

Are You a Sugar Addict?

Tap into your type to find out why you're stuck on the sweet stuff — and how to break the cycle for more energy, a slimmer figure and better health ([32 Photos](#))

Camille Noe Pagán ON Nov 22, 2010 at 11:21AM

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Are You a Sugar Addict?

Can't get enough sweet stuff? You could be addicted to sugar, says Jacob Teitelbaum, M.D., author of the book [Beat Sugar Addiction NOW!](#) But realizing you're hooked doesn't mean you have to give sugar up. Instead, Dr. Teitelbaum says, "You have to figure out what's causing your sugar cravings, then treat that underlying cause. Not only will your sugar cravings go away, but you'll feel dramatically better overall." To find out where you stand, take the following quizzes (adapted from [Beat Sugar Addiction NOW!](#)) to see if you're addicted to sugar and pinpoint your sugar addict type (from [Quick-Fix Sugar Fanatic](#) and [Sweet Tooth Soother](#) to [Sugar Self Medicator](#) and [Hormonal Sugar Hunter](#)). Then, learn the life-changing tips you need to feel better fast.

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True or False?

My favorite jeans have gotten too tight over the past year.

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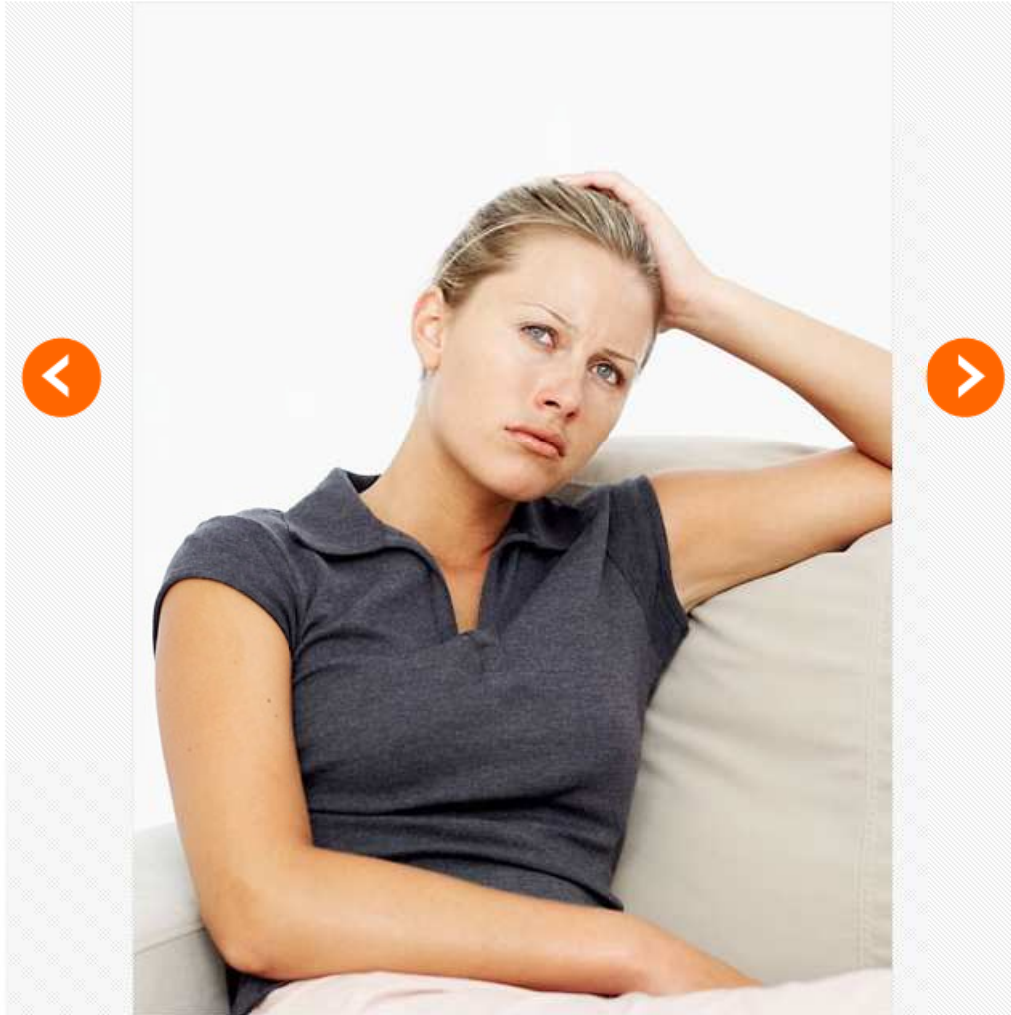
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True or False?

