



# Escaping the Sugar Trap

A Quick Guide by  
Dr. Ljuba Lemke



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# Disclaimer

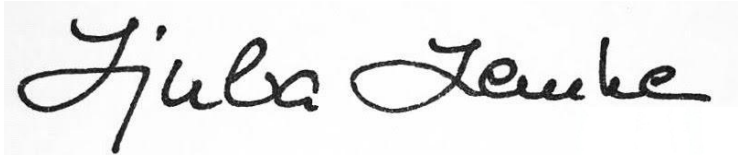
The information included in this Quick Guide is meant for educational purposes only.

It is neither intended nor implied to be a substitute for professional medical advice.

Read the full disclaimer [HERE](#).

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## About the Author

A handwritten signature in black ink that reads "Ljuba Lemke". The signature is written in a cursive style and is set against a light gray background.

# 1. The Sweets Season and Its Temptations

Halloween is kicking off the Sweets Season. Thanksgiving and Christmas are just around the corner.

How can you sail through all the temptations without your health taking a hit?

Overindulging in sweets changes our mood, energy levels, and behavior.

This becomes very clear when children. They get agitated and hyperactive. As they get tired, they get cranky because their brain's signal of sleepiness is overpowered by them being all wound up. **Their whole system is out of balance.**



**Sugar has this effect on all of us.**



Just notice for yourself how sugar consumption creates

- Cravings for more sugar
- Restlessness or hyperactivity
- Loss of willpower
- And more ...



Have you seen this happening to you or anybody else in your family?

Make a mental note whenever you notice it. Or, better still, if you really want to find out more, jot down your observations in a notebook or create a text file on your digital device.



## 2. How Sugar Messes Up Our System?

One of the reasons that sugar is SO detrimental to your health is that it sets you up for **yeast overgrowth** in your intestines.

### YEAST INFECTIONS



Yeast is a fungus and while there are beneficial yeast organism, often there is an excess of “bad” yeast.

That’s what we are talking about.



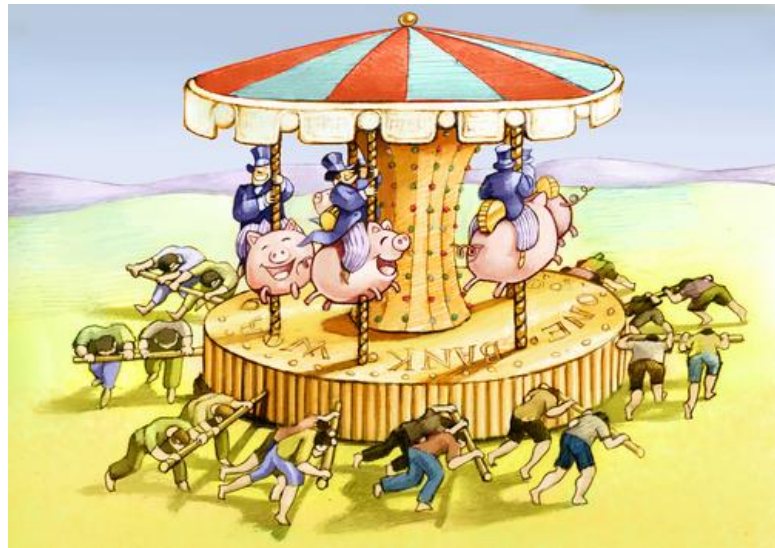
# 1.

Here is the first connection between yeast overgrowth and a growing craving for sugar:

**Yeast feeds on sugar.**

That's what those little critters eat.

Now think of demand and supply:  
The growing bad yeast population wants food. It demands **SU-GAR, SU-GAR, SU-GAR!** and hijacks your brain into thinking **YOU** want sugar.



Eh-eh! The sugar that you eat is not nutrition for your body. Instead, it is food for all those freeloaders that you are carrying along.

## 2.

Next, why does yeast weaken your willpower?

The bad yeast guys eat and poop just as we do or - if we want to say this fancier - they take sugar in but excrete other components.

One of them is alcohol.

**Yes, ALCOHOL**





The ALCOHOL gets absorbed into your bloodstream and ends up in our brain. You feel a bit foggy, disoriented, and have a harder time focusing.



