

Dopamine, Sugar and the Gut

From the desk of Dr. David C. Kolbaba

Dopamine is a neurotransmitter otherwise known as the "**Feel-Good**" neurotransmitter. The brain releases dopamine as pleasurable sensations are experienced. It is this surge of dopamine that give us a sense of pleasure, satisfaction and a sense of well-being, and it's known as the "dopamine-effect".

Dopamine, as well, is what drug dependency is all about. It is related to the pleasurable experience that addicted individuals seek after, but are unable to reproduce the same euphoric results, first experienced. This is why more and more drugs are taken, attempting to reproduce that initial euphoric sensation.

Whenever we eat any food for the first time, dopamine is also released. This allows the body to instinctively-assess, and differentiate between a safe food previously eaten and a dangerous one, now, to be avoided. Typically, the body will **not produce** dopamine the next time we eat food determined to be safe/friendly.

But, oddly enough, this is not the case with eating foods containing sugar in that, **every time** the body senses the presence of sugar, it predictably-produces this "dopamine-effect". Eating more and more sugar continues to trigger these addictive euphoric sensations. Beyond taste, this is probably why people tend to overeat sugary foods.

But this, "overeating" ultimately leads to an imbalance in appetite, with the individual unknowingly seeking that sense of pleasure and well-being. This is why people get so hooked on eating "sugar-to—taste" foods, similar to those, with drug dependencies, "ever-striving" for this "dopamine-effect".

Remember, not too long ago, sugar, as a staple, was very hard to come by. Humans, in history past, never experienced this sugar seeking addiction, or this "dopamine-effect".

For us today, most food processing companies have become "curiously" aware of our human susceptibility to sugar, and permeate most of their food-products, teaming with sugar!

Sounds like an ambush, to me!

Fact: When sugar is overeaten, it damages the body in many ways, accounting for so much sickness and disease as well as, premature aging.

When it comes to sickness and disease, you name it, and sugar, can most likely be implicated!