIMES MORE SUGAR THAN OTHER FOOD ADDITIVES

6 SUGAR DUMPSTERS TO FILL

Sugar *ADDITIVE* *Cereals*



Sweet Tooth

130 LBS

EVERY 5 DAYS

EVERY 5 DAYS

3.550 POUNDS IN AN AVERAGE LIFETIME

Sugar: The Bumpy Road

9.5 TEASPOONS

22 32

Sugar: The Bumpy Road

53 GALLONS

100 CALORIES EVERY DAY

10 TIMES MORE SUGAR THAN OTHER FOOD ADDITIVES

50% OF THE SUGAR IN THE DIET

ADDITIVE

Sugar *Cravings*

1 12 OZ. CAN OF COKE =
10 TEASPOONS OF
Sugar

MORE SUGAR THAN 2
FROSTED POP TARTS AND
A TWINKIE COMBINED



Biggest Culprits

REGULAR SOFT DRINKS

33.0%

SUGARS AND CANDY

16.1%

CAKES, COOKIES, PIES

12.9%

FRUIT DRINKS

9.7%

DAIRY DESSERTS AND MILK

8.6%

OTHER GRAINS

5.8%

Sweet Tooth

130 LBS

EVERY 5 DAYS

EVERY 5 DAYS

3,550 POUNDS IN AN AVERAGE LIFETIME

9.5 TEASPOONS

22 SUGAR TONS

32 SUGAR TONS

53 GALLONS

100 CALORIES EVERY DAY

10 TIMES MORE SUGAR THAN OTHER FOOD ADDITIVES

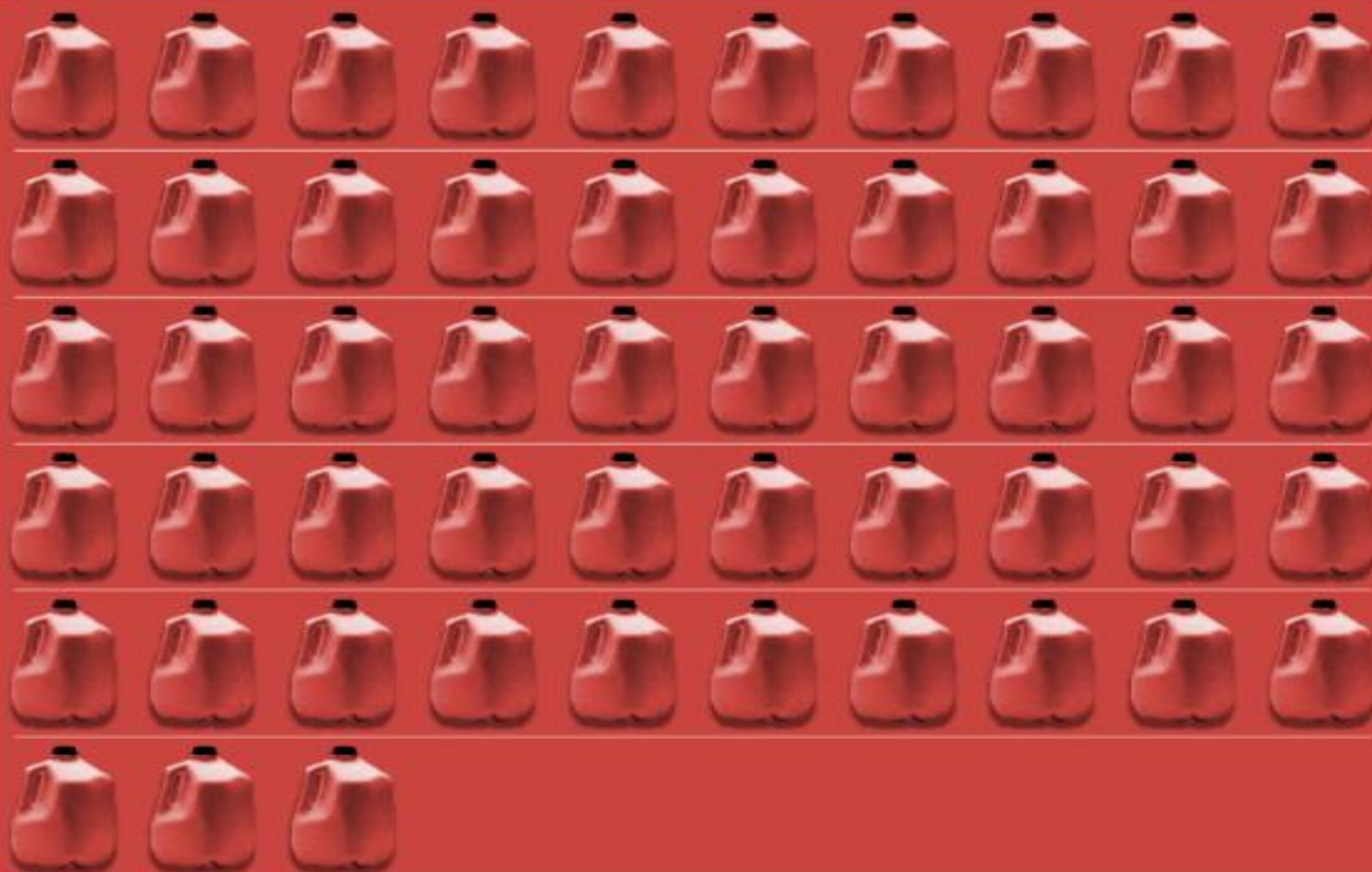
53 GALLONS

ADDITIVE

53 GALLONS

▶ AVERAGE AMERICAN:

53 GALLONS
OF SOFT DRINKS PER YEAR



Sweet Tooth

EVERY 5 DAYS

130 LBS

EVERY 5 DAYS

3,550 POUNDS IN AN AVERAGE LIFETIME

Sugar, Dumpster

9.5 TEASPOONS

22 SUGAR POUNDS 32 SUGAR POUNDS

Sugared Cereals

53 GALLONS

100 CALORIES EVERYDAY EVERY DAY

10 TIMES MORE SUGAR THAN OTHER FOOD ADDITIVES

5 SUGAR IS LINKED TO

Sugar *Cocaine*

ADDICTIVE

REFINED SUGAR HAS NO NUTRITIONAL VALUE.



0 VITAMINS
0 MINERALS
0 ENZYMES
0 FIBER

REFINED SUGAR IS LINKED TO:

OBSESITY

NERVOUS TENSION

HYPERTENSION

ACHING LIMBS

HIGH BLOOD PRESSURE

DIABETES

HYPOGLYCEMIA

ACNE

DEPRESSION

SKIN IRRITATION

HEADACHES

STIFFENING OF ARTERIES

FATIGUE

VIOLENT BEHAVIOR

ACCORDING TO BRAIN SCANS,

Sugar



IS AS
ADDICTIVE
AS

Cocaine

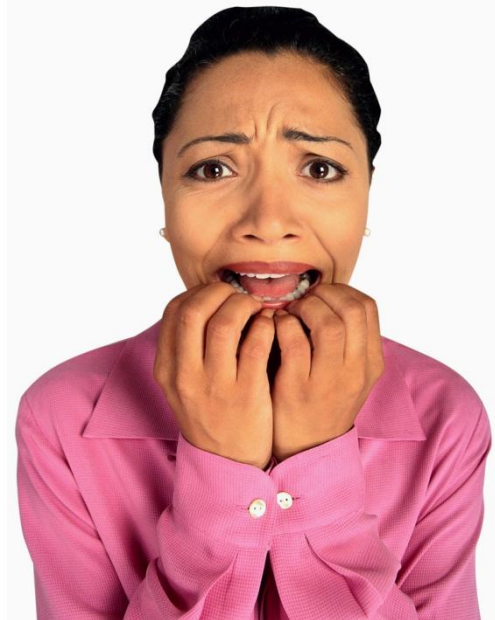


**Alzheimer's – Parkinson's – Even Cancers
are fed, nourished, kept alive by sugar consumption. – Dr. Russell Blaylock**

I don't want to scare you

...

- Well, Maybe I do...
- Everyday: 4,000 New Diabetes Patients
- 507 limb amputations, 50 lose eyesight.
- It's not spread by virus, flu or bacteria
- It's what you can do to yourself by following the established societal patterns, the herd mentality, acting like everyone else.





History of Sugar

- Processed first in India In 1300's
- Rich man's spice
- Slave Trade
- 1850 First Sugar Processing Factory opened in New York City
- 1960s High Fructose Corn Syrup
- 1980s Recommendations for Whole Grains ... more carbs, less fat means more sugars.



3 Major Food Groups

- These are your Macro Nutrients:
- **Protein**
- **Fats**
- **Carbohydrates**
- Which Group do we eat too much of?
- **Fats or Carbs or Proteins?**

Good Carb, Bad Carb

- Why Do We Need Carbs?
- Which Carbs are Bad for You?
- Which Carbs are Good for You?
- Which World Famous Baltimorean ate a 10,000 calorie breakfast on TV at the Beijing Olympics?

Michael Phelps! Mr. Carbohydrate!



Insulin Response

- Which Macronutrients Produce an Insulin Response?
- Carbohydrates turn into Glucose which provokes the Pancreas to produce Insulin.
- Insulin helps convert glucose into cellular energy
- Too much glucose turns into ...

