



What kind of sugar addict are you?

Sugar addiction is becoming the rule rather than the exception. There are many known benefits to cutting out the white stuff. However for most, simply trying to cut out sugar usually doesn't work.

To beat sugar addiction, you need to identify what type of addict you are and then follow a treatment plan specific to you.

**So what's your type?
Look inside to find out!**

Type One?

QUESTIONS

Do you feel tired most of the time?
(N = 0 points, Y = 20 points)

Do you need coffee to get jump started in the morning?
(N = 0 points, Y = 10 points)

What is the average number of 8 oz cups of caffeinated drinks
(coffee, tea, soda or energy drinks) you have daily?
(Score 16 points for each cup.)

Do you repeatedly crave sweets or caffeine to give you the
energy to get through the day?
(N = 0 points, Y = 25 points)

Are you gaining weight/having trouble losing weight?
(Score 1 point for every two pounds gained over the past three
years.)

RESULTS

0–30: No problem. Skip to the next quiz.

31–50: Cutting back on caffeine and refined sugar will help
you restore your energy production.

Over 50: You are likely a sugar and caffeine junkie. Learn how
to restore your energy production naturally, so you can cut
back on sugar and still feel great!

Type Two?

QUESTIONS

Are your biggest cravings for bread, sweets and chips?
(no = 0 yes = 15)

Do you become very irritable when hungry?
(no = 0 yes = 20)

Is life a crisis to you? (no = 0 yes = 15)

Do you enjoy the rush of energy you feel when you are in a crisis? (no = 0 yes = 15)

Does tough decision making and stress make you feel exhausted? (no = 0 yes = 15)

RESULTS

00–24: You are probably a type B “low-key” person with healthy adrenals.

25–34: Your adrenal glands may becoming depleted.

35–65: This suggests adrenal exhaustion, and to feel better you may need plenty of rest, nutrition and lifestyle adjustment

Type Three?

QUESTIONS

Do you have chronic nasal congestion or sinusitis?
(no = 0 yes = 50)

Do you have spastic colon or IBS? (chronic gas, bloating, diarrhea or constipation)? (no = 0 yes = 50)

Have you taken antibiotics for more than two consecutive months, or shorter courses more than three times in a twelve month period? (no = 0 yes = 20)

Have you been treated for acne with antibiotic pills for one month or longer? (no = 0 yes = 50)

Have you had a fungal infection, such as jock itch, athlete's foot, or a nail or skin infection that was difficult to treat?
(no = 0 yes = 20)

Do you have postnasal drip or clear your throat a lot?
(no = 0 yes = 20)

Do you have food allergies? (no = 0 yes = 20)

RESULTS

If your total is 50 or higher, you likely have a yeast/candida overgrowth.

Type Four?

QUESTIONS

Female:

In the week before and around your period, do you experience noticeably worse:

Insomnia? (no = 0, yes = 15)

Headaches? (no = 0 yes = 15)

Fatigue? (no = 0 yes = 15)

Hot flashes or sweats? (no = 0 yes = 20)

Have you had a hysterectomy or ovarian surgery? (no = 0 yes = 30)

Do you have decreased vaginal lubrication? (no = 0 yes = 25)

Do you have decreased sex drive (libido)? (no = 0, yes = 15)

Male:

Do you have decreased libido? (no = 0 yes = 20)

Do you have erectile dysfunction/decrease in erections? (no = 0 yes = 20)

Do you have hypertension? (no = 0 yes = 20)

Do you have high cholesterol? (no = 0 yes = 20)

Do you have diabetes? (no = 0 yes = 20)

Are you overweight with a "spare tire" around your waist? (no = 0 yes = 20)

RESULTS

Female: If you scored 30 or higher you likely have symptoms from estrogen or progesterone deficiency, which can contribute to cravings.

Male: If you scored 50 or higher, these symptoms may be the result of an inadequate testosterone level, which can contribute to cravings.

What does it all mean?

TYPE 1

Chronically exhausted and hooked on borrowed energy from caffeine and sugar which is only perpetuating your problem. When your energy increases from taking better care of yourself, you won't need sugar and caffeine for an energy boost.

Focus on healing by:

- Staying hydrated, at least 6-8 glasses of water each day.
- Improving nutrition, focusing on raw fruit and vegetables, high quality protein and healthy fats.
- Turning off screens 1 hour before bed and sleeping 8 hours each night.
- Exercise intentionally, moving your body in ways that feel good for 30 minutes each day.
- Use Emotional Eating tools to learn what truly motivates you to eat.

TYPE 2

Life's chronic stress has exhausted your adrenal glands, which creates constant cortisol spikes and subsequent sugar cravings to combat hypoglycemia. If you experience hanger, intense mood swings and crash under stress, it is important to treat your adrenal exhaustion.

Focus on healing by:

- Use adaptogenic herbal supplements to nourish your endocrine system.
- Clean up your diet, focusing on high quality protein and healthy fats
- Eliminate caffeine, replace it with alternate nootropics or a medicinal mushroom blend for clarity, focus and alertness.
- Explore the Emotional Freedom technique, restorative yoga and meditation to soothe nerves and release stress.
- Use Emotional Eating Tools to stop using food to cope with anxiety.

What does it all mean?

TYPE 3

Sugar cravings are likely caused by pathogens that are sending chemical signals to your body to feed them sugar. Treating yeast overgrowth is critical to long term health, as chronic inflammation created by these pathogens leads to more severe health problems down the road.

Focus on healing by:

- Eating a diet low in sugar and refined carbohydrates, and avoiding foods containing mold and yeast. (cheese, bread, peanuts, etc.)
- Focus on eating lots of vegetables, chia and flax seeds. They contain fiber which helps friendly gut bacteria thrive,
- Consider taking probiotics and digestive enzymes to support digestion and absorption of nutrients.
- Understand the low mood you have been experiencing is not your fault, and use Emotional Eating tools to overcome these defeating thoughts and feelings.

TYPE 4

Sugar cravings caused by hormone imbalances can make you feel depressed or anxious. They are also often indicative of a larger underlying issue with digestion and absorption of nutrients.

Focus on healing by:

- Stay well hydrated by drinking your water with an added pinch of Himalayan salt. This helps you to better flush toxins and quells cravings.
- When you crave sugar, eat fruit. It carries loads of vital nutrients and fiber, which helps balance hormones.
- Consider taking probiotics and digestive enzymes to support digestion and absorption of nutrients.
- Ensure you get enough protein and healthy fats in your diet, so that you can build ample hormones.
- Use Emotional Eating tools to eat less unsupportive food and learn to enjoy more functional foods.

So now what?

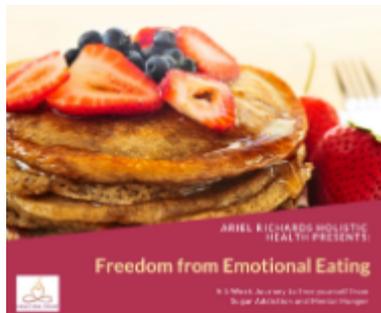
HOW CAN I INTEGRATE THESE CHANGES?

I hope that you can take these steps and put them into action to create serious change in your life and sugar cravings. However, if at this point you feel like you have already tried these steps on your own and you are still stuck, that's great news! Let me explain:

You now know that you absolutely need to change your thought processes and emotional attachments to certain foods.

I am here to help! There are certain Emotional Eating tools, simple enough but too complex to get into here, that can make a world of difference in your relationship with food, and in how that food affects your body.

If you're interested in learning how to conquer your emotional eating, follow the link below:



Freedom from Emotional Eating: A 4 Week Mini Course

A Four Week Journey with Ariel to free yourself from Sugar Addiction and Emotional Hunger Weekly Recorded Video Modules and Workbook Each week w...

I'm here for your questions!

with love,

Ariel Richards

R.H.N., C.C.F.

ignitionpointwellness@gmail.com

