

PREVIEW_ Karen Thomson - How to Become Sugar-Free 3 (SD 2016)

Karen: And the day I really realized that something was going on was when I saw professor Tim Noakes on a South African TV program. And it was when he did the first interview saying that he'd come out with the low-carb healthy fat way of life and that he changed his life in such a big way.

And he mentioned the words "sugar" and "addiction" in the same sentence and I had one of those light bulb moments where I was like, "Oh, my God!" Like things just started fitting into place. I knew that there was something going on here that we hadn't been doing anything about and that we really needed to create and change.

So I went to go speak to professor Noakes, I changed my lifestyle, I started cutting off sugar completely from my life, I realized that I can't even have sweetness, because they make me crave for real sugar. And I started understanding what real recovery means. Not being dependent on an external substance to soothe these internal problems that I have.

And I started losing weight, which was just for me a byproduct, you know... A lovely thing to happen. But the real freedom was the emotional freedom. You know, not having to crave and not having these blood sugar dips and spikes and not having to desperately try to get to the gas station to go and get my next fix.

You know, to just have stabilized moods, which for a person whose moods have always been an up-and-down, was absolutely mind blowing. So we started this program together, which uses a low-carb healthy fat way of life to treat addiction, but we also looked at the underlying issues...

The trauma, these impairing self beliefs that we have, these core beliefs that we act according to. I had this belief that I was just not good enough. And everything I did with my life in every industry I chose, like the modeling industry, fade into this belief of, "I'm not good enough!"

So that was what I had to start changing. And having freedom from my sugar addiction and having freedom from not craving those foods allowed me to go so much deeper into my recovery and into my relationship with myself.