

The Good and the Bad News about Sugar

The Good News about sugar is the obvious. Sugar can be a delicious addition to an otherwise healthy diet. And let's face it; a little something sweet now and then makes life a whole lot more interesting and fun, right? I mean, after all, would life without chocolate really be worth living? I think NOT! But the key words here are "**now and then**" or "**moderation**". And that's where the Bad News comes in.

The Bad News about sugar is that, as a culture, we've become so dependent on increased amounts of sugar in our foods and drinks that many of us are now addicted to sugar; or a condition called "**sugar intolerant**". We love sugar and sweet things; we often crave them. But they don't always like us. The result is that sugar is starting to cause our bodies some serious damage as a culture in a vast number of ways. Read below for the gory details!!

Now for the Really Good News.

In the 20 plus years I've been working in the field of Nutrition, I've found some wonderful sugar busting secrets that work like magic. The simple steps below can dramatically help curb your cravings, increase your energy and mental clarity and significantly improve your overall health.

- Eating the right foods at the right times during the day or at bedtime can significantly reduce your desire for sweets and junk food and even **help you sleep better**. Good quality protein and healthy fats are the best examples!
- Making a few minor alterations in your existing diet can increase your feeling of satiety after a meal and reduce or even eliminate your desire for sweet desserts and between meal snacks. For some people this would mean adding more high purine foods like green beans and asparagus vs green leafy vegetables. This would, of course, depend on your metabolic type.
- Taking specific whole food and herbal supplements can knock out your desire to overindulge in sweets, balance your blood sugar, and regulate your brain chemistry resulting in reduced feelings of depression and an increased sense of well being. Some of these best supplements might contain ingredients like Gymnema, Chromium and good sources of Fiber to name a few.

To learn the perfect foods and supplements that are right for your body, call our office and schedule a consult with me, Michele Burris, Clinical Nutritionist at 214 341 3737.

Good eating, good health and I hope to see you soon. Michele B.

124 Ways Sugar Ruins Your Health

1. Sugar can suppress the immune system.
2. Sugar upsets the mineral relationships in the body.
3. Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
4. Sugar can produce a significant rise in triglycerides.
5. Sugar contributes to the reduction in defense against bacterial infection (infectious diseases).
6. Sugar causes a loss of tissue elasticity and function, the more sugar you eat the more elasticity and function you lose.
7. Sugar reduces high-density lipoproteins.
8. Sugar leads to chromium deficiency.
9. Sugar leads to cancer of the breast, ovaries, prostate, and rectum.
10. Sugar can increase fasting levels of glucose.
11. Sugar causes copper deficiency.
12. Sugar interferes with absorption of calcium and magnesium.
13. Sugar can weaken eyesight.
14. Sugar raises the level of neurotransmitters: Dopamine, serotonin, and nor epinephrine.
15. Sugar can cause hypoglycemia.
16. Sugar can produce and acidic digestive tract.
17. Sugar can cause a rapid rise of adrenaline levels in children.
18. Sugar malabsorption is frequent in patients with functional bowel disease.
19. Sugar can cause premature aging.
20. Sugar can lead to alcoholism.
21. Sugar can cause tooth decay.
22. Sugar contributes to obesity.
23. High intake of sugar increases the risk of Crohn's disease, and ulcerative colitis.
24. Sugar can cause changes frequently found in person with gastric or duodenal ulcers.
25. Sugar can cause arthritis.
26. Sugar can cause asthma.
27. Sugar greatly assists the uncontrolled growth of Candida Albicans.
28. Sugar can cause gallstones.
29. Sugar can cause heart disease.
30. Sugar can cause appendicitis.
31. Sugar can cause multiple sclerosis.
32. Sugar can cause hemorrhoids.
33. Sugar can cause varicose veins.
34. Sugar can elevate glucose and insulin responses in oral contraceptive users.
35. Sugar can lead to periodontal disease.
36. Sugar can contribute to osteoporosis.
37. Sugar contributes to saliva acidity.
38. Sugar can cause a decrease in insulin sensitivity.
39. Sugar can lower the amount of Vitamin E in the blood.
40. Sugar can decrease growth hormone.
41. Sugar can increase cholesterol.
42. Sugar can increase the systolic blood pressure.
43. Sugar can cause drowsiness and decreased activity in children.
44. High sugar intake increases advanced glycation end products (AGEs)(Sugar bound non-enzimatically to protein).
45. Sugar can interfere with the absorption of protein.
46. Sugar causes food allergies.
47. Sugar can contribute to diabetes.
48. Sugar can cause toxemia during pregnancy.
49. Sugar can contribute to eczema in children.
50. Sugar can cause cardiovascular disease.
51. Sugar can impair the structure of DNA.
52. Sugar can change the structure of protein.
53. Sugar can make our skin age by changing the structure of collagen.
54. Sugar can cause cataracts.
55. Sugar can cause emphysema.
56. Sugar can cause atherosclerosis.
57. Sugar can promote an elevation of low-density lipoproteins (LDL).
58. High sugar intake can impair the physiological homeostasis of many systems in the body.
59. Sugar lowers the enzymes ability to function.
60. Sugar intake is higher in people with Parkinson's disease.
61. Sugar can cause a permanent altering the way the proteins act in the body.
62. Sugar can increase the size of the liver by making the liver cells divide.
63. Sugar can increase the amount of liver fat.
64. Sugar can increase kidney size and produce pathological changes in the kidney.
65. Sugar can damage the pancreas.
66. Sugar can increase the body's fluid retention.
67. Sugar is enemy #1 of the bowel movement.
68. Sugar can cause myopia (nearsightedness).
69. Sugar can compromise the lining of the capillaries.
70. Sugar can make the tendons more brittle.
71. Sugar can cause headaches, including migraine.
72. Sugar plays a role in pancreatic cancer in women.
73. Sugar can adversely affect school children's grades and cause learning disorders.
74. Sugar can cause an increase in delta, alpha, and theta brain waves.
75. Sugar can cause depression.
76. Sugar increases the risk of gastric cancer.
77. Sugar and cause dyspepsia (indigestion).
78. Sugar can increase your risk of getting gout.
79. Sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates.
80. Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low sugar diets.
81. High refined sugar diet reduces learning capacity.
82. Sugar can cause less effective functioning of two blood proteins, albumin, and lipoproteins, which may reduce the body's ability to handle fat and cholesterol.
83. Sugar can contribute to Alzheimer's disease.
84. Sugar can cause platelet adhesiveness.
85. Sugar can cause hormonal imbalance; some hormones become underactive and others become overactive.
86. Sugar can lead to the formation of kidney stones.
87. Sugar can lead to the hypothalamus to become highly sensitive to a large variety of stimuli.
88. Sugar can lead to dizziness.
89. Diets high in sugar can cause free radicals and oxidative stress.
90. High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion.
91. High sugar diet can lead to biliary tract cancer.
92. Sugar feeds cancer.
93. High sugar consumption of pregnant adolescents is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.
94. High sugar consumption can lead to substantial decreased in gestation duration among adolescents.
95. Sugar slows food's travel time through the gastrointestinal tract.
96. Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon. This can modify bile to produce cancer-causing compounds and colon cancer.
97. Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men.
98. Sugar combines and destroys phosphatase, an enzyme, which makes the process of digestion more difficult.
99. Sugar can be a risk factor of gallbladder cancer.
100. Sugar is an addictive substance.
101. Sugar can be intoxication, similar to alcohol.
102. Sugar can exacerbate PMS.
103. Sugar given to premature babies can affect the amount of carbon dioxide they produce.
104. Decrease in sugar intake can increase emotional stability.
105. The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.
106. The rapid absorption of sugar promotes excessive food intake in obese subjects.
107. Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).
108. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior.
109. Sugar adversely affects urinary electrolyte composition.
110. Sugar can slow down the ability of the adrenal glands to function.
111. Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases.
112. I.Vs (intravenous feedings) of sugar water can cut off oxygen to the brain.
113. High sucrose intake could be an important risk factor in lunch cancer.
114. Sugar increases the risk of polio.
115. High sugar intake can cause epileptic seizures.
116. Sugar causes high blood pressure in obese people.
117. In Intensive Care Units: Limiting sugar saves lives.
118. Sugar may induce cell death.
119. Sugar may impair the physiological homeostasis of many systems in living organisms.
120. Sugar can cause gastric cancer.
121. Sugar dehydrates newborns.
122. Sugar can cause gum disease.
123. Sugar increases the estradiol in young men.
124. Sugar can cause low birth-weight babies.