

Are You Falling Victim to the Dreaded *Snack Attack*?



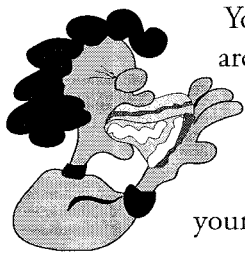
The health of most Americans is in serious trouble. Obesity and diabetes are rampant and are huge risk factors for cardiovascular disease, the leading cause of death in America. And, what is the primary cause of these serious health problems? We propose to you that it's the evil being perpetrated by the dreaded *snack attack*.

Just look in the many gas station convenience stores that appear everywhere across the land. What do they offer in the way of food? Most of these snack foods are loaded with refined sugar, white flour and processed fats—giant sized sodas and other sugar and caffeine-laden drinks, candy bars, pastries, chips and other snacks.

The problem is a serious one. According to one source, 90% of our food budget is spent on processed foods. Another study showed that Americans' favorite foods are (in order of preference): soft drinks, pastries, hamburgers, pizza, chips and popcorn, white rice, white bread, cheese, beer and French fries. Just look in the shopping carts of most Americans at the supermarket checkout and you'll realize why we spend more money on medical care than any other nation in the world.

If we want to be healthy, we need to change. That's really easy to say, but...

How Do You Stop the *Dreaded Snack Attack*?



You know what we're talking about. It happens to people who are trying to lose weight or eat healthier all the time. You start off really good, eating a diet of fresh fruits and vegetables, high quality meat and whole grains.

Then you fall victim to the snack attack. You start craving your favorite junk foods —potato chips, donuts, cookies, cake, ice cream and sodas. The urges become overwhelming. Your willpower flies out the window and bam! You are the victim of the dreaded snack attack.

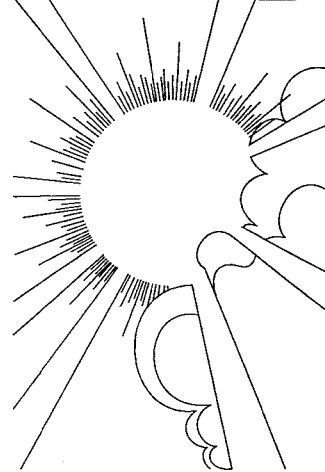
Let's face it, you're not going to overcome your desire to snack. It's ingrained in your system. In fact, our bodies work better when we snack regularly. Yes, that's right. Our metabolisms perform better when we "graze," eating small amounts of food frequently, rather than a few big meals.

So, the secret to getting the snack attack under control isn't willpower. It's really about changing your choices of snack foods and beverages and taking supplements to balance your blood sugar and give your body the good fats it needs. In other words...

You are not helpless in the face of the snack attack!

Inside this newsletter are numerous tools that can help you prevent your good health from being assaulted by fending off the dreaded snack attack.

SUNSHINE SHARING



Your guide to better health the natural way.

Vol. 19 No. 12

Important Notice

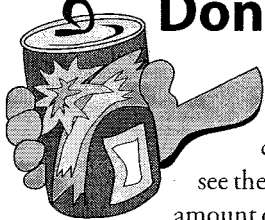
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Managing Editor/Writer: Steven Horne
Additional Research: Kimberly Balas
Associate Editors: Carolyn & Hugh Hughes, Sharon Grimes

Don't Pop That Soda!



According to some current research, 7% of the calories in the average American diet come from soda pop. When you see the giant sized soda Americans drink and the amount of soda in the average grocery cart, it's easy to believe. Just limiting sodas and sugary drinks to the occasional treat would improve the health of most Americans.

Instead of drinking soda pop and other sugary drinks, consider the following.

Hydrate Yourself

Coffee, tea, alcohol and caffeinated sodas all act as diuretics, so they actually flush water from your system rather than hydrate you. The body also uses the water in sugary drinks to dilute the sugar. As a result, most Americans are badly dehydrated.

So, pure water should be your beverage of first choice. Since tap water is loaded with chemicals that result in a bad taste, investing in a filter or better yet, a **Nature's Spring Reverse Osmosis Unit**, will automatically result in a desire to drink more water.

To stay properly hydrated, try to drink at least 1/2 ounce of water per pound of body weight per day. That means a 150 pound person should drink about 75 ounces of water per day. A quart is 32 ounces, so that's a little over 1/2 gallon per day.

Some people find it difficult to drink just water. So, if you need something to flavor your water, here are some tips.

It's Easy Going Green

Many people have found that adding some **Liquid Chlorophyll** to their drinking water makes for a refreshing and energizing drink. Chlorophyll helps oxygenate the body, which results in better energy. It also acts as a natural deodorizer, blood builder, digestive aid and antioxidant to reduce your risk of cancer. Even kids and animals tend to like it.

