

Swap Your Sugar for Xylitol— and Lose Belly Fat!



by Jorge Cruise

In my new book, *The Belly Fat Cure*, I write a lot about sugar. And for good reason. I believe that too much sugar consumption is the greatest contributor to obesity and the new, even more important health indicator—belly fat—in our culture today.

BELLY FAT, SUGAR AND PREMATURE DEATH

Belly fat is what I call the “physical marker” of eating too much sugar—it’s the exterior consequence of a highly refined, processed diet filled with sweets, sodas, and nutrient-lacking foods. And sugar’s damage goes beyond the accumulation of fat around the waist. It has been linked to three of the most deadly health

conditions that may not have any exterior signs, until it’s too late: cardiovascular disease, cancer and Type 2 Diabetes. And if that’s not bad enough, too much sugar ages your body, causing more wrinkling and weakens your immune system. Now bring in the belly

fat factor—the latest research findings show that a high waist circumference significantly increases the risk of premature death—and you have multiple reasons to keep your sugar intake low and your waist circumference within a healthy range.

To allow you to do that is exactly why I wrote *The Belly Fat Cure*. Surprisingly, the way to lose belly fat is not simply what we’ve all been trained to think—more exercise, less food—but involves limiting your sugar intake and ensuring you get the proper amount of quality carbohydrates. It’s not the amount of calories so much as it is the kind of calories. Too much sugar causes insulin levels to increase in the body. In order to release belly fat, insulin levels need to remain low. Learning to live with less sugar is something all Americans could benefit from.

ARTIFICIAL SWEETENERS

Now you may be thinking the solution is to use alternative sweeteners, right? Nope. I highly recommend that you stay away from yellow, pink and blue! Those are

the packet colors of the ubiquitous artificial sweeteners that you can find virtually everywhere—sucralose (yellow packets), saccharin (pink packets) and aspartame (blue packets). They are known as excitotoxins, which contain neurotransmitters that “overexcite” neurons in the brain, causing degeneration and even death in these critically important nerve cells. I avoid these artificial sweeteners at all cost.

MY SWEET SECRET

The good news is that nature provides a wonderful natural sugar that is sweet, safe, does not spike insulin and is actually good for your dental health! I’m talking about a sugar alcohol called xylitol. Xylitol occurs naturally in many fruits & vegetables, and is even produced by the human body during normal metabolism. It is commercially produced from plants, trees and fibrous vegetation, and has the same sweetness as common table sugar but with one-third fewer calories and no unpleasant after-taste. And the best part, in terms of losing belly fat, is that it metabolizes without insulin so it creates a significantly lower glycemic effect when eaten.

So instead of reaching for an artificial sweetener, I carry packets of XyloSweet made by Xlear, Inc. It’s pure xylitol and you can find it at most health food stores in the nutritional supplement section. I use it in iced tea, to sweeten lemonade, over oatmeal and in protein shakes.

SWEET TREATS

You can also enjoy xylitol-sweetened gum, mints and candies. I love Spry gum and candy (also made by Xlear, Inc.). When I get a sweet craving between meals, I chew Spry gum or eat some Spry mints. It satisfies my sweet craving without adding to my daily sugar intake and I get the added benefit of xylitol’s anti-bacterial properties that help prevent cavities.

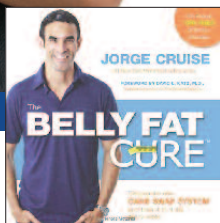
Parents will want to take advantage of Spry not just for themselves but for their children as well. They have berry and citrus flavored candies that kids love. It’s a candy that actually helps prevent cavities! As a parent myself, I love that. And with the sad facts about childhood obesity, parents have to be more vigilant than ever about watching the amount of sugar children eat every day. Spry candy is a great solution as your child can still enjoy a treat that’s so much better than regular candy.

Xylitol is one of my favorite sweet secrets from *The Belly Fat Cure*. There are plenty more. If you want more information about losing belly fat, visit my website at www.thebellyfatcure.com. ■

About Jorge Cruise

Jorge Cruise is author of three consecutive *New York Times* best-sellers; his newest

book, *Body at Home*, is available now. Each Sunday his *USA WEEK-END* magazine column is read by more than 50 million readers. He has appeared on *The Oprah Winfrey Show*, *CNN*, *Good Morning America*, *The Today Show*, *Dateline NBC*, *The View*, *The Tyra Banks Show*, and *VH1*. Get a copy of his free *Belly Fat Cure* report at jorgecruise.com.



Resources

XyloSweet and xylitol-sweetened Spry gum, mints, gum and dental products are available at health retailers nationwide. For more information or to find a store near you, call 877-599-5327 or visit www.xlear.com.

