



Do you know the most addictive substance in the world according to some studies? SUGAR – yes, and it's in almost everything we eat or drink -- and -- you feed it to your children daily. If there is a 'gateway' drug – sugar is it! Plus, some studies have even shown that cancer feeds on sugar!!

According to HealthLine (<https://www.healthline.com/health/sugar-detox-symptoms>) cutting added sugar from your diet may lead to several emotional and mental withdrawal symptoms including:

- **Depressed mood:** Some people may feel down when they cut added sugar from their diet. This is partly due to a decrease in dopamine release.
- **Anxiety:** [Anxiety](#) may be accompanied by nervousness, restlessness, and irritability. You may feel less patient than usual and on edge.
- **Changes in sleep patterns:** Some people experience changes when detoxing from sugar. You might find it hard to fall asleep or stay asleep through the night.
- **Cognitive issues:** When you quit sugar, you may find concentrating difficult. This can cause you to forget things and make it hard to focus on tasks like work or school.
- **Cravings:** Besides sugar, you may crave other foods, such as carbs like bread, pasta, and potato chips.

Plus, you might feel physically run down, people get headaches, and other possible physical withdrawal symptoms include: light-headedness, dizziness, and nausea.

I mentioned cancer. As I told you last week, Elisabeth Mack, a nurse, talked about Cancer and Cannabis on a recent podcast for the Cancer Support Center. I'm honored that she and her partner and nurse, Sherri Mack will be guests on Your Best Life; this show will air on May 22 at 2 PM. If you have specific questions for them, please email me by tomorrow night.

You can listen this and my other shows at Healthlife.net. In fact, a new segment about sex, hormones, and erectile dysfunction is airing tomorrow 4/24 at 2 PM. BTW at one of the last CC meetings, I incorrectly stated the numbers for my show. In March, there were over 115,000 views – pretty good since Your Best Life only launched at the end of January.

According to a recent blog by Dr. Bonni Goldstein, MD and Founder of Canna Centers in Lawndale, there are other OTC products that cause physical and mental issues.

Acetaminophen: responsible for 56,000 emergency department visits, 2,600 hospitalizations, and 500 deaths per year (NIH data)

Alcohol: more than 178,000 deaths every year, played a role in at least 7.1% of emergency department visits (NIH data)

Tobacco: more than 480,000 deaths every year or about 1 in 5 deaths (CDC data)

Aspirin: A numerically higher rate of the secondary end point of death from any cause was observed with aspirin than with placebo. (NEJM 2018)

PPI (acid reflux drugs): Pooled mortality rate higher among PPI users compared with non-PPI users; In Charlot et al, 2011, mortality increased during 1-year follow-up in people taking PPIs (NIH data)

NSAIDs: "From the first day of use, all NSAIDs increase the risk of gastrointestinal (GI) bleeding, myocardial infarction, & stroke." (NIH data)

CBD: No deaths; Overdose = good night's sleep; Proven properties: anticonvulsant, anti-cancer, anti-anxiety, antidepressant, anti-inflammatory, anti-psychotic, neuroprotectant, analgesic, antioxidant, anti-addiction, cardioprotective, hepatoprotective, reduces chemo-induced nephropathy and neuropathy, stabilizes blood sugars.

When will the stigma of demonizing cannabis ever end?

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