I'm generally not cranky, but when I am about to get my period I get the blues or feel really anxious.

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True or False?

I find it very hard to say no to sweets that are offered to me.

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True or False?

My go-to mood booster is usually ice cream, cookies, or something else I know I probably shouldn't be eating.

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True or False?

I try to slim down -- but the scale won't budge.

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True or False?

I eat sweets or simple carbs (like bagels or white bread) at least three times a day.

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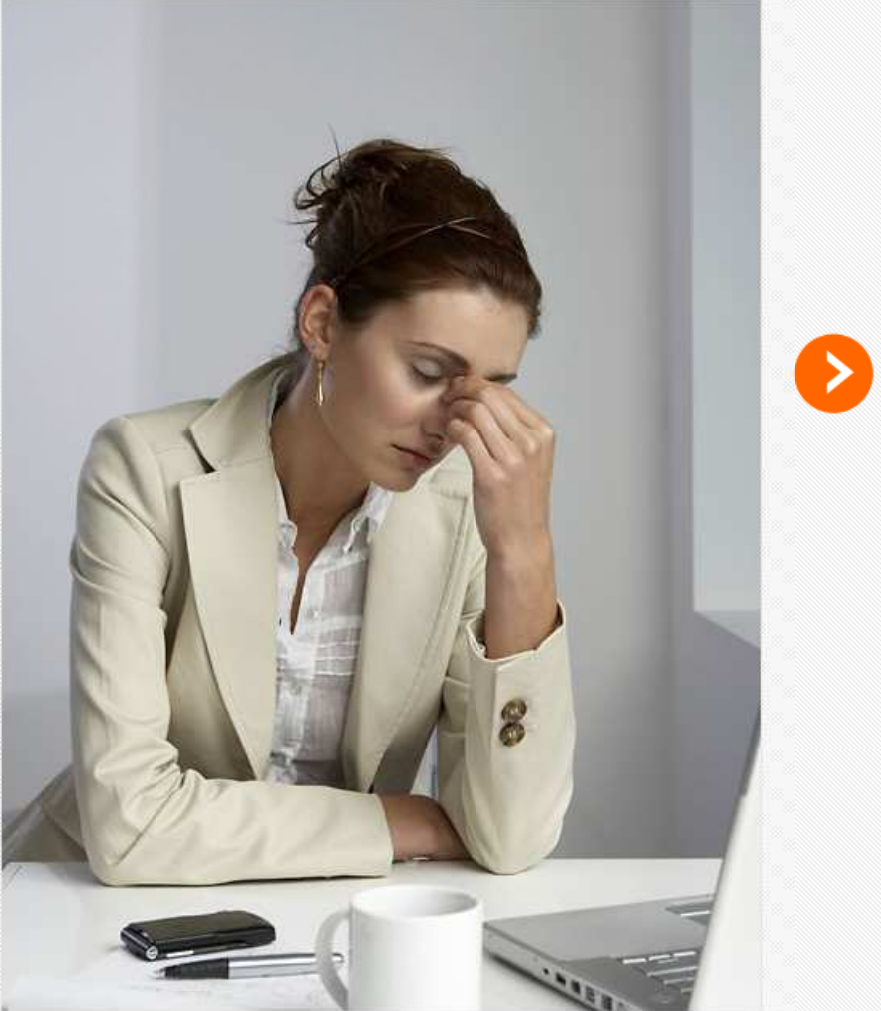
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True or False?