This is referred to as **BRAIN FOG**.

AAND, just like other alcohol, the alcohol produced by yeast organisms in your gut **weakens your willpower**.

You would not knowingly give alcohol to your child, would you? As you know, alcohol is a neurotoxin, and even small amounts can cause alcohol poisoning in children.

Please understand that the alcohol created by yeast overgrowth is not only equally toxic as the one in alcoholic beverages. ...

It is much **worse**.



It is **methanol** which is sometimes used in bootleg liquor. It is a close chemical cousin of potable alcohol, but it can be fatal in only a few ounces.

A sad report of what can happen:

## [“Bootleg Liquor and Why You Should Not Drink Methanol”](#)

“Twenty-two deaths in the Czech Republic and bans on Czech alcohol in neighboring countries are the result of an outbreak of bootleg liquor tainted with methanol, a close chemical cousin of potable alcohol that can be fatal in only a few ounces.

Along with the 22 dead, Czech bootleg liquor has left dozens of others in critical condition, some with blindness or [brain damage...](#)”



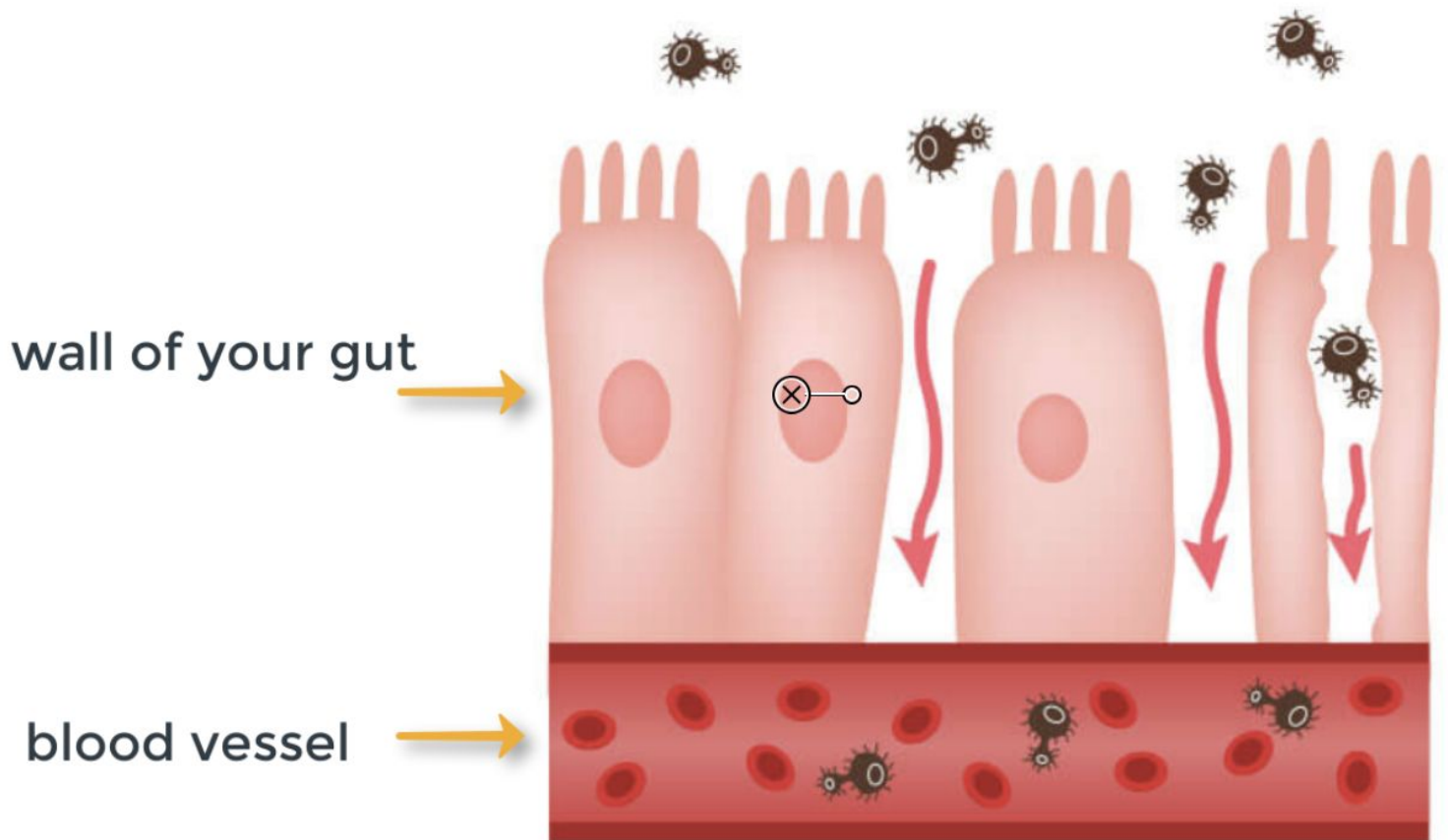
# 3.

Here is another one for you:

## Leaky Gut Syndrome



The bad yeast guys cling to the walls of your intestines, creating holes that are big enough for particles to get into your bloodstream... particles that were never meant to be absorbed.



For all your body knows, those particles are foreign and have to be attacked and eliminated. And off it goes triggering the whole cascade of an immune response involved with allergies.

Amongst other things, **a leaky gut causes allergies and food-intolerances.** That's not a good day!

These are just a few bad things that are triggered by too much sugar.

### 3. How to Say NO to Sugar!

Yes, I want sweets but can find something else that I want equally as much or even more?

Let's make a **carrot** that dangles in front of us each time we have to muster up the willpower to say NO to sugar.



For children, you can set up a candy trade-in program. Your child might be saving up for a toy, or a movie ticket, or a game.

Sit down with your child and brainstorm together what he/she would like as a reward for staying away from sugar.

Determine how much the reward is worth ... or costs and set a trade-in value for sweets.



By the way, stop choosing sugary treats as gifts for others. Remember the methanol issue ...

Let your friends know that you are staying away from sugar and rather not be tempted by sweet gifts.

# Reclaim your ability to taste the Sweetness in Natural Foods

As you cut back on refined sugar or stay away from it all together, you will make an **amazing experience:** you will start tasting the sweetness in natural foods again.



Did you know that in Traditional Chinese Medicine chicken used to be considered “sweet”?



Well, this was loooooong time before Cinnabon entered the market and messed with your taste buds.



# What about YOUR inner child?

Can you come up with something that could be just the perfect sweets alternative for you?

There are so many ways to make this work. The key is that each time you say NO to sweets (which admittedly is hard and no fun), you connect it with a rewarding event: maybe you plan to treat yourself to a visit to the Hot Springs or make time for something that you normally would not do.



Of course, you need to set a fair-trade value for your reward.

Be creative and enjoy keeping track of your trade-in points.

## 4. Mitigating the Harmful Effects of Sugar

Ever since refined sugar became available, sugar consumption has skyrocketed.

**Two hundred years** ago, the average American consumed about **two pounds of sugar in an entire year**.

Today that number is **152 pounds per year**—**about three pounds, or six cups of sugar per week**.

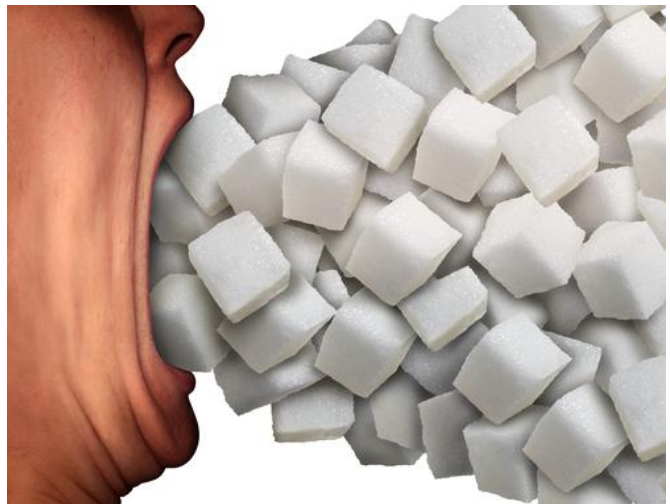


Table sugar gets absorbed into your bloodstream really fast. Whenever the blood sugar level peaks, you are in trouble.

# How to Slow Down the Sugar Absorption

Making a good choice **WHEN** to have sweets can reduce peaks in your blood sugar.

Your sugary treat is less harmful if you have it **at the end of a meal** that contains

- **natural fibers** like vegetables or salads,
- and/or **healthy fats** such a coconut or olive oil



# Sugar is a DRUG



It is very challenging to quit sugar altogether because **SUGAR IS A DRUG** and it **CAUSES ADDICTION**. That makes it a profitable business for manufacturers of soft drinks.

“In 2017, the U.S. market for soft drinks reached around 195 billion U.S. dollars, with a five billion U.S. dollar increase expected in 2018.” [www.statistica.com](http://www.statistica.com)

# Quitting an Addiction

By now, you begin to understand what is going on. It is unlikely that you will be able to quit sugar cold turkey. What I am asking you is

**“Which way do you want to go?”**



I never, ever anticipated that so many people would quit smoking; and yet, with a change in awareness and smoking bans in many places, it happened. Remember when smoking in hospitals used to be perfectly okay?

## Be Aware of Sugar Addiction

# Use What You Have Learned So Far

1. You are surrounded by **sugary temptations**.
2. You are paying attention to **how much refined sugar** or **high fructose corn syrup** is in your diet.
3. You understand **yeast overgrowth** in your intestines as a MAJOR health problem.
4. You can see the **dangers of methanol**.
5. You know that **leaky gut syndrome** contributes to **food intolerances** and **allergies**.
6. You see regular sugar consumption for what it is: an **ADDICTION**.
7. You will make a decision whether you want an addiction to determine your health and wellbeing.



# You Can Do It!



You have some strategies in place to mitigate the harmful effects of sugar:

1. You have a carrot dangling in front of you when tempted with sugar: a reward that you get for saying NO to the temptation.
2. Instead of eating having sweet treats in between meals or soft drinks, you enjoy a dessert **at the end of a meal** that contains
  - ◆ **natural fibers** like vegetables or salads,
  - ◆ and/or **healthy fats** such a coconut or olive oil

## 5. Hidden Sugar

You may be surprised to learn that

**74 % of all foods in the US  
contain some type of added sugar.**

[www.TheLancet.com](http://www.TheLancet.com)



Added sugar is not just in foods that taste sweet. It's also hiding in everything from bottled salad dressings to ketchup.

So, you need to  
**read LABELS.**



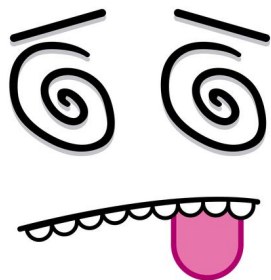


# Reading Labels

Apart from the word sugar watch out for **FRUCTOSE**.

It is commonly used in processed foods partly, because it's less expensive to produce than refined sugar, and it takes less of it to get the same level of sweetness.

It's often added in the form of **high fructose corn syrup**. This is fructose that's been combined with corn syrup and chemically treated to increase the concentration and sweetness of the fructose.



It doesn't get much worse than that!

[DETAILS](#)

So, are you ready to take an honest inventory of your sugar intake?

# How much sugar do you consume?



Don't make it a science project. Just jot down some notes that will help you to keep track of your sugar intake.

Don't forget any alcohol that you drink, as well as sugar-sweetened beverages, including soda, energy drinks, sweetened ice tea and such.



## 6. The Food-Mood-Energy Tracker

Do you want to know how much your sugar intake affects your mood and your energy?

Obviously, food should be nutritious and GIVE you energy. But all too often, we may feel tired and sluggish after a meal.



Use this simple questionnaire to determine whether you are really nourishing yourself, or whether you are putting dead calories in your body making yourself sick.

Download [Questionnaire](#)

# Easy Steps towards Quitting the Sugar Addiction

Many people told me that doing the questionnaire (the one you downloaded in the previous chapter) had finally made them see what an opportunity it is to **pay attention to their diet.**

**It is not only about weight -  
It is about quality of life!**

I have good news and bad news for you.

I give you the bad one first:



# REAL Food

Here is the harsh truth:

**REAL FOOD grows in real places.**

It does not grow in factories; it does not grow in labs. It doesn't come out of boxes; it is not processed.

**Preparing food at home is your ticket to better health.**



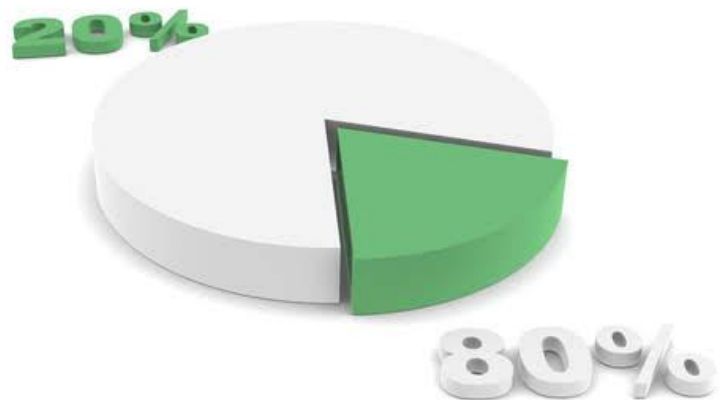
AAAND here is the good news:

**It doesn't have to be difficult.**

# Apply the 80/20 Rule

The 80/20 rule requires that you eat a **clean diet 80%** of the time.

Allow for **exceptions 20%** of the time. This makes for an easy start.



Please be aware that getting rid of a yeast overgrowth or other chronic conditions requires a much stricter approach to diet and lifestyle habits. Many holistically trained professionals have successfully guided their patients toward health.

I was fairly easily able to get rid of a yeast infection with the help of Applied Kinesiology, supplements, and diet.

# Little steps, curiosity, and perseverance will get you there.

Don't think you have to throw all your eating habits overboard. Instead, just try these baby steps:



- Put **raw food items on your grocery list:**
  - Vegetables
  - Lettuce and other salad ingredients
  - Fruit (in moderation)
- Have **something raw with every meal.**
- Make use of your freezer, a slow cooker, and/or a modern pressure cooker.

There is so much more to share but it would be beyond the scope of this Quick Guide. Numerous websites have in-depth information. Here are two that you may find useful:

- [How to Stock a Healthy Pantry](#)
- [Raw Food Made Easy](#)

# Dr. Robert Lustig aka “the Sugar Guy”



Decide how deep down the rabbit hole you want to go. If you are ready to dive in, I recommend you look at Dr. Lustig’s material. I met him at a conference and was very impressed with his knowledge and presentation. It did not contain any vegetarian/vegan propaganda! Instead, it showed the connection between these two

- between processed food, loaded with added sugar and stripped of its natural fiber and nutrients
- Rapidly declining health and wellness nationwide



## Dr. Lustig's TED Talk



- Obesity is not the real problem; being thin is no protection from disease.
- Not all calories are created equal - which ones to avoid and which ones to eat.
- How your hormones can make you sick or healthy.
- Why sugar calories are so dangerous to your liver and your life.
- Easy, practical ways to get sugar and processed food out of your life.

# Wellness Newsletter

My Wellness Newsletter covers important, not commonly known information about health and wellness.

If you'd like to be informed please opt-in [HERE](#).

## Ljuba's Wellness Newsletter

Get insights and information that will help yourself and your family.

[Opt-In HERE](#)

I will NEVER share your information, and you can unsubscribe at any time.

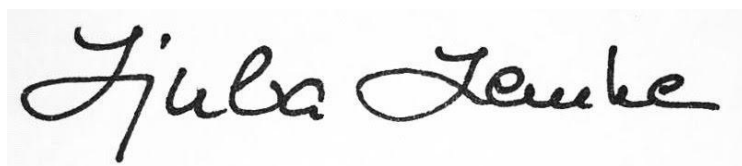
# Your Questions are Important

With my background of holistic dentistry and naturopathic medicine, I have so many topics on my mind that it is hard to decide which one to share next.

What would you like to know more about? Please **post your questions and comments** on my [YouTube Channel](#).

Thanks for your interest!

My best wishes for your health and wellness,

A handwritten signature in black ink that reads "Ljuba Lemke". The signature is written in a cursive, flowing style.