



Chris Hill's talks about Sugar Addiction

'Have you ever wondered why you feel helpless when it comes to cutting out certain foods? Or why you struggle to stick to a diet or end up eating much more than you'd planned?'

As a carbohydrate, i.e. naturally derived from food, sugar helps supply the energy you need for your daily activities. All of your cells use it. But refined sugar that you 'add' to food and drink is highly addictive and in fact a poison to your system. Your body's only defense is to immediately tackle it with insulin, turn into fat and store it around your body. Meanwhile, your mind develops an addiction to it and 'drives' you to consume more.

Covered in the talk:

- What is addiction?
- Why added/refined sugar is highly addictive – in fact, in lab tests – EIGHT times more addictive than Cocaine or Heroin.
- What happens inside your body when you consume sugar
- How this increases your risk of Type 2 Diabetes
- How sugar 'drives' appetite and alters your relationship with food
- How sugar 'hides' in at least 80% of food
- What about carbohydrates and fruit?
- The 'sugar' difference between juicing and smoothie making

If required, I can then talk about my 7-Day Beat Addiction Programme and how it has helped people overcome all types of addiction. I will cover:

- The subconscious mind
- How addiction works in terms of your mind and body
- Understanding the roles of your subconscious mind, your body and your 'conscious self'.
- Making a decision and starting the process of beating any addiction

Listeners / viewers will get an insight into what sugar addiction is all about and find out enough to be going away, doing their own research and hopefully, making some life and dietary changes for themselves and their children. At last, people will understand that it isn't that they are weak willed, but rather that sugar is a highly addictive substance that their mind and body have become addicted to; breaking down their natural relationship with food.