



# Too much sugar still consumed

## Estelle Ellis

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DESPITE all the warnings, and the debates about Type 2 diabetes, many people still eat far too much sugar.

Lifestyle coach Tanya Wyatt said one of the leading world experts on the impact of sugar on humans, Dr Joseph Mercola, had clearly explained the main problem with sugar, and processed fructose.

The problem is that the human liver has a very limited capacity to metabolise it – it can only handle about six teaspoons of sugar a day.

“Anything more than that is turned

into body fat, and leads to all of the chronic metabolic diseases we struggle with, including Type 2 diabetes, cardiovascular disease, hypertension, dementia and cancer.

Wyatt said for some people sugar addiction was a real struggle.

“Let me take myself as an example. My diet is very high in fat, moderate in protein and pretty low in carbs and – because this works well for my unique biochemistry – my blood sugar is well regulated. If I eat something sweet, it doesn’t tend to drive me to eat more and more of it. However, some of my clients can’t even touch sugar because

it creates a vicious craving cycle. It depends, I believe, on your personal output of insulin and your sensitivity to it.

“The best and fastest way I know to stop the cravings, is to add plenty (and I mean plenty!) of good quality fat to your meals. Whether cold-pressed olive, coconut, avocado oil, or nut oils or pastured (grass fed) butter – or a mix of all – add more than you think you should.

“In addition, every time you eat a snack or meal, make sure there’s some protein included – not a huge amount – but always some as it helps to stabilise blood sugar which will lessen any potential cravings,” she said.