For a great pick-me-up drink, add a little powdered **Vitamin C Absorbates** and **Herbal Punch** along with the chlorophyll. This provides a big energy boost without the "let-down" of caffeine. Herbal Punch is sweetened with natural honey.

Health-Protecting Refreshment

Want a pleasant-tasting beverage that also has great health benefits? Add an ounce of **Thai-Go** to a glass of sparkling water for an instant spritzer. Thai-Go is one of the most powerful antioxidant drinks in the marketplace. This pleasant-tasting juice reduces inflammation, helps ease pain and protects the body against free radical damage.

To beat the summer-time heat, try adding some Thai-Go to a natural lemon-aid made with real lemons and maple syrup. This beverage really cools down and refreshes the body. It even helps recovery from sunstroke and heat exhaustion.

Get Off the Blood Sugar Roller Coaster

When you get up in the morning, your body has been fasting all night and your blood sugar is low. You "break your fast" by eating breakfast. And how you break-fast in the morning will set your metabolism for the day.

If you start off with coffee and donuts or other pastries, sugar-sweetened breakfast cereal or other simple carbohydrates, you do raise your blood sugar level quickly, but it comes at a cost. Your blood sugar goes too high and your pancreas has to secrete high levels of insulin to get this sugar out of your bloodstream. Insulin causes the body to store carbohydrates in the liver and fat cells (causing weight gain).

Once that sugar is gone, your blood sugar is low again and you crave your next high carb and or caffeine fix. All day long your blood sugar goes up and down like a roller coaster, and/or your energy and mood goes up and down with it.

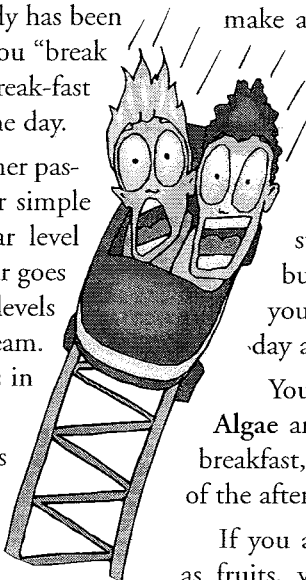
The solution is surprisingly simple. Start the day by eating some high quality fat and protein. Eggs, avocados, organic meats or unsweetened yoghurt are all good choices. If you're in a hurry, take a spoonful of coconut oil and

make a protein shake with **SynerProTein**, **Nutri-Burn** or some other protein powder.

Protein and fat cause your pancreas to secrete a different hormone called glucagon. Glucagon mobilizes sugar stored in your liver to enter the blood stream. This raises your blood sugar, but it also sets your metabolism to start burning fats instead of storing them. The result, your blood sugar stays more stable throughout the day and so does your energy and mood.

You can also reduce sugar cravings by taking **Super Algae** and **Licorice Root**. Take two capsules of each at breakfast, the same again at lunch and again in the middle of the afternoon.

If you also start selecting complex carbohydrates (such as fruits, vegetables and whole grains) instead of simple carbohydrates (foods with refined sugars and grains) your metabolism will adjust in about two weeks. Your cravings for sugar and caffeine will cease and your mood, energy and overall health will be much better. You'll be amazed at how much better you feel and how much more clearly you'll be able to think. Try it!



Soothing Your Sweet Tooth The Healthy Way

Giving up sweets "cold turkey" is about as hard as quitting smoking. Refined sugar is actually highly addictive. So, rather than denying yourself any sweets at all, it's best to soothe that savage sweet tooth with something a little healthier.

Try making cookies, cakes, brownies and other treats using whole grain flours (whole wheat pastry flour, brown rice flour, etc.) and natural sweeteners such as freeze-dried sugar cane juice, raw sugar, real maple syrup and raw honey. These sugars contain B-vitamins and other nutrients that the body needs to process sugar. This makes the treats made with them more satisfying to the body, so you'll eat less of them.

If you don't have time to make such treats yourself, buy some treats at the health food store or in the health food section of your grocery store. These healthier versions of goodies are becoming increasingly easy to find.

The Sugar That's Good for You

A great ally in satisfying your sweet tooth in a healthy way is xylitol. Xylitol is a naturally-occurring 5-carbon sugar that has about the same sweetness as sucrose (table sugar) so it can be substituted one to one in recipes. However, it has 40% less calories than sucrose and 75% less carbohydrates than sucrose. That's great news for people trying to lose weight.

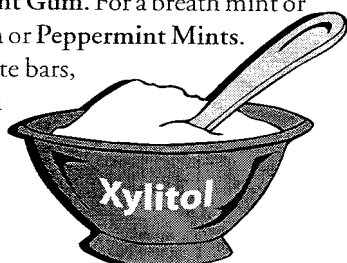
Xylitol also has a very low glycemic index (7), which means it does not spike blood sugar or cause an insulin reaction. This makes it safe for both hypoglycemics and diabetics.

