



## *Take Control Of Your Life With Hypnosis*

*Eliminate negative habits; Create healthy changes; Achieve optimal well-being.*

Hi Everyone! Here is the 25<sup>th</sup> issue of Hypno-Healthgrams. You can access previous issues on the Newsletter page of my website: [www.hypno-health.net](http://www.hypno-health.net)

November 2012

### **BANISH SUGAR!**

Having recently given a “Banish Your Sugar Demons” class in two area adult education programs, I was reminded of the powerful grip sugar can have on our bodies and psyche and appalled by the internal devastation it can cause. More information and results of research studies warning of the danger of sugar consumption appear regularly. An April 1, 2012 segment of *60 Minutes* devoted twenty minutes to “The Dangers of Excessive Sugar”. Reports from respected researchers suggested that sugar, in its many forms, is toxic to humans. It can lead to obesity, type 2 diabetes, high blood pressure, heart disease and cancer. A sobering video confirming those connections can be viewed at this URL. [1]

We’ve come a long way since 1915, when we consumed fructose primarily from fruits and consumed around 15 to 20 pounds of sugar, per person, annually, most of it in the form of table sugar. [2] As manufacturers began adding it to processed foods, especially after World War II, we started getting hooked. Sugar stimulates our appetites and makes us want to eat more. It creates a high, then drops us lower than we were before. As it is metabolized in our bodies it depletes vital vitamins and minerals. And once the sugar habit has taken hold, its grip continues to tighten. Our national sugar consumption continued to increase exponentially until the mid-1970’s, when food manufacturers began to switch from sucrose (table sugar) to corn syrup as their sweetener of choice. It shouldn’t come as any surprise that the reason was to save money. Dr. Joseph Mercola wrote: “Sugar costs about three times as much as high fructose corn syrup, which is 20 percent sweeter than table sugar. We now know, without a doubt, that it’s the excessive fructose content in the modern diet that is taking such a devastating toll on people’s health. Excessive fructose consumption leads to insulin resistance, which appears to be the root of many, if not most chronic diseases. So far, scientific studies have linked fructose to about 78 diseases and health problems.” [3] “Today, the average person consumes his/her weight in sugar, plus over 20 pounds of corn syrup each year”. [4]

Rumblings are beginning to be heard about why the FDA doesn't regulate the use of sugar in processed foods. It's criminal the way food manufacturers can bombard us with sugar (and salt) and high fructose corn syrup without being held accountable. Perhaps the groundswell of convincing research about sugar's poisonous effect on our minds and bodies will tip the balance and help initiate regulations. The commercial use of sugar and high fructose corn syrup could be viewed as "a right" within a free enterprise society. But at what cost? Are we all merely collateral damage?

Much too long to adequately explain here, the cover article of *Mother Jones*, December, 2012, "Sweet Little Lies, the 40-Year Campaign To Cover Up Evidence That **SUGAR KILLS**", will shatter



any trust or faith you might have had in the "sugar industry". Lobbying, back room politicking, misleading research and the buying of influential public figures sounds like something out of a horror movie. One of the most horrifying happenings was the buying of Dr. Frederick Stare, founder and chairman of the department of nutrition at the Harvard School of Public Health. "The International Sugar Research Foundation credited the sugar industry with funding 30 papers in Dr. Stare's department from 1952 to 1956 alone. In 1960, Dr. Stare's department broke ground on a new \$5 million building funded largely by private donations, including a \$1 million gift from General Foods, makers of Kool-Aid and Tang. By the early 1970s,

Stare ranked among the sugar industry's reliable advocates, testifying in congress about the wholesomeness of sugar even as his department kept raking in funding from sugar producers and food and beverage giants such as Carnation, Coca-Cola, Gerber, Kellogg, and Oscar Mayer." [5]

The good news is that people with sugar habits have the potential to eliminate or modify them by using hypnosis. By connecting with the subconscious mind, in hypnosis, it is possible to discover the roots of the sugar habit and release their effect permanently. Most people tend to eliminate their sugar habit completely and permanently, taking comfort in the fact that the "demons" are in the past and will remain there forever. Occasionally someone will want to be able to have a "bite" or a "taste" of something sweet, without causing the demons to come storming back – and it is possible to do exactly that. Sweets eaters may be at the mercy of food manufacturers, but have their own weapon that is more powerful than sugar!

## HEALTH TIPS

**Fit Fifty Year-Olds have Fewer Diseases as Seniors.** Researchers at the University of Texas Southwestern Medical Center and the Cooper Institute in Dallas, followed 18,607 men and women for almost forty years, comparing fitness levels at middle age with overall health later. The most aerobically fit people lived with chronic illnesses in the final five years of their lives, instead of the final 10, 15 or even 20 years.

([fitness.mercola.com/sites/fitness/archive/2012/10/19/get-fit-at-50.aspx](http://fitness.mercola.com/sites/fitness/archive/2012/10/19/get-fit-at-50.aspx))

[1] [www.cbsnews.com/video/watch/?id=7403942n](http://www.cbsnews.com/video/watch/?id=7403942n)

[2] [www.Macrobiotics.com.wk.sugar.htm](http://www.Macrobiotics.com.wk.sugar.htm)

[3] [www.articles.mercola.com/sites/articles/archive/.../excessive-fructose-causes-obesity-and-cancer.aspx](http://www.articles.mercola.com/sites/articles/archive/.../excessive-fructose-causes-obesity-and-cancer.aspx), p. 2

[4] [www.Macrobiotics.com.wk.sugar.htm](http://www.Macrobiotics.com.wk.sugar.htm)

[5] *Sweet Little Lies*, Mother Jones, December, 2012, p. 39



Happy Health!

*Hugh Sadlier*

**Hugh Sadlier, M.Ed., BCCH**  
**Board Certified Consulting Hypnotist**

### **Portland Office:**

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

### **Blue Hill Office:**

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

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