If I wait more than a few hours to eat, I get shaky and start to feel woozy.

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How did you do? If you tallied up less than two "true" answers:

Congrats! While you like sweets as much as the next person, you munch sugar-filled foods in healthy moderation. Keep eating lots of good-for-you fare like produce and lean meat, limit yourself to one sweet a day and you'll avoid the sluggishness, irritability and weight woes that can accompany sugar addiction, says Dr. Teitelbaum.

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If you scored three or more "true" answers:

Daily cravings, snacking on sweet treats at all hours of the day, eating meals that are made of processed foods loaded with excess sugar: These are all signs that you're a sugar addict, says Dr. Teitelbaum. But don't worry, you can kick your sweet tooth so you have more energy, a better disposition and an easier time slimming down! Keep clicking to find out what's causing your sugar addiction and learn super-simple ways to get your appetite and health back on track.

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What Type of Sugar Addict Are You?

"Sugar addiction is the canary in the coalmine: it usually points to a larger health problem that's dragging you down," explains Dr. Teitelbaum. "Figuring out what that problem is (by identifying what type of sugar addict you are) can help you pinpoint the exact steps you need to take to overcome your symptoms and quell your addiction." **To pinpoint your personal sugar addict type, take the following quick quiz.**

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True or False?

I'm constantly exhausted.

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True or False?

I drink at least two cups of coffee, soda or energy drinks daily.

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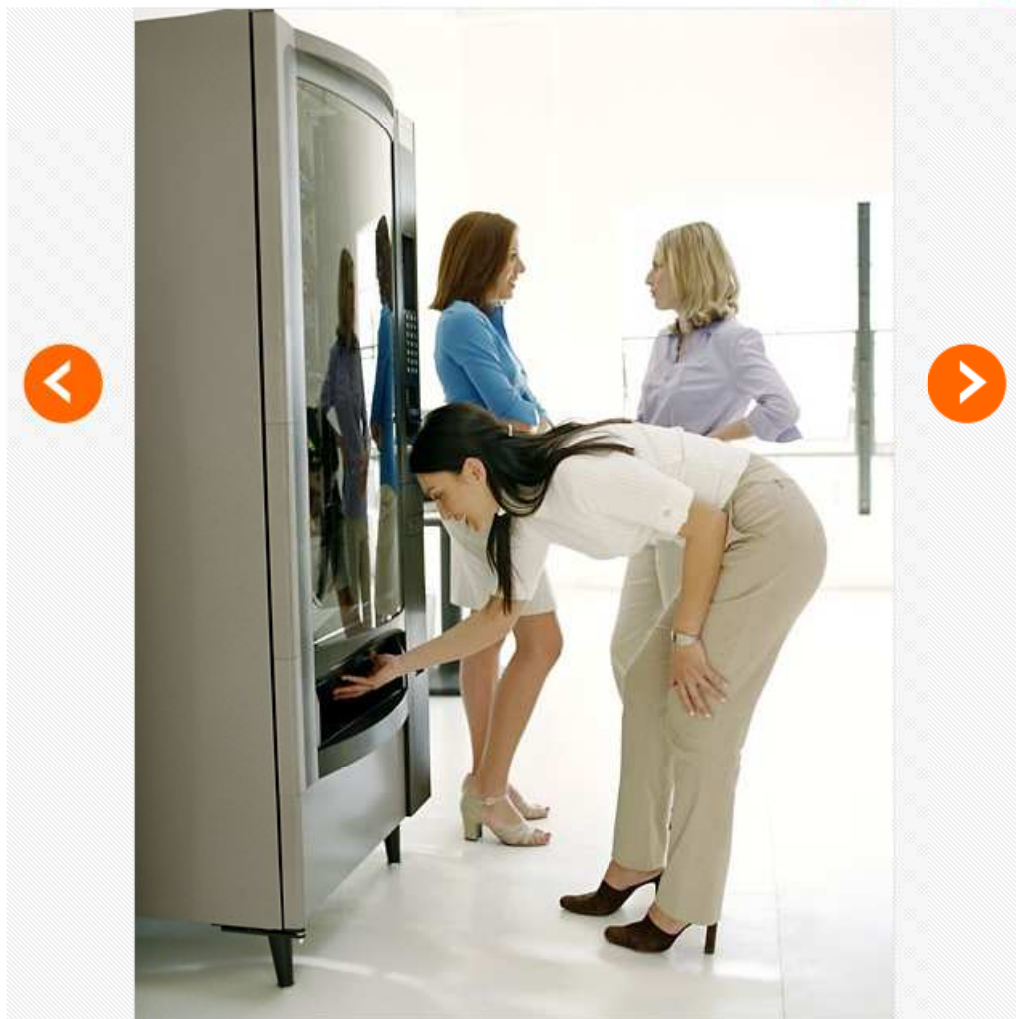
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True or False?

