

# How Sweet Are You?

by **dr. lisa hunt** | photo by **dawn kelly**

**A**s Valentine's Day approaches and we continue to strive to lead healthy lifestyles for 2013, think about the foods you eat and the food you crave. Whether you are following the Paleo Diet or are counting calories or points, there is one thing we can all agree on: sugar does not make you healthier! We think of the sweet stuff first when describing foods that provoke an unhealthy response. Because the sweetness of sugar is addictive, eating an excess amount is easy. The more sugar we eat, the more we get acclimated to high levels, and the more we want.

Before you come to your own sweet defense with a claim regarding artificial sweeteners, keep in mind that they can be more problematic than natural sugar. Artificial sweeteners are designed to deliver a

sweetness hit that is far beyond whatever you can find in nature.

Aspartame (Equal®) is two hundred to three hundred times sweeter than table sugar. Sucralose (Splenda®) is six hundred times sweeter than table sugar. Saccharin (Sweet'N'Low®) is seven hundred times sweeter than table sugar.

So ask yourself the question, "How sweet are you?"

Slow down before you eliminate sugar and sweeteners from your diet; remember to go slowly. Quitting cold turkey is not the answer because sugar is so addictive. Start slowly by cutting your intake down to half. Try blending some foods or drinks together, like a cup of fresh squeezed orange juice with bottled orange juice. This will help your body adjust to the changes. We are faced with many obstacles when it comes to eating healthy. Be aware of your sugar intake and how sugar consumption can affect your health and your goals for 2013.

For more information on sugar and healthy eating, visit [drlisahunt.com](http://drlisahunt.com).

*Dr. Lisa Hunt*



Lisa J. Hunt, D.O., is the Medical Director of Valley Wellness Center in Modesto whose mission "is to build on every level of your health to achieve the best quality of life." She is Board certified in Family Medicine and Holistic and Integrative Medicine. She specializes in anti-aging treatment, natural thyroid replacement, menopause/andropause therapy (including bio-identical hormone replacement), strengthening the immune system, neurotransmitter analysis/replacement and nutritional support guidance.



## Dr. Emma's HCG Weight Loss Program, Nutrition Counseling & The Paleo Diet

Dr. Lisa Hunt at Valley Wellness Center invites you to visit our office and learn about some of the many services and products that we offer to assist you in your weight loss goals as well as assist you in living a healthier lifestyle.

**Please come by and see our new retail area.**  
We now carry many paleo diet (gluten and dairy-free) friendly products that allow for a healthier way of eating.

**SPECIAL!**  
**HCG program - \$25 off our new patient program fee for brides to be!**

**DR. LISA HUNT**  
AT VALLEY WELLNESS CENTER

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**BUILD ON EVERY LEVEL OF YOUR HEALTH TO ACHIEVE THE BEST QUALITY OF LIFE.**