



National Screening, Brief Intervention & Referral to Treatment

ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Tips for Enhancing Brief Interventions – Nutrition, Diet and Sleep

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Learning Objectives

- Basic knowledge of sugar addiction and tips on how to substitute sugar with healthier alternatives
- A basic understanding of how clients can move from substance addiction to sugar addiction
- An explanation of how substance use can affect sleep
- Direction on what methods can be used to help with sleep problems



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Addiction is the Solution to Unresolved Problems





Poll Question #1:

Do you believe that people can really become addicted to sugar?

- Yes definitely
- No that's crazy
- Only if they eat really sweet things
- Yes, but it's not that serious





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ANSWER:



Definitely!



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Can Sugar Become a Drug?





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Sugar Gives Dopamine A High 5





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Notice the similarities?



Image Credit: [Wikimedia Commons](#)



Illnesses Caused by Over Indulgence of SUGAR

- **Diabetes**
- **Heart disease**
- **High blood pressure**
- **Obesity**
- **Headaches, including migraines**
- **Prostate cancer and ovarian cancer**

Adapted from 146 Reasons Why Sugar Is Ruining Your Health by Nancy Appleton, Ph.D.



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Poll Question #2

What are Some of the Signs of
Sugar Addiction?





Some Signs of Sugar Addiction

- Overwhelming desires for sweet things and can't fight it
- Feeling sluggish or fatigued after eating sugar and continuing to eat it anyway
- The need for sugary foods to experience pleasure or to reduce negative emotions
- You eat dessert instead of your meal or you eat it after every meal



Sugar Addiction...

A Not So Sweet Name

- Sugar Toxicity Syndrome
- Sugar Sensitivity
- Sugar Allergy
- Carbohydrate Intolerance



The Many Faces of Sugar

- Lactose or milk sugar
- Brown sugar
- High-fructose corn syrup
- Evaporated cane juice
- Molasses
- Sucrose or table sugar





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Sugar Can Hide



<http://familywellnesshq.com/toxic-sugar-the-dangers-of-added-sugar-and-sugar-derivatives/>



Some common addictions are with these foods:

- Chocolate
- Pastries
- White breads
- **Soda**





Ways to Substitute Sugar and New Habits to Acquire

- Eat breakfast, and eat protein with every meal or snack
- Cooking more at home
- Cut down on fast foods
- Get rid of the artificial sweeteners and things with high fructose corn syrup
- Drink extra water (8-10 glasses/per day)
- Exercise 30 min. per day 3-5 days a week (outside preferably)
- Incorporate meditation/prayer daily



First Steps



- Ask for help from a partner, family, and friends.
- Cut out one sweet food from their diet each week
- Eat more fruits and vegetables
- Buy foods without sugar and add just enough to satisfy your taste



Prevention of Sugar Addiction

What you can do to help...

- Teach people to listen to their bodies and recognize obsessive cravings
- Serve healthier alternatives for snacks at group meetings
- Help people set goals during recovery to avoid replacement “highs” with sugar



Outside Resources to Help with Prevention

- Meal planning services
- Healthy eating recipes found on the internet
- Health coaches
- Nutritionists



Some Useful Resources

Books:

Kathleen DesMaisons, Ph.D., *The Sugar Addict's Total Recovery Program* (Ballantine, 2002) and *Little Sugar Addicts* (Three Rivers Press, 2004).

Nancy Appleton PH.D *Suicide by Sugar* (Square One Pub, 2009)

Websites:

Stop Being Sweet, www.vanadia.com/stopbeingsweet

Radiant Recovery, <http://www.radiantrecovery.com/>



Ahhh...Sleep, a Necessary Thing

2 Phases are needed

- **Rapid eye movement (REM)**
- **Non-rapid eye movement (nonREM)**





Types of Sleep Disorders

- **Narcolepsy:** a neurological disorder that affects the control of sleep and wakefulness
- **Circadian rhythm sleep disorders:** Circadian rhythm disorders are disruptions in a person's circadian rhythm
- **Breathing-related sleep disorders:** Sleep Apnea, breathing is disrupted during sleep
- **Hypersomnia:** excessive sleepiness, is a condition in which a person has trouble staying awake during the day



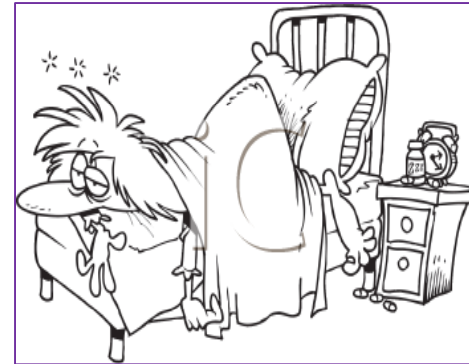
Types of Drugs that Cause Sleep Problems

- Medicines with caffeine (Certain pain relievers and cough and cold medicines)
- Illegal drugs such as marijuana, heroin, cocaine, amphetamines, and methamphetamines
- High blood pressure medicines
- Diet pills



Symptoms of Sleep Problems with Clients

- If a client is awake or sleep during off or unusual hours
- Staying up late a lot
- Overly sleeping
- If the client stays up for lengthy amounts of time or days to maintain the high





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How Drugs Affect Sleep





Non-drug Techniques to use as Treatment for Sleep Problems

- Teach them to use the bed only for falling asleep
- Make the room completely dark...no television or night light
- Don't worry about not sleeping while lying in bed
- Avoid caffeine, nicotine and exercise close to bedtime



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Add These Holistic Treatments

- Herbs
- Acupuncture
- Yoga
- Biofeedback
- Meditation
- Cognitive Therapy



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Thank
you