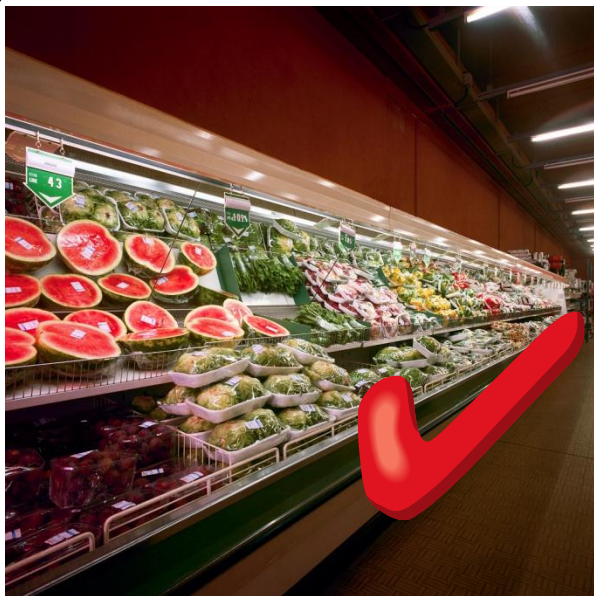


FAT!

- Sugar is Time Release FAT!
- It's the sugar that is hidden in **everything you eat** (that's processed).

How To Shop:

- Shop the Perimeter of the Supermarket
- Shop at local farmer's markets
- Stay away from the aisles of supermarkets



Two Views of the Food Industry

- As a missionary in India
- As a Holistic Health Coach



- Corn syrup, high fructose corn syrup
- Glucose
- Maltose

- Fructose
- Lactose
- Sucrose

But I have a sweet tooth!

Zero calorie sweeteners
The Good:

✓ **Stevia**
Pepsi Makes
Truvia



The Bad and the Ugly

- **The Bad:** Artificial Sweeteners.
- **Pink - Saccharin**
- **Blue - Aspartame**
- **Yellow - Sucralose**



Original Warning: *"Use of this product may be hazardous to your health. This product contains saccharin, which has been determined to cause cancer in laboratory animals."*



**WSTĘP
WZBRONIONY!**

Vegetables are Sweet!

And they are alkalizing



Podded Peas



Carrots



Rutabagas



Sweet Potato



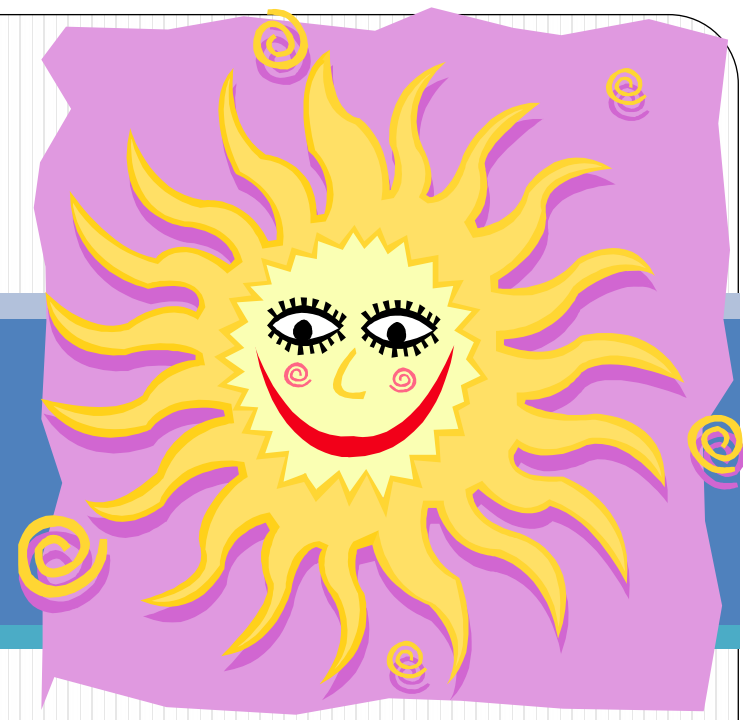
Beets

Carbohydrates Strategies

- But Slow Carbs Are Much Better for you
- Just Say NO to ***High Glycemic Carbs***
- “No, Sorry I am fasting today.”
- Beans, veggies, some limited fruits
- Once you reach your goal weight and BMI...and like what you see in the mirror...then...



80/20 Rule



- 80% of the time, Be disciplined
- 20% of the time, Be human!
- Enjoy yourself, Life is short

Is it Lifestyle or Genetics?

- Lifestyle is your personal collection of habits.
- Habits are actions that are repeated over and over until they are ingrained and you perform them without thinking.
- EpiGenetics



Practice Self Care!

More Info:

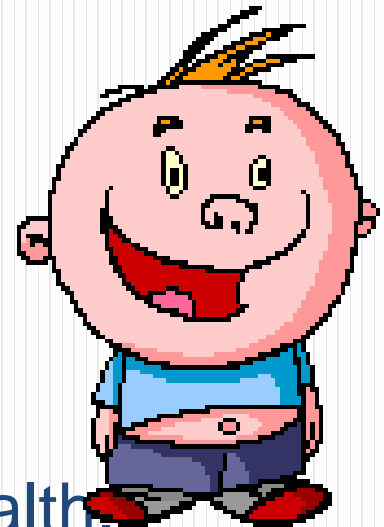
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