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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Sugar Lovers Beware

By Rino Soriano

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It would be fair to assume that almost everyone on the planet loves sugar and sweet foods. Processed sugar is in many products and is a key ingredient for baking. It seems that everyone has a sweet tooth for some sugar food in one way or another. Most people know to limit their intake of processed sugar, however, what most people don't know is that sugar is one of the worst ingredients to put into your body. The chemical reaction of sugar in the body acts as a poison. Studies show that sugar has drug like effects in the body.

Processed sugar has many harmful effects throughout the body and can cause major imbalances in the organ systems. You could say that sugar tends to throw off the homeostatic balance of the whole body by increasing the production of adrenaline by many times. In essence, sugar stimulates the nervous system by inducing a flight or fight response.

This is obviously not a healthy process. This intense reaction of the body increases the production of cortisone, which suppresses immune function and can lead to other health disorders.

The daily intake of sugar leads to many other imbalances and malfunctioning of the bodily processes. High sugar consumption leads to an overly acidic body and in turn will cause the body to strip nutrients from its reserves to counterbalance this effect. This can eventually cause the body to take calcium from the bones and teeth since calcium is the primary mineral used to neutralize high acid in the cells. Osteoporosis and arthritic conditions can result from this continued process.

Sugar and its Link to Weight Gain

Excess sugar consumption will eventually effect every organ in the body. Primarily, sugar is stored in the liver as glucose. Since the liver's capacity to store sugar in this form is limited, the liver will start to expand almost like a balloon with continued daily sugar intake. When the livers' capacity has been filled, the excess glycogen (glucose) is returned to the blood in the form of fatty acids (fat). The fatty acid compounds are then taken to various parts of the body and are stored as fat deposits in the buttocks, belly, breasts and hips since these are the most inactive body parts.

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The consumption of excess processed (refined) carbohydrates has the same effect on the body. Eating foods with refined white flours and other enriched products can cause the same physiological effects. Consuming excess pasta, rice, chips, pretzels, and other high processed carbohydrates can lead to fat deposits on the body.

Many people do not understand how eating excess pasta or rice can cause weight gain since these foods have very minute quantities of fat and calories in them. The secret is...it is not that important how much fat or calories a food has. The real key is what biological effect does a food have in the body.

When the inactive body parts have become filled with fat then eventually the excess fatty acid deposits

will become stored around major organ systems such as the heart and kidneys. This leads to the degeneration of these organs and in turn will cause poor health. This can result in poor immune response, poor circulation, high blood pressure, and can even impact brain functioning.

A False Energy High

Too much sugar intake gives one a false sense of energy. When you eat a sweet food, your energy will go up, however, it only feels that your energy is going up. In fact, this false energy is really your body being stimulated via the flight or fight response that I spoke of earlier. After this reaction has worn off, your energy levels will come crashing down as most people experience every day after they have eaten a high sugar food.

Most children that have ADD can completely heal themselves just by eliminating processed sugars in their diets. Children eat way too many processed sugars. The behaviors and bodily responses that these children feel are the flight or fight responses of their nervous systems. All forms of processed sugars such as nutra sweet, cane juice, corn syrup, brown sugar, splenda, powdered sugar and others have the same effect on the body. The chemical structures of these compounds are very harmful to the body and should not be consumed on a frequent basis.

Fruit sugars are very healthy for you. The monosaccharides (simple sugars) in these natural foods are in a structure that are beneficial to your cells. Fruit sugar has a much different effect on your body than does processed sugar. Fruit sugars nourish and energize the body naturally. This is true energy as compared to the false energy one gets from processed sugars. Your cells require the simple sugars in fruits consistently since they serve to fuel the body with the best substances. Make sure you consistently eat many fruits a day. I would recommend eating 4 to 5 pieces of different fruits a day for better health.

The True Bitterness of nutra sweet & sucralose (splenda tm)

What you are about to discover is information that has been known for quite some time by various health organizations. Please take this information seriously because there are agendas in place to hide this truth and to use it against you.

Aspartame (nutra sweet) is actually worse to consume than sugar. This technical name includes the

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following brands of sweeteners– (equal, nutra sweet, spoonful and equal measure).

Be advised that these compounds are very powerful and can cause severe biological effects in your body. To say that they are toxic is an understatement. The manufacturer of these compounds knows of the dangers in consuming regular amounts of aspartame substances. As I have already said there is an agenda for putting these compounds into various products.

