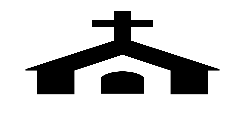
4

the

TEMPLE

“…do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?”

1Corinthians 6:19

It’s Lenten Season saints. As you ponder on what you will sacrifice this Lenten Season…think **sugar**!

Processed or white sugar is harmful to your overall health. Excess sugar consumption is linked to heart disease, diabetes and kidney disease. On average, Americans eat 77 grams of sugar per day. Women should only consume 25 grams of sugar per day, while men should only consume 36 grams. Surprisingly, many do not know that sugar is addictive; the more you eat, the more you crave.

Unlike most addictive substances, cold turkey is not the best way to stop this addiction. You should wean yourself off sugar systematically. Weaning will lessen some of the withdrawl symptoms, which will make it easier to stick to it.

Check your labels saints. Manufacturers try to deceive you. Processed sugar may also be called one of the following:

* Cane sugar
* High fructose corn syrup (HFCS)

Molasses, honey and maple syrup are also added sugars, and though they’re not always processed the way refined white sugar is, they have the same harmful effect when consumed in abundance.

Not all sugar is bad. Natural sugars found in fruit are fine if they are consumed in their original food form. So saints, eat the “whole” fruit, and nothing but the fruit, instead of drinking the juice. The fiber in the whole fruit cancels out the harmful effects of the sugar.

Artificial sweeteners are not the answer either. These substances provide the sweet taste without the calories – this does not satisfy the hunger, which causes one to crave even more sugar.

Below is a guide to assist you in being successful in reducing and finally eliminating your processed sugar intake over this Lenten season.

**Day 1 – 20: No sugary drinks:** soda, fruit juice, sports drinks, sweetened iced tea

**Helpful Hint:** Substitute soda with seltzer with a splash of lime or lemon

**Day 20 – 40:** Continue no sugary drinks, then add **No simple carbohydrates**: pastries, donuts, cookies, muffins, white bread

**Helpful Hint:** Substitute simple carbohydrates with whole grains. Whole grains are absorbed more slowly and provide steady energy.

Over this Lenten season (40 days), kiss sugar goodbye. Take the steps necessary to be healthier.

**Save the Temple!**