

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.