If you want to know the true agenda then research it for yourself. I am not one who attempts to prove anything to anyone. I challenge you to do your own research and see if you can prove what I am saying wrong. In trying to prove me wrong, you will prove me right.

The Breakdown of Aspartame

Aspartame is a volatile substance, meaning that it breaks down very readily under normal storing conditions. Primarily, all aspartame compounds break down into methanol (alcohol), which is a known

neurotoxin. The methanol in time then will break down into formaldehyde that is a highly reactive chemical that is damaging to the cells and genetics of the body.

This process can cause a number of neurodegenerative diseases such as alzheimers, lupus, multiple sclerosis (MS), and parkinson's disease. The methyl alcohol that forms from aspartame is thousands of times more potent than the alcohol found in a normal alcoholic beverage.

Reactions to aspartame products include the following: headaches, nausea, depression, fatigue, heart palpitations, slurred speech, breathing difficulties, memory loss, seizures and even death. Consuming high amounts of aspartame can also increase your cravings for carbohydrates. I explained earlier that consuming high amounts of empty carbohydrates (refined flours, pasta, rice, chips) will lead to weight gain.

Primarily, the effects of aspartame chemicals in the body seem to alter key hormones thus creating imbalances in neurotransmitters and blocking other hormone precursors.

So, why haven't you heard about these dangers before now? Let's see...the diet industry is a trillion dollar market to many organizations. Obviously, they don't want this secret information to get out to public ears if you know what I mean.

Aspartame & Children

Children love to consume sweets on a daily basis. Many of the food products that these children are consuming have aspartame sweeteners in them. I would advise all parents to get their kids off of aspartame food items. These foods are not healthy for them. There are plenty of healthy alternatives for any of the items that they enjoy.

Email me and I will give you loads of information. Many kids are diagnosed with ADD and other mood disorders. Many of these conditions are being classified as hyper, behavioral problems and others

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when in fact these children are being affected by the foods they eat. Look at a normal child's food intake for an average day and you will find that they eat way too much sugar and items with aspartame compounds in them.

This daily consumption of these sweeteners has a harmful effect on their nervous system and therefore becomes expressed as mood disorders and behavioral problems. Take these kids off sugar and these sweeteners and watch them improve.

Pregnant Mothers & Aspartame

If you or anyone you know is pregnant then I would say just stay away from these dangerous sweeteners forever. Make sure you read labels and make it a conscious intent to have the whole family keep clean of these products. It will help your whole family out I assure you.

If you are pregnant and consume aspartame foods you will only be hurting the development of the child. Doing so can cause neurological imbalances and other cellular damage. You are also hurting yourself. It is not worth the price just to have your diet soda. Please educate yourself more on this topic for it can save your health and the baby's health.

Products to Stay Away From

If you drink diet soda then are you most likely consuming aspartame. Most diet sodas and many other beverages are sweetened with one of the aspartame sugar substitutes. **STAY AWAY FROM ALL PRODUCTS THAT CONTAIN THE VARIOUS FORMS OF ASPARTAME!** These include aspartame, nutra sweet, splenda, spoonful, equal. Read your labels and throw away all items that have these compounds in them. Take responsibility for your diet. If you choose to continue to consume aspartame after reading this chapter well then you are the one to pay the consequences.

What Will I Use To Sweeten My Drinks & My Food

Relax! I know you enjoy sugar and do not want to give up great tasting foods and beverages. You don't have to. There are some great natural sugar alternatives that I feel taste better than sugar and the other toxic substances mentioned earlier.

To sweeten your drinks you can use Stevia. Stevia is a natural herb that is actually hundreds of times sweeter than regular sugar. It has no fat, carbohydrates or calories and is perfectly suitable for people with diabetes, low carb diets and people with candida and other parasitic conditions. Stevia does not cause spikes in blood sugar and has a nourishing effect on the body. It has been used for centuries among various cultures.

You can get stevia at any health food store in the dietary supplement section. There are 2 products: 1 is a liquid concentrate– I recommend this for sweetening beverages like teas and shakes. The other is a ground up version and is in powder form. I recommend this for foods like cereal or oatmeal.

Agave syrup is an awesome food product. You will love this sweetener guaranteed. It is a compound

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similar to honey only that it comes from a cactus plant in the desert. I believe that it tastes better than honey and can be used on pancakes, cookies and to sweeten baked goods. Try it and see! You can find this at most health food stores. If they don't have it then ask them to carry it.

Rice syrup is also a good sugar alternative. