

Sugardreams.....

waking up to the bitter reality



A nutritional approach to healing addiction in the 21st Century
Monica Colmsjö

www.sugardreams.com.au

How Sugar addiction “sneaks” upon us – and what to do about it.

[Order your copy of the book HERE!](#)

Contact Connie; Int; +61 7 5530 4579 AUS 07 5530 4579
www.conniehansen.com | mail; connie@conniehansen.com

SUGARDREAMS...

WAKING UP TO THE BITTER REALITY

By Monica Colmsjö

All rights reserved

Copyright © by Monica Colmsjö 2009

IMPORTANT NOTE TO READERS:

The nutritional advice on these pages is not intended as a substitute for medical care. If you have a medical condition, consult with a qualified healthcare professional before following any of the suggestions in this book.

The thoughts and views are my own, I have a profound interest in helping both myself and others achieve and maintain a healthy happy life.

ISBN -978-0-9806937-0-6

1. Nutrition. 2. Addiction. 3. Health – nutritional aspects

Book design and illustrations by Kelly Turner & Christie Turner, 2win, Graphic Design, Burleigh Heads Qld

Author Photograph (back cover): Photographer Tim Bamford, Portrait House, www.portraitouse.com.au

Printed and bound in Australia by: McPherson's Printing Group

www.sugardreams.com.au

[Order your copy of the book HERE!](#)

Contact Connie; Int; +61 7 5530 4579 AUS 07 5530 4579
www.conniehansen.com | mail; connie@conniehansen.com

Foreword

So many things in life start out by seeming so sweet and attractive and then later their reality dawns. Perhaps sugar is the most obvious of all.

What a strange substance it is. In truth it has the qualities of a drug rather than a food. Some believe it fuelled the growth of the British Empire and the slave trade, and that slavery only stopped when machines were built that could take over the jobs in the sugar mills that the slaves performed.

Because of its financial power, and the vested interests it supported, it is able to mask its potential health threats. When I was young Type 2 diabetes, the latest plague sweeping the world, was known as Sugar Diabetes and the cynical suggest that it was the sugar industry that caused the name change.

It is so hard in today's world to find the truth. There are always voices on both sides of any argument. Many of them are paid by their sponsors to shout for one side or the other, depending on who is paying the most.

But one thing is for certain – sugar is implicated in many diseases, the rotting of young teeth being the most well known. It is so prevalent that it is hard to find food products in your supermarket that have no added sugar. It is put into things you would never even imagine would require sugar: so called healthy products like rice crackers, organic bread, sea food sticks, frozen peas and even raw nut butters. Of course it is totally unnecessary to add sugar to these and there are many similar products without it.

But somewhere decisions are being made that aim to addict more and more people to sugar. And this really is the horror: addiction. Because when you add this substance to nearly every food that children eat, it is an immensely difficult task for them to get off it later in life. I have only ever met one child who refused to eat sugar. She was the daughter of a Yoga teacher. Perhaps her mother was able to dissolve the desire in her, or perhaps she had never eaten any and so never had to resist. For most other children it is a daily task for parents to stop them pouring it down their throats, as it is laced through just about every food they eat. And that is not to mention the chocolates, cakes and other sweets.

When sugar first entered Western society en masse it began as a teaspoon or two a week. Now it is one hundred and fifty pounds a year per head. One has to be very careful. The white powders of our society kill more people than anything else. Many people find it hard to live without a little occasionally, but really there is no known safe limit to consuming it. The body is an amazing machine. It can deal with so much, but in this day and age you have to be more vigilant than ever. The best defence is to minimise the amount you consume and satisfy the desire for sweet things with fresh, ripe whole fruit whenever you can.

Michael Domeyko Rowland
Sydney, August 2009

Contact Connie; Int; +61 7 5530 4579 AUS 07 5530 4579
www.conniehansen.com | mail; connie@conniehansen.com

□ Chapter Four

Bitten's story

“What seems to us as bitter trials are often blessings in disguise.”
Oscar Wilde

Bitten is a dynamic Swedish woman who today is an Addiction Specialist, author and educator in the field of sugar addiction. Her centre in the north of Sweden was the first “sugar rehab” in the world. She lectures to professionals as well as to addicts. Her first book inspired me to continue my research and to collect as much information as I possibly could, and then collate it into book form. As with most pioneers, Bitten found out about sugar addiction the hard way, from her own experience.

This is her story.

I remember vividly the first time I showed typical addiction in action. I was four years old and loved sugar. As soon as I set eyes on a bowl of sugar cubes I reached out for one. My mother used to say: “Only one.”

One time I snuck into my grandmother's kitchen where there was a bowl of sugar cubes in the pantry. I emptied out the sugar cubes and poured the powdered sugar at the bottom into my mouth. The satisfaction was instant. Then I put all the sugar cubes back so no one would see that I had even touched it. I knew what I was doing was wrong, and I had to be sneaky so I wasn't busted – that would have stopped my sweet orgies.

As early as I can remember I loved anything sweet. I didn't have any problems with my weight or any other negative consequences until I was twelve or thirteen. (We know now that the female hormones affect sugar cravings.)

I remember days when everything seemed heavy and difficult, and I felt insane and worthless. Other days I felt light and confident. It was hard to find a reason for the dark and heavy days because I was always told how good I was at this or that. It was difficult to explain what was happening inside and I feared those ups and downs. I thought it must be puberty.

[Order your copy of the book HERE!](#)

Contact Connie; Int; +61 7 5530 4579 AUS 07 5530 4579
www.conniehansen.com | mail; connie@conniehansen.com

Now I know it was a deficiency of the neurotransmitter beta endorphin and a sugar hangover. I started putting on weight (insulin is a fat building hormone) and felt even more insane on the dark days. (This is a progressive disease.)

I was sixteen or seventeen when I started dieting. Since I had no idea how the body worked, it was starvation, grapefruit diets and so on ... dangerous practices. The dieting always ended in a total loss of control. I drank hot chocolate in copious amounts, and since I had already wrecked the diet, I ate what I loved most – chocolate. Now all the receptors in the brain turned on and screamed moooore!

After that I would feel calm and go to sleep. I had discovered that eating these foods made me feel good. I put on more weight from the food orgies and the dark days became more the norm. (The number of beta endorphin receptors increases with a high sugar intake.) I knew the cure, and ate more of the sweet stuff. I thought I was weak because I couldn't diet for more than a few days (character defect). I kept the secret and ate ice-cream, chocolate and other unhealthy stuff when no one was watching. I lied and hid the evidence. I knew something was wrong, just not how it all fitted together. Now the anxiety started in the mornings, not always, but most mornings.

I was scared to death to go to school, lost my self-confidence, and had butterflies in the stomach. (Beta endorphins hit self-confidence the hardest.) I just wanted to hide under the covers.

My parents were hardworking people, and you only stayed home from work or school if you were half dead. So I forced myself to go to school, and within a few hours I felt much better and forgot that I had any anxiety. (Physical activity and interaction with others raises beta endorphins naturally.)

In the afternoon I felt tired, had no energy and couldn't concentrate (low blood sugar – hypoglycaemia – the insulin levels were high) so I needed some comfort and rushed to the nearest shop between lessons to buy some lollies and instantly felt better. Mum had dinner ready when I got home after school. I wasn't very hungry and only ate a little bit. (Sugar interferes with the appetite.) Later in the evening I was starving again and felt restless and tired, an unpleasant feeling when there is no more blood sugar, no beta endorphins or serotonin left. This was easily fixed. Mum always had cakes and cookies that she made a lot of. Another choice was sandwiches or lollies if I had money to go down the shop. (Sugar drunk again to fix the abstinence.) And what happened the next morning? Anxiety. (Sugar hangover.) And this went on and on...

[Order your copy of the book HERE!](#)

Contact Connie; Int; +61 7 5530 4579 AUS 07 5530 4579
www.conniehansen.com | [mail; connie@conniehansen.com](mailto:connie@conniehansen.com)

I had heard that drinking coffee was a good way to burn calories (my caffeine addiction started here) but my weight went up and down regardless, mostly up. I got tonsillitis continually (sugar lowers the immune system) so the doctor prescribed antibiotics; this of course led to thrush that had to be treated. (The intestinal flora gets out of wack and the Candida fungus starts growing.) This created more cravings for sweet and fatty foods for the fungus to live on. I felt bloated and got gas. The doctor decided I needed to have my tonsils out. This was not a major operation, and I was released from hospital with a script for painkillers. I only remember that I wanted more of those since the pain killers contained codeine, an opiate that is derived from opium which also produces morphine and heroin.

The opiates use the same receptors in the brain as sugar. It took me another thirty years before I found the explanation for this.

Around the age of seventeen I started taking the pill (hormone effects again) and my weight went sky-high. The symptoms accelerated slowly and not very noticeably. At nineteen I started nursing school. All the girls talked about dieting in the morning and at night we ate pizza and ice-cream. Someone had heard that smoking suppresses the appetite and that had to be tested. I remember it very clearly; I went to the shop and bought a packet of cigarettes to find out for myself. It was surprisingly easy and I was hooked after the first cigarette. (The sugar had made a path in my brain and the nicotine found the right receptor straight away.) Cigarettes are cured with three kinds of sugar: beet, corn and cane sugar.

Now I was dieting, drinking lots of coffee and smoking. Imagine how stressed my body was from all of this, and I was expected to do well in my studies and of course I did; I graduated with top marks. No problem with self-confidence, but no self-esteem. All this started the production of cortisol, the stress hormone. I smoked, drank coffee and ate junk food to relax, which only increased the cortisol levels.

During the second semester I thought I was grown up and it was time to drink wine. It was a memorable occasion, and after two glasses I was in a state of bliss that is hard to describe. (Alcohol is probably the most effective way of making the body produce large amounts of beta endorphins; it is also the most refined sugar there is.)

The sugar, coffee and nicotine have now made a wide highway to the pleasure centre in my brain, and the alcohol has no problem finding its way there. The rest is history as they say. I had no idea that I was an alcoholic from the first glass.

I just thought, How wonderful, I have found something that will fix my mood swings. It only made them ten times worse. The longer I continued to drink there were more beta endorphin receptors and less and less beta endorphins. The brain up-regulates or creates more receptors all the time and more of the drug is needed to give the same effect when tolerance increases.

[Order your copy of the book HERE!](#)

Contact Connie; Int; +61 7 5530 4579 AUS 07 5530 4579
www.conniehansen.com | mail; connie@conniehansen.com