Caffeine and candy are the only things that keep me from crashing between 2 and 4pm.

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True or False?

The more hours I work, the more I eat sweets.

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If you answered true to at least three of these statements you're a: Quick-Fix Sugar Fanatic

"You use sugar to stay awake but because it's a simple carbohydrate that doesn't provide lasting energy, it leads to a blood sugar crash that makes you even more tired. That triggers yet another sugar craving," Dr. Teitelbaum explains. Luckily, reviving your energy levels naturally isn't as hard as you think: "The most important thing you can do is to start sleeping eight hours a night. Cut out caffeine after lunch, start eating a more balanced diet and doing a little daily exercise (even if it's just taking a quick 10-minute walk twice a day). This will all help you feel more energized," he says. Lastly, limit your sugar intake to one small treat a day, like a mini-muffin sweetened with fruit juice and it won't be long before you start feeling better -- and noticing a difference on the scale, too! **Don't feel this sugar type personally applies to you? Read on....**

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True or False?

I often get really thirsty, and I urinate frequently throughout the day.

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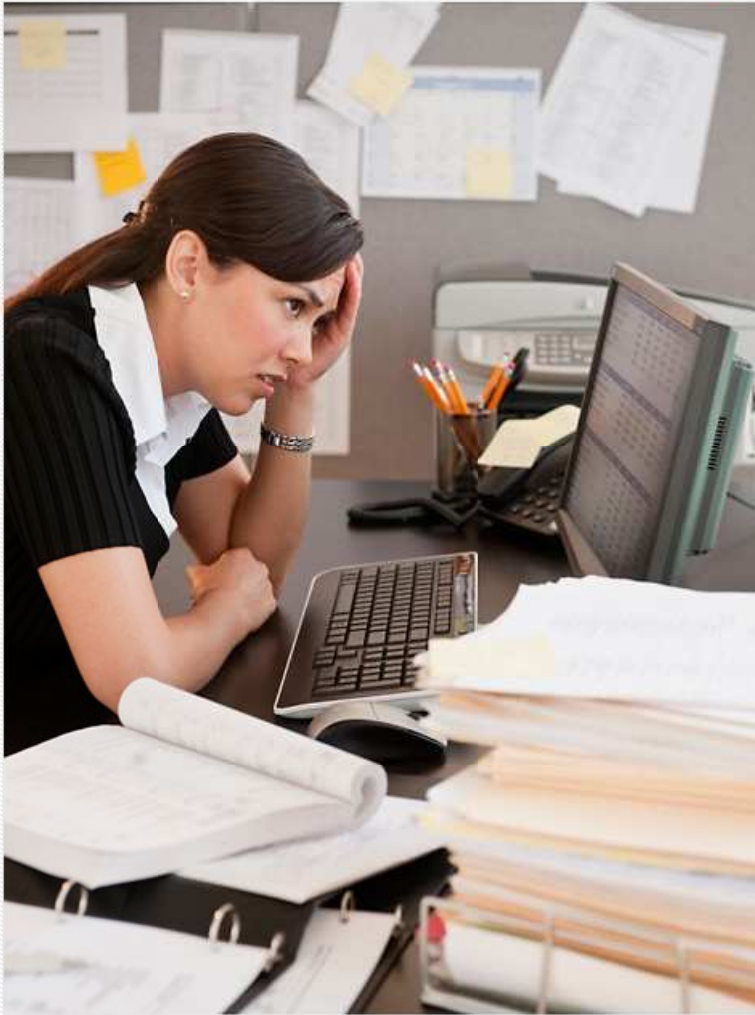
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True or False?

