



**For Immediate Release**

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## **Integrative Nutritionists Have a Long History of Helping People Kick the Sugar Habit**

**April 3, 2012 (Laurel, MD)** – The recent *60 Minutes* special report titled “Is Sugar Toxic?” was a wake-up call about the addictive and potentially deadly effects of consuming sugar.

Although this is news to many, integrative nutritionists have been addressing the sugar issue with their clients for many years.

According to **Rebecca Snow M.S., CNS, LDN, RH(AHG)**, program director for the [Master of Science in Nutrition and Integrative Health](#) at Tai Sophia Institute, “The integrative nutritionist uses a multidimensional approach to helping patients reduce sugar intake, including mindfulness practices, education and self-awareness, increasing the consumption of healthy sweet foods such as fruit, whole grains, sweet potatoes, and other root vegetables, balancing nutrition, and exploring balance in all areas of life. There is a natural sweetness to many whole foods. Yet, a carrot does not taste sweet after you drink a mocha latte. Sweetness is relative. Successful reduction of sugar intake can require a slow and gradual reduction of sweet foods.”

Tai Sophia Institute's faculty of experts in the field of integrative nutrition are uniquely positioned to translate the latest research into information that can be readily incorporated into everyday living, making the Institute a driving force in the national movement toward wellness and disease prevention.

In addition to training the next generation of leaders in integrative nutrition through its Master of Science in Nutrition and Integrative Health, Tai Sophia Institute also offers integrative nutrition counseling at its Natural Care Center, helping people take charge of their own health and create sustainable change.

Tai Sophia Institute is also offering a series of public classes in June titled “[Cancer: Using Nutrition as a Healing Modality](#),” taught by Master of Science in Nutrition and Integrative Health faculty member and naturopathic physician Daemon Jones, ND.

### **ABOUT TAI SOPHIA INSTITUTE**

Founded in 1974, Tai Sophia Institute (<http://www.tai.edu>), is a private, nonprofit, academic institution for

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health and wellness education. Accredited by the Middle States Commission on Higher Education, the Institute offers graduate certificate and degree programs in a wide range of health and wellness topics, as well as individual academic courses, community workshops, and continuing professional education programs. The Institute's 12-acre main campus in Laurel, Maryland, also houses a clinic, a bookstore, a library, and herb and meditation gardens, all of which are open to the public.

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