

Is sugar bad for you?

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By DJ and stephanie

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The white crystalline substance we know of as sugar is an unnatural substance produced by industrial processes (mostly from sugar cane or sugar beets) by refining it down to pure sucrose, after stripping away all the vitamins, minerals, proteins, enzymes and other beneficial nutrients.

What is left is a concentrated unnatural substance which the human body is not able to handle, at least not in anywhere near the quantities that is now ingested in today's accepted lifestyle. Sugar is addictive. The average American now consumes approximately 115 lbs. of sugar per year. This is per man, woman and child.

The biggest reason sugar does more damage than any other poison, drug or narcotic is twofold:

- (a) It is considered a "food" and ingested in such massive quantities, and
- (b) The damaging effects begin early, from the day a baby is born and is fed sugar in its formula. Even mothers milk is contaminated with it if the mother eats sugar, and
- (c) Practically 95% of people are addicted to it to some degree or other.

Sugar is eaten to excess

It has been said that the criteria as to whether a substance (any substance) is harmful or medically beneficial is the quantity in which it is used in the human body. To point to a dramatic illustration: we all know that the venom of a rattlesnake, a cobra, water moccasin, coral, and other venomous snakes is deadly to the human system. There are some snakes whose bite is so deadly it can cause death within a matter of seconds. Nevertheless, even snake venom, deadly as it is, has been used for therapeutic, medical purposes when used in minute quantities.

History of sugar

Whereas sugar had been around in minute quantities for several thousand years, it was practically unknown and formed an insignificant part of the average diet in the Classical civilizations of Egypt, Greece and Rome. The Greeks (who had a word for nearly everything!) did not even have a word for it.

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Even in medieval Europe it was practically unknown and then only a rare delicacy in the royal courts. During the last major Crusade that ended in 1204 some of the Christian Crusaders were introduced to sugar freely used by the Saracens. The Moors when invading and colonizing the southern part of Spain grew sugar cane on Spanish soil and refined sugar. When Spain drove out the Moors, it inherited some of the cane plantations. It was during this time that Christendom took its first big bite of the forbidden fruit and liked it.

Sugar is addictive

A second reason that sugar is so harmful is that like heroin it is addictive, and being delectable and seductive to the taste, it is also habit forming. Starting with sugar in the baby's formula, people not only develop a strong taste for sugar but an insatiable craving for it so that they never seem to get enough of this poison.

Sugar is an unnatural chemical

Why is sugar so devastating to our health? One reason is it is pure chemical and (like heroin) through refining has been stripped of all the natural food nutrition that it originally had in the plant itself. Heroin and sugar are arrived at by very similar processes of refinement. In producing heroin, the opium is first extracted from the poppy: The opium is then refined into morphine. The chemists then went to work on morphine and further refined it into heroin, proclaiming they had "discovered" a wonderful new pain-killer that was non-addictive. So they said.

Similarly, sugar is first pressed as a juice from the cane (or beet) and refined into molasses. Then it is refined into brown sugar, and finally into strange white crystals $C_{12}H_{22}O_{11}$, that are an alien chemical to the human system.

Slow but insidious

A third reason is that the damage sugar does is slow and insidious. It takes years before it ruins your pancreas, your adrenal glands, throws your whole endocrine system out of kilter and produces a huge list of damage.

Foods are loaded with sugar

A fourth reason is the outrageous amounts of sugar civilized nations consume. Americans in particular are told how they are the best fed and best nourished people on the face of the earth. If we are talking about processed junk food – this is true.

If you examine the "foods" in any supermarket more closely and start reading labels, you will find just about everything contains sugar. Most of the foods are loaded with it – from cereals, to soups, to ketchup, to hotdogs. Even flue-cured tobacco can contain as much as 20% sugar by weight. Some cereals are as much as 50% sugar.

List of Damages

We have stated that sugar is deleterious to your health: that it is more damaging than all other narcotics combined; that it is a long term chemical poison. Just what damage does sugar do to the human body? The list is endless.

When we talk about sugar, we are including bad nutrition as a whole, since anyone who indulges in sugar has bad dietary habits per se.

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1. Sugar is by far the leading cause of dental deterioration – cavities in teeth, bleeding gums, failure of bone structure, and loss of teeth.
2. Sugar is the main cause of diabetes, hyperglycemia and hypoglycemia.
3. It is either a significant or contributory cause of heart disease, arteriosclerosis, mental illness, depression, senility, hypertension, cancer.
4. It has an extremely harmful effect in unbalancing the endocrine system and injuring its component glands such as the adrenal glands, pancreas and liver, causing the blood sugar level to fluctuate widely. It has a number of other extremely damaging effects on the human body.

Some of the other effects of sugar on the body are:

- *Increases overgrowth of candida yeast organism
- *Increases chronic fatigue
- *Can trigger binge eating in those with bulimia
- *Increases PMS symptoms

- *Increases hyperactivity in about 50% of children
- *Increases tooth decay
- *Increases anxiety and irritability
- *Can increase or intensify symptoms of anxiety and panic in susceptible women
- *Can make it difficult to lose weight because of constantly high insulin levels, which causes the body to store excess carbs as fat.

Any fact facing us is not as important as our attitude toward it for that determines our success or failure. DJ and Stephanie owners of <http://www.Hardcoresweet.com> a web-site dedicated to breaking Bad sugar habits.

Are Fruits Making You FAT?

By Dr Jeff Banas

I want to make this perfectly clear, fruits are health and they are good for you. They are loaded with vitamins, fiber, and minerals. Fruits have also been shown to fight against cancer. However, when we are talking about weight loss we need to take a closer look at fruits.

It is pretty obvious to everyone that when you want to lose weight you watch your sugar intake, right? Well, there is a reason why fruits are called, "nature's candy". In fact, you need realize that a glass of orange juice is just about the same as a glass of soda.

Fruits are loaded with sugar, fructose to be exact. This why athletes use them during endurance for energy, and why people suffering from hypoglycemia, low blood sugar, use them to raise their blood sugar when needed.

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That is where one of the problems is. Fruits are carbohydrates. Never eat a carbohydrate by itself. This is basically all sugar. When you eat a carbohydrate by itself there is a sudden increase in sugar in the body. This causes the body to release insulin. However, the body releases too much insulin because it thinks more sugar is coming. The insulin basically grabs the sugar/carbohydrate and stores it to fat for use at some other time. Since your body released too much insulin there is not enough sugar to support the brain function. That is why you feel tired or sluggish. So you're fatter and dumber. So, if you are going to eat a carbohydrate, eat some protein with it, it will slow the release of the sugar.

That glass of orange juice in the morning, the banana and apple for snacks, and the fruit salad for lunch, might actually be what is stopping you from losing the weight.

Dr. Jeffrey Banas is a Chiropractic Sports Physician practicing in Mesa, AZ. If you would like to contact Dr. Banas, he can be reached at his office at 480-633-6837, or by visiting his web site at

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Are You Sugar Scrubbing Yet?

Taste is Everything When Choosing a Protein Bar

Not One Ounce -- Candy At Your House

Low Carb Ice Cream

Bread And Biscuit Baker's And Sugar-Boiler's Assistant

131 Ice Cream Maker Recipes

Cure Bad Breath

120 Lip-Smacking Good Jam Recipes

Smoothies for Athletes

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