Journey CCS hosts free event:
“The Sugar Cure” Thursday, April 26, 7pm.

“The Sugar Cure: Kill Your Sweet Tooth, Before It Kills You” is a free event hosted by Journey CCS in Irvine, Thursday, April 26 at 7pm for anyone who can’t quit the sweet stuff and needs an easy way to make it easy.

Duane Law, L.Ac., a veteran naturopath and acupuncturist, will present the results of new research showing sugar may be the first gateway drug, one of the most addictive of all. On April 1 60 Minutes highlighted an interview with Robert Lustig, MD of the University of San Francisco. As a result of his work Dr. Lustig feels sugar is a dangerous substance and should be regulated like tobacco and alcohol.

Law’s clinical practice relies on an amino acid found in any health food store to stop sugar cravings. “It makes stopping sugar so easy people can’t believe it,” Law says. “But it’s true. I’ve seen it work on people who didn’t know they were getting it.” The same amino acid can stop most cravings for alcohol.

Law will give details on his treatment regime that anyone can follow. “But you have to know what you’re doing,” he says. “That’s why if I told you, I’d have to … well, I can’t tell you here.”

The event is free but pre-registration is required. Call (310) 498-2777 for location and to sign up.

“I know first hand how bad a sugar addiction feels,” Law explains. “I grew up eating far too much sugar, it was always around and I loved it. But I was also full of anxiety.” By the time Law was a young man he was in a depression so deep he lost his speech.
“An early orthomolecular MD took me off all carbohydrates,” Law says. Harvey Ross, MD, was a pioneer in the use of carb-restricted diets to treat depression. “At first I felt horrible, but after a few weeks I started feeling better than I’d ever felt before.”

A growing body of research supports Law and Lustig’s ideas. Tufts University researchers recently confirmed that the higher an elderly person’s carbohydrate load, the more they get depressed.1 Another team found that high processed carb breakfasts might impair children’s thought processes.2 Other scientists are looking again with new data at possible connections between sugar consumption and ADHD.3 This last group suggests that by resetting dopamine receptors, sugar could set the stage for all kinds of addictions from eating disorders to drugs. Essentially sugar could well be the first gateway drug.

“We felt it was time to bring non-drug approaches in-house to help our clients address long standing symptoms that seem to be resistant to the traditional western medicine model of treating emotional symptoms,” says Renee Miller, Psy.D, LMFT, founder and CEO of Journey Coaching and Counseling Services. “He helps them put their hands on the wheel of their own neurochemistry.”

Journey CCS offers coaching and counseling services with naturopathic support for the therapeutic process. Journey CCS is located at 18023 Sky Park Circle, Suite G, Irvine CA 92614. Preregistration is required, please call (310) 498-2777.

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If you’d like more information about this topic, or you’d like to schedule an interview with Duane Law, please:

Call: (310) 498-2777
Email: pr@naturalstresscare.org

or download a media kit at:

http://www.naturalstresscare.org/Media.html

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