I feel frazzled and frantic most of the time.

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True or False?

When I get really hungry, I'll eat almost anything in my path.

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True or False?

I don't like feeling super-stressed -- but it does help me get a lot done.

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If you answered true to at least three of these statements you're a: Sweet Tooth Soother

"Based on your response, it's likely that stress has exhausted your adrenal glands," says Dr. Teitelbaum. "These glands are designed to rapidly increase function for brief periods when the body is under threat (a.k.a. the 'fight or flight' reaction) but the stress of modern life can put too much demand on them." The result: Your body needs a way to get energy and to cope with stress and begins to crave sugar constantly. That dependence on sugar means you get irritable when you're hungry and turn to quick-fix foods like cookies to deal. A higher-protein diet that's also rich in fresh produce can help. "It will eliminate blood sugar fluctuations that lead to mood swings," he explains. "Drink water throughout the day, and provided you don't have high blood pressure, don't cut out salt – it actually helps adrenal glands function more efficiently," adds Dr. Teitelbaum. **Don't feel this sugar type applies to you? Read on to receive your own personal Rx.**

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True or False?

My nose is stuffy all the time or I suffer from constant sinus pressure.

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True or False?

I have a super-sensitive stomach and regularly feel gassy and bloated.

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True or False?

I'm currently or have recently taken antibiotics for an infection.

