

Overcoming sugar habit

Posted At : March 10, 2011 5:36 PM | Posted By : Michael Smith

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I cut out sucrose and glucose a year ago (and not using substitute sweeteners either). I still eat fructose (ie fruit). I have noticed that my energy is more level (no sugar high or post sugar blues). When I accidentally eat something with sugar in it now tastes WAY too sweet and yucky.

For overcoming addictions to certain foods I have found EFT (tapping) helped me when I had that "urge".