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Anxiety and Sugar

If you've read other material from me you'll likely recall that I've discussed the fact that eating regularly throughout the day (keeping blood sugar more stable throughout the day) and consuming foods lower in refined carbohydrates and SUGAR can be helpful for anxiety.

The basal ganglia in the brain (the center that among other things is involved with anxiety and panic attacks) and how this area can benefit from this approach.

Today we are discussing sugar and its effects on anxiety.

You may be asking: what's wrong with sugar?

The problem with sugar is that it creates a huge spike in your blood sugar levels and your body needs to create more insulin to account for the spike – which can cause weight gain! – however, concerning anxiety the real problem is what happens after our blood sugar spikes: a huge crash in your blood sugar!

This drop can make you very irritable, but worse yet, very anxious.

So it is important to cut out sweets, candy, cake and any of the obvious things.

But sugar is seemingly everywhere!

So you have to be more vigilant about sugar levels in the foods you consume. Look at the sugar counts of various foods and go for the lower sugar items.

You will feel much better once you remove sugar from your diet begin eating a diet that keeps you satisfied throughout the day – which we previously discussed.

Warning:

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You'll probably find it difficult to cut out sugar as your cravings will increase once it is eliminated – especially if you consume a lot of sweets. It may take several weeks. Eventually the craving will disappear.

However:

Do not get discouraged: removing sugar for your diet can do wonders for your anxiety and overall health.

Also, should you wish to have a healthy substitute for sugar that has no effect on blood sugar – in other words, none of the detrimental effects – then consider the herb Stevia. You can get it in the natural section of your grocery store or from your local health food store.

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