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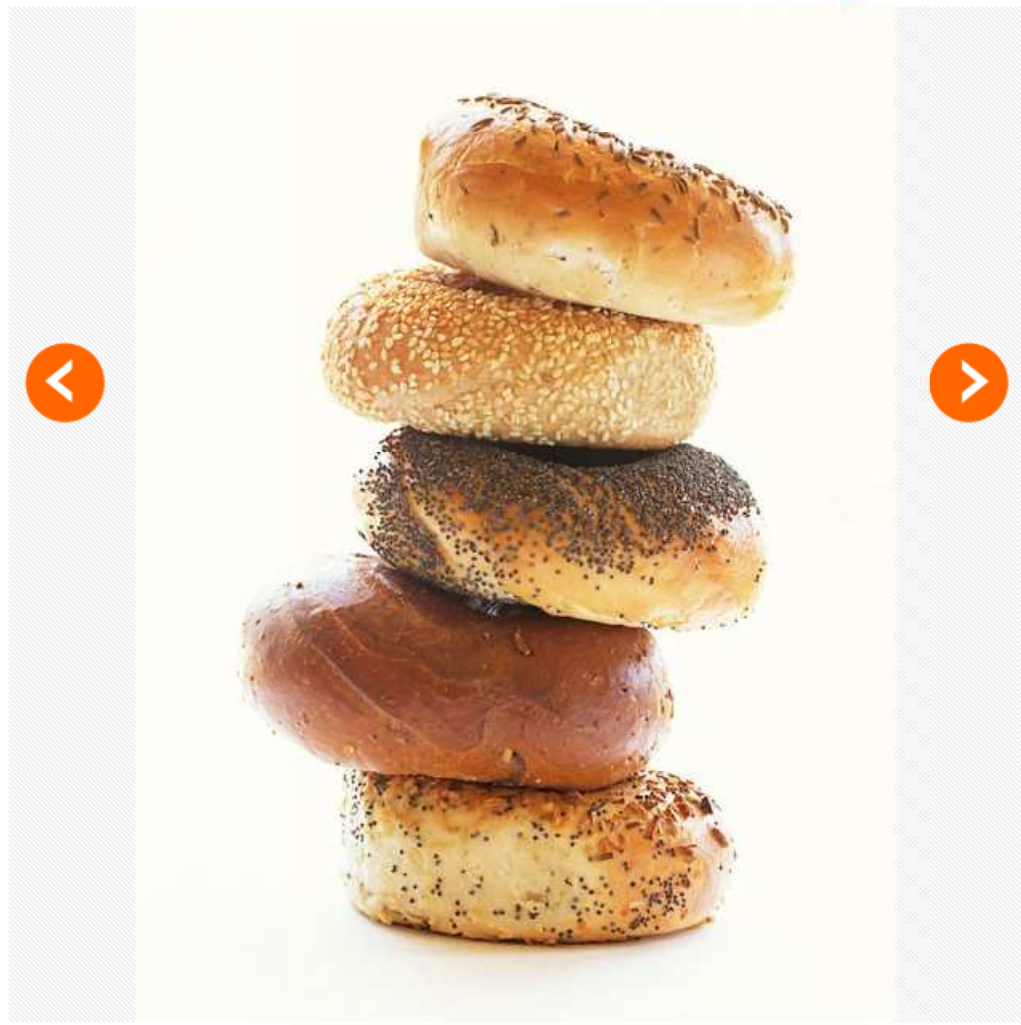
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True or False?

I have food allergies or often find that high-carb foods upset my stomach.

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If you answered true to at least three of these statements you're a: Sugar Self Medicator.

Unlike most other sugar addicts, you don't rely on sugar to boost your mood. Instead, it's highly likely that you seek out sugar because your gut tells you to. "For some people, sugar promotes yeast overgrowth in the digestive system. But it's a vicious cycle: excess yeast makes your body crave sugar -- and all that sugar suppresses your immune system, resulting in more sugar cravings, fatigue and moodiness," explains Dr. Teitelbaum. The fix: Try to completely avoid sugary foods for at least two months, and adopt a healthy diet with high-protein foods, whole grains, vegetables and low-sugar fruits. "Treating yeast overgrowth is also critical. To do this, strive to eat at least two servings of probiotic rich foods like kefir and yogurt with live active cultures each week, he suggests Dr. Teitelbaum. (For more ways to beat sugar, check out [Beat Sugar Addiction Now!](#)) Don't feel this sugar type applies to you? Read on to receive your own personal Rx.

