

Day 23: You're Sweet Enough Already

How is sugar affecting your loved ones? Now that you have been doing your program, are you starting to see sugar, and people's interaction with sugar, in a different light?

Then Versus Now

Over the last few weeks, you have gone from experiencing the weird things sugar does to your body to experiencing the wonderful things real food can do for you.

Can you even recall how you felt like a junkie, always hungry for the next sweet thing? The midday nap you needed? How hard it was to focus on your work? What about mood swings? How are your old illnesses, aches and pains?

Today, you are full of energy. Your body has been detoxified and is running on real food and real nutrients. Your digestion has improved. Your skin has cleared. You don't get sick. You have a more positive outlook on life and you are feeling even more confident about achieving success on your program and in life.

You want that for everyone you love, right?!

Did you know? Back when you used to eat sugar, starches and processed carbs, you were at an increased risk for type 2 diabetes, heart disease, high levels of bad cholesterol, obesity, depression, Alzheimer's ...even cancer?

The Bliss Point

Since 1960, the manufacturing process for sugar has become very efficient, and with the birth of High Fructose Corn Syrup, sweetening food is as easy as pie. It has also become a cheap way to increase food sales.

Sugar is added to 99% of all processed foods. They are even in foods that you don't normally think of as sweet, such as soup, bread, oatmeal and yogurt.

The reason sugar is added to foods is because of the Bliss Point. That is the point when a food tastes so good to you that you eat more, buy more and crave more of it.

Food manufacturers have even hired a guy they call "Dr. Bliss," a Harvard-trained mathematician to find the Bliss Point for foods. He says this about the Bliss Point: "Everybody wants to sell 'just a bit more.' How do you get an immediate increase in acceptance [of a food]? ...add a little sugar!"

In other words, Dr. Bliss has food addiction down to a science.

The Missing Nutrition Fact

Just for fun, find a package of processed food and take a look at the Nutrition Facts. Find the line for 'Total Carbohydrate.' There, you will see the Total Carbohydrates listed by gram and by % of Daily Value. If you look at the 'Fiber' line, there should be a percentage of Daily Value shown. Now check out the line for 'Sugars.' Where is the percentage of Daily Value?

The World Health Organization recommends no more than 5% of energy intake coming from sugar every day. Why is it that you don't see that reflected in the label on your food? It is because there are loopholes in the way our government has agreed to display information for food manufacturers. If you do the math for the missing nutrition fact, 99% of processed foods will drastically surpass the 5% limitation. That is the reason the information is not displayed.

The Bliss Point and food manufacturer profits would not be the same without adding sugar to everything we eat.

A Sugar By Any Other Name Is Sugar

If you Google 'names for sugar' you will find lists with as many as 50...56...257...and 317 entries. Names like 'Maldex,' 'ECJ' or 'Jaggery' all refer to sugars that can be hidden in your food. The thing is, a sugar by any other name is just a simple carbohydrate when the body breaks it down. No matter what, the end result is that you get fat and you increase your risk for health problems.

Talking About Sugar

Your mom, dad, partner, kids and friends are all unwittingly eating these hidden sugars. Your loved ones are facing a lifetime of disease if they do not break their addiction to sugar.

We know it can be hard to convince people that sugar is a problem. It's what we do every day.

The simplest thing to do to open the conversation is this: when your loved ones start asking about what you are doing to look great and lose weight, tell them about Personal Trainer Food.

You can also give them our phone number 1-800-273-1686 x4 to talk with one of our Weight Loss Coaches for free. There is no obligation, and we do not believe in hard sales tactics. We are always happy to help people cut through the confusion so they can get on the right track for their waistline and their health!

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at www.PersonalTrainerFood.com

Email us at WeightlossCoach@PersonalTrainerFood.com

Call us at [1-800-273-1686](tel:1-800-273-1686) x4

