



# GUADALUPE COUNTY

## Wellness Newsletter



### Why It's Hard to Quit Sugar (But Worth It!)

Sugar addiction is no joke! Upcoming Holiday celebrations can put you on a sugar overload. Once you're hooked, cravings can be hard to resist which can lead to obesity and other health problems.

Studies have shown that in some people and animals, the brain can react to sugar very much like it can to drugs and alcohol. That's why when you initially cut added sugars from your diet you might feel deprived for a few days. When your body is overloaded with waste, you may feel more *uncomfortable* when *not* eating sugary food and or candy! Your efforts to cut back on sugar will pay off though. In the short term, you will notice your energy levels improve right away and after a short period of time you will notice cravings and fatigue diminish. The long-term benefits of cutting back on added sugar in your diet are impossible to ignore! Did you know that studies have shown that sugar-sweetened drinks directly cause cardiovascular disease and diabetes that kill about 184,000 people worldwide every year.

#### So.....how do you sugar detox?

Your number one goal should be to cut added sugars from your diet. This would include desserts, sugar-sweetened beverages and many processed foods or snacks. You should be armed with a plan when cravings hit. Expect to struggle the most in the afternoon and after dinner when you're watching TV. Instead of those cookies and sweetened drinks or holiday candy, try for natural sugars like fresh fruit.

#### How to sugar detox: Going Cold Turkey for Three Days

So why not moderation? The word "moderation" is so clichéd and not effective. It is ineffective to eat less of something when you're struggling with this bad habit. You wouldn't ask an alcoholic to just drink two beers! Going cold turkey for three days will recalibrate your palate. You will begin to taste natural sugars in fruits, vegetables and dairy that you used to be so dulled to. So for the first three days on a sugar detox, avoid no added sugars, but also no fruits, no starchy vegetables, no dairy, no grains and no alcohol. You're basically eating protein, vegetables and healthy fats. Artificial sweeteners are not allowed on the plan either. Once the first three days of the sugar detox are completed, try eating an apple. By the fourth day, an apple tastes like candy! Onions are sweet....almonds are sweet!!! Once you take away sugar from your diet ...cold turkey, your palate recalibrates, and you start tasting natural sugars again! The ultimate goal is to really downplay sugar in the diet and have that be a permanent lifestyle change!

#### Benefits and Cautions with Slashing Sugar

Detoxing from sugar can help you lose weight quickly! You might experience brighter eyes, clearer skin and fewer dark circles. You will have more energy and fewer mood swings! There are challenges and medical considerations before starting, though. Since the first few days of a sugar detox can be challenging, it's important to pick three days during which your schedule will be supportive. Depending on how intense our addiction is, you can experience withdrawal symptoms, such as brain fog, crankiness and fatigue. If you feel bad, stop and have a piece of fruit. But if you can push through and stay well-hydrated, you can really break your cycle of sugar addiction. It's important to note that the plan may not be appropriate for diabetics, extreme athletes or anyone taking medication to control blood sugar. It is not recommended for pregnant women. Please consult your physician.



# Rudolph Workout!!!!

To the song, Rudolph the Red Nosed Reindeer.

When the song begins, jog in place. Every time you hear the words below, replace the with the move and jog in-between! You will be **GLOWING!!!**

**SANTA = PUSH-UP**

**RUDOLPH = BURPEE**

**REINDEER = SQUAT**

**CHRISTMAS = JUMPING JACK**



Did you successfully  
complete 3 of the 4 Healthy  
County Challenges for 2018?



TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL

The Amazon Reward Button is ready for you to use! Please remember to redeem your gift card **code** by **DECEMBER 31, 2018**. The Amazon Reward button will only be available through the end of the year. If you don't redeem your gift card code by the deadline, you will lose the opportunity to do so.

DON'T WAIT! To Redeem: go to [www.healthycounty.provantonetone.com](http://www.healthycounty.provantonetone.com) by clicking on the Amazon Reward Button found in the Incentives and Reward Section.

**CONGRATULATIONS** to all Employees that completed the Healthy County Challenges!



## Roasted Honey Dijon Mustard Almonds & Pecans

Ingredients: 1 cup shelled pecans      1/2 cup shelled almonds      1/4 cup honey or agave nectar  
1/4 cup Dijon Mustard      1 TSP. Olive Oil      1 TSP. dried mustard powder, optional  
1 TSP. brown sugar, optional      1/2 TSP. Kosher/coarse salt, optional

Directions:

1. Preheat the oven to 350 degrees Fahrenheit. Place a piece of foil on a baking sheet and toss nuts on it. Bake for 8-10 minutes.
2. Meanwhile, in a small sauté pan over medium-low heat, combine the honey, mustard and olive oil and mix constantly for 5 minutes. Set aside.
3. Place the nuts in a large bowl, allow to cool for 5 minutes and then drizzle the honey mixture on top and toss.
4. Combine the mustard powder, sugar and salt in a small bowl, mix and toss with nuts. Allow the nuts to cool, dry, rest for a few hours to decrease stickiness.

