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Alcohol and Sugar

In the United States there are 15 to 20 million alcoholics, or about one in every ten people. Alcoholics are more prone to disease and accidents than the normal population and tend to die young.

The problem of alcoholism is allied to the problem of nutrition in general. The root cause of alcohol cravings is a deficiency of B vitamins, trace minerals, neurotransmitter deficiencies, as well as amino acid deficiencies, especially glutamine.

Some practitioners find that alcoholics improve when grains are removed from their diets. A study found that over 80% of alcoholics are gluten-sensitive! The best diet for the alcoholic is one that is high in B vitamins, devoid of all grains and sugars and rich in high-protein foods such as eggs and meat – not exactly the diet promoted by the Department of Agriculture and its new food pyramid!!

Alcoholics tend to lack alcohol dehydrogenase, an enzyme that gets rid of alcohol. This implies deficiencies in magnesium and zinc as well as an overload on the pancreas, all of which can be ameliorated by a diet of nutrient rich and enzyme rich foods.

Former alcoholics often replace alcoholic drinks with sweets and sodas without realizing that sugar plays havoc with the intestinal flora, fostering overgrowth of candida albicans and other fungi. Under certain conditions these pathogenic yeasts actually convert sugars in the gut to alcohol!!!

There are well-documented cases of inebriation caused by sugar consumption and candida overgrowth in persons who do not drink alcohol. The alcoholic, in turning to sugar, is often supplying himself with alcohol throughout the day!

Food is a drug. Let food be thy medicine!

~ BE EMPOWERED ~ BE INSPIRED ~ BE AUTHENTIC ~