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The perfect candy bar? Snickers satisfies with perfect sweet combination

by [Susan Reinhardt](#), Columnist
published November 4, 2007 12:15 am

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Never in the world has a more delicious and satisfying candy bar been invented than the Snickers.

I know people who, when feeling completely deplete, grab a Snickers and claim themselves cured.

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“These are the ultimate junk food,” said Dr. Steve Witherly, author of “Why Humans Love Junk Food.” “Snickers are 50 percent fat, 50 percent sugar and also have vanilla and salt. They have everything the body craves in one bar. The quickest way to get over being grumpy is to eat chocolate.”

No wonder everyone is so friendly in the office when the holiday chocolates pour in.

According to the Nielsen Co., we American

consumers are expected to buy more than \$2.1 billion worth of candy for Halloween alone. And if we don't suck it down in one night, it'll be lying around with a seductive come-hither look for weeks.

Witherly, whose name sounds like a weight-loss plan, says don't fret. It's perfectly normal to bust open a Kit-Kat and inhale it as if puffing on a lifesaving asthma drug.

He also noted recent studies show dark chocolate can reduce wrinkles and increase blood flow to the brain.

Wrinkle-free and Mensa smart? Pass the 65 percent cocoa, please.

“Our nervous systems love sugar,” Witherly said, “and we have a built-in appetite for sugar and candy.”

Knowing this isn't healthy, he came to the rescue with tips on how we sugar cravers can metabolize the bad food more efficiently by eating smarter, taking supplements and employing simple tricks of the mind.

While my thing is Snickers, and Baby Ruth's rank a close second, his is Butterfingers.

“All that salt, fat and sugar actually makes you feel better, calmer and you laugh more,” he said.

To which I replied, “Then why do we need Prozac if Hershey's heals?”

To which he pretty much said, and I paraphrase, “Because unrestrained gorging on

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such candies will kill you.”

So what do we do? How do we have our candy and live a healthy life, too?

One bit of advice Witherly gives is to drink green tea, a miracle liquid known for many healing properties, including sugar-busting.

“Studies have shown if you drink a lot of green tea, it reduces the absorption of fat in the diet and increases metabolism,” he said.

It’s also a good idea to combine the tea with eating more healthfully and taking vitamins and minerals, he advised.

Next up: Witherly’s five easy tricks for keeping fairly stable weight-wise during the upcoming holiday gatherings and galas.

Drink water, eat salad, soup or veggies before heading to a party.

If you’re tempted by something, make sure it’s not in easy reach.

If you do have a craving, drink a cold cup of apple juice or eat a banana.

Keep trigger foods out of reach. Remember, out of sight, out of mind.

Walk to that holiday party, or get a little exercise before going.

If all else fails, pour that cup of green tea. “It puts you in a calm state,” Witherly said.

But then again, so will a Snickers.

This is the opinion of Susan Reinhardt at SREINHARDT@CITIZEN-TIMES.com.



Contact Susan Reinhardt at 828-232-5844, via e-mail at SReinhardt@CITIZEN-TIMES.com Check out my weekly podcasts online at www.CITIZEN-TIMES.com/Podcasts. You can also use Search Asheville with keywords "Susan Uncensored" to find my podcasts.

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