Even better, xylitol actually helps reduce carbohydrate cravings. So, it really does soothe that savage sweet tooth and help you in your battle to get over your addiction to sweets.

And, best of all, xylitol actually has some great health benefits of its own. Yeast and bacteria can't feed on it, so it actually helps combat yeast infections and bacterial infections like sinusitis, middle ear infections and periodontal (gum) disease.

Xylitol encourages re-mineralization of bones and teeth. This makes it helpful in preventing and reversing osteoporosis. It also gives it a double action against tooth decay. It not only inhibits plaque formation by reducing levels of harmful bacteria in the mouth; it actually helps teeth to increase their resistance to cavities.

The Nature's Sweet Life line includes high quality Bulk Xylitol, as well as xylitol-sweetened gum, mints and chocolate bars. When that craving for a sweet treat comes, try chewing a piece of Xylitol Cinnamon, Peppermint or Spearmint Gum. For a breath mint or quick treat, try Xylitol Berry, Lemon or Peppermint Mints. There are also two flavors of chocolate bars, plain and dark orange, described on page four. Using these natural candies can give you your "sweet fix" and improve your health at the same time.



That "Energy Drink" Isn't Giving You Energy!



In addition to the already popular caffeinated sodas, coffee and tea, numerous "energy drinks" have popped up in convenience stores everywhere. These beverages usually use caffeine or caffeinated plants like guarana and kola nuts for their stimulating effects. Many also contain a lot of sugar.

They are not, however, giving you energy. A stimulant does not give you energy. It *temporarily* revs up your metabolism, which makes you *temporarily* feel energized. However, this temporary stimulus comes at a price—it's using up nutrient and energy reserves. It's also stimulating glandular function, which ultimately leads to adrenal and thyroid fatigue.

This effect is often noticeable a few hours later as energy sags again and another caffeine "fix" is required. Over time, the glands and energy-producing mechanisms become more and more depleted and people crave more and more stimulants to try to feel good.

Here's a better way to have more energy—take supplements that build your body's glandular function and energy reserves instead. Taking these supplements will gradually rebuild your energy reserves and glandular health. You'll have more and more stamina over time instead of less and less.

Target Endurance is a good choice. This blend contains minerals and amino acids that were shown to increase endurance times in laboratory animals by as much as 480%. Taken with licorice root, it's a great way to overcome cravings for caffeine and sugar.

Another good choice is **Chinese Mineral Chi Tonic**. This blend will supply trace minerals and Chinese herbs that help the body produce more "chi" or energy. It's a great tonic for improving overall health and energy levels. It's also an adaptogen that reduces stress while building immunity and resistance to disease.

Additional Help and Information

For more information on the health problems associated with high sugar drinks and unhealthy snacks, and healthier alternatives, talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. You can also consult some of the following sources for more information:

Sweet Death by Dr. Hugo Rodier (available from www.naturestools.com)

Sugar Shock by Nicholas Perricone, MD

The Sugar Fix: The High-Fructose Fallout That is Making You Fat and Sick by Richard J. Johnson, MD with Timothy Gower



Is Your Health Under Attack?

- ✗ Don't let *sneaky snack attacks* ruin your good health.
- ✓ Replace unhealthy snacks with delicious drinks and treats that will improve your health.

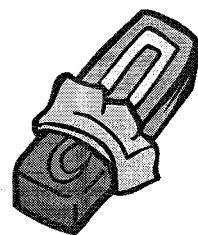
The Good News About Chocolate

If you crave chocolate now and then, there is good news for you. Cocoa, the cocoa part of chocolate, actually has a lot of health benefits.

For starters, cacao is one of the richest sources of antioxidants on the planet. Antioxidant effects are measured as ORAC values (oxygen-radical absorbing capacity) and dark chocolate's ORAC value is one of the highest ever measured. Chocolate also contains flavonoids that help keep blood vessels elastic.

Your craving for chocolate is probably pretty natural because chocolate has some mood-elevating chemicals such as phenyl ethylamine. Chocolate also raises serotonin levels in the brain and appears to influence endorphins and oxytocin, neurotransmitters associated with pleasure and intimacy. No wonder we crave it!

If you're worried about tooth decay, chocolate actually contains antibacterial agents that fight tooth decay. Of course this effect is negated by eating chocolate loaded with refined sugar. In fact, the only unhealthy thing about chocolate is the sugar and other additives that are usually mixed with it.



Fortunately, Nature's Sweet Life offers two flavors of chocolate bars sweetened with xylitol (see page three for more information about xylitol), so you can get the health benefits of chocolate without the negative effects of refined sugar. There are two flavors to choose from: **Plain Dark Chocolate** and **Memory Orange Dark Chocolate**. These treats offer a way to satisfy that chocolate craving with something that is actually good for you.