

Find the correct words.



# FILL THE GAPS

## Sweet Things

side    rush    turkey    mimic    ditching  
boost    attack    indulging    withdrawal    physically

### Is it time to ditch sugar?

It's no secret that sugar can cause issues if you're \_\_\_\_\_ in a little too much of the sweet stuff. Still, most Americans are eating too much sugar. While \_\_\_\_\_ the sweet stuff can result in a \_\_\_\_\_ healthier you, it's the effect sugar has on our mental health that's worth taking a second look. You've probably heard of the term "sugar \_\_\_\_\_" — and have maybe even turned to a donut or soda for an extra \_\_\_\_\_ during a long day. Yet sugar may not be such a positive pick-me-up after all.

### Withdrawing from sweets can feel like a panic attack.

Quitting processed sugar might not be as simple as you think.

Withdrawing from sugar can actually cause \_\_\_\_\_ effects, such as:

*anxiety    irritability    confusion    fatigue*

This has led experts to look at how the \_\_\_\_\_ symptoms from sugar can resemble those of certain addictive substances.

When someone misuses a substance for a period of time, like cocaine, their body goes into a physiological state of withdrawal when they stop using it.

That's why going cold \_\_\_\_\_ from sugar may not be the best solution for someone who also has anxiety.

"Suddenly stopping sugar intake can \_\_\_\_\_ withdrawal and feel like a panic \_\_\_\_\_," Naidoo says. And if you have an anxiety disorder, this experience of withdrawal can be heightened.

Source:

[www.healthline.com](http://www.healthline.com)

<https://www.healthline.com/health/mental-health/how-sugar-harms-mental-health#withdrawal>