

Counting the Many Ways Sugar Harms Your Health

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Many people are not aware of the effect sugar has on the developing child. With the average American Diet consuming over 150 pounds of sugar every year, and drinking 576 twelve-ounce cans of soda every year, we need to be aware of the dangers of such large consumption. The following is a list of some of sugar's metabolic consequences.

1. Sugar can suppress your immune system and impair your defenses against infectious disease.
2. Sugar can reduce the learning capacity, adversely affect school children's grades and cause learning disorders.
3. Sugar can cause an increase in delta, alpha, and theta brain waves which can alter your mind's ability to think clearly.⁸⁰
4. Sugar can cause depression.⁸¹
5. Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).⁹⁹
6. Sugar can cause a rapid rise of adrenaline, hyperactivity, anxiety, difficulty concentrating, and crankiness in children.^{7,8}
7. Sugar can produce a significant rise in total cholesterol, triglycerides and bad cholesterol and a decrease in good cholesterol.^{9,10,11,12}
8. Sugar feeds cancer cells and has been connected with the development of cancer of the breast, ovaries, prostate, rectum, pancreas, biliary tract, lung, gallbladder and stomach.^{14,15,16,17,18,19,20}
9. Sugar can cause premature aging.²⁹
10. Sugar contributes to obesity.³⁴
11. Sugar can cause autoimmune diseases such as: arthritis, asthma, multiple sclerosis.^{35,36,37}
12. Sugar can contribute to osteoporosis.⁴⁴
13. Sugar can cause a decrease in your insulin sensitivity thereby causing an abnormally high insulin levels and eventually diabetes.^{45,46,47}
14. Sugar can interfere with your absorption of protein.⁵²
15. Sugar causes food allergies.⁵³
16. Sugar can contribute to eczema in children.⁵⁵
17. Sugar can cause atherosclerosis and cardiovascular disease.^{56,57}
18. Sugar can impair the structure of your DNA.⁵⁸
19. Sugar lowers the ability of enzymes to function.⁶⁶
20. Sugar can cause headaches, including migraines.⁷⁷
21. Sugar can cause hormonal imbalances such as: increasing estrogen in men, exacerbating PMS, and decreasing growth hormone.^{84,85,86,87}
22. Diets high in sugar will increase free radicals and oxidative stress.⁸⁹
23. Decrease in sugar intake can increase emotional stability.⁹⁶

24. Your body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.⁹⁷

25. Sugar can slow down the ability of your adrenal glands to function.¹⁰¹

26. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44 percent drop in antisocial behavior.¹⁰⁹

Reference: The Crazy Makers by Carol Simontacchi, Lick The Sugar Habit by Nany Appleton, and www.mercola.com/2005/may/4/sugar_dangers.htm