

# *Sugar Withdrawal*

Ok, yes, I admit it – I love sugar too! But I also know that sugar is not a food item, it really acts like a drug. This is why we become so addicted to it.

When you first start reducing or eliminating sugars you may go through what we call a “healing crisis”. This refers to the first few days when your body is going through the initial adjustments of not having the sugar for the first time probably in a long time. What does this healing crisis feel like?

You can experience the following symptoms the first few days:

- Headache
- Mood swings
- Shaky
- You may even feel some aches & pains – some of patients have thought they were coming down with a flu.

Of course, the intensity of the symptoms will depend on how much sugar you were having before.

Please make sure you eat your protein, drink your water and eat every 3 hours. This will make sure the symptoms don't last any more than a few days. Doing so will ensure that you come out on the other side feeling so much better.

I know you can do this!