



## End Your Sugar Cravings! Call (973) 616-6400

We are now coming into Sugar Season. It runs from October 31st to January 30th. Many of you know I have been saying for years, "One teaspoon of sugar can suppress your immune system for about six hours."

**Refined sugar reduces the ability of white blood cells to destroy bacteria by 50% within a couple of hours.** It has a cumulative

and cascading effect and can be found in so many surprising foods in higher than expected amounts.



I like to use this example: an average can of soda contains eleven to twelve teaspoons of sugar. This means you are suppressing your immune system for three days! Now, think about all those Halloween treat-filled bags, all the dessert tables through the holidays and the beverages consumed between October and January. Is it any wonder that by the middle to end of January everyone is getting sick? Then, add the germs that are being passed around at parties and other gatherings. Even everyday foods during the school / work week are laden with sugar. Is there a way to survive? And, indeed, THRIVE in good health?

### Debra's BEST Picks for a Healthy Immune System:

- 1) Avoid sugar
- 2) Use Colloidal Silver Gel on hands and face
- 3) Keep Liquid Colloidal Silver on hand.
- 4) Take Beta Glucan tablets daily, I recommend starting in September, but you may start anytime until May.
- 5) Keep Esberitox (Echinacea) on hand.

## SUGAR QUIZ

Do you have trouble waking up in the morning?

Do you often crash in the afternoon?

Do you suffer from headaches, brain fog, or moodiness?

Do you often crave pasta, bread, white rice, or pastries?

Do you eat even if you're not hungry because you are craving something to eat but don't know what?

Do you feel guilty after eating?

If you answered **YES** to two or more of these questions, **you may be addicted to sugar.**

**Call and come in for an assessment, (973)616-6400**

**See you soon,**

**Debra Nicolosi, RN, B.I.E.**

**Natural Allergy Solutions**

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