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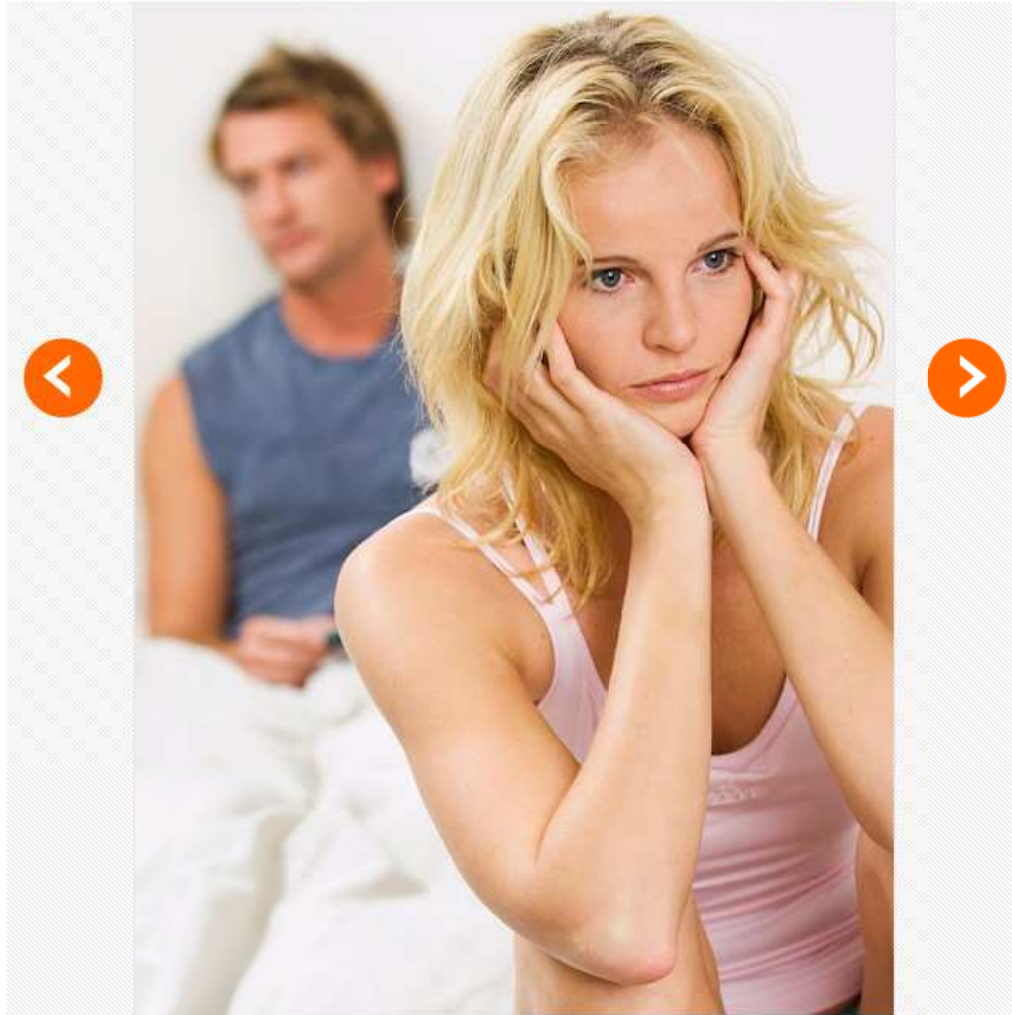
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True or False?

I'm almost never in the mood for sex.

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True or False?

I love shut-eye, but I have a really hard time falling and staying asleep.

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True or False?

I have a "muffin top" or "spare tire" around my waist.

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True or False?

I get terrible PMS (headaches, exhaustion and major mood swings) that doesn't go away until my period starts.

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If you answered true to at least three of these statements you're a: Hormonal Sugar Hunter

"Low estrogen levels in PMS, peri-menopause and menopause affect the production of the 'happiness' brain chemical, serotonin, along with other feel-good chemicals that, when deficient, can trigger sugar cravings, depression, and sleep problems, too," says Dr. Teitelbaum. "You turn to sugar to cope, but that makes your blood sugar go up and down rapidly, which leads to even more exhaustion, irritability and mood swings." To get your hormones (and sugar addiction) under control, start by cutting out white flour and any other high sugar foods. Instead, strive to have protein with every meal, which will help control your blood sugar. Vitamin B6 (aim for 250 mg a day) can ease PMS, and taking magnesium before bed (250 mg) can help you fall asleep more easily, suggests Dr. Teitelbaum. To help revive your sex drive (especially if you're already in the throes of menopause) try increasing hormone levels naturally by eating a handful of edamame each day. These soy beans contain a natural plant form of estrogen. For more tips, check out Dr. Jacob Teitelbaum's new book, [Beat Sugar Addiction NOW!](#)

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