Use of English - Choose the correct word to complete the text below

Many people have tried 1 smoking at some point in their lives, and these days many of us 2 to stop taking 3 substance which is not cigarettes, but which 4 be killing the same number of people 5 tobacco, or even more. I am talking about sugar.

When I went to the doctor five years ago, he told me that sugar 6 kill me one day if I didn't avoid 7 it. My only chance of long-term survival, said the doctor, was 8 all sugar from my diet. Before that day, I 9 to quit anything; 10 , I didn't think it would be too difficult. "I have achieved difficult things in my life, much more difficult than that," I thought. It wasn't true.

I didn't know how difficult it was to stop smoking, or drinking alcohol, because I 11 addicted to anything, but when I stopped eating sugar, I realised that sugar is a very powerful drug. I think it 12 easier if I had been addicted to nicotine, for example, instead of sugar. The first few weeks or months I 13 that I was eating chocolate or cakes, and then I woke up in the morning and my body was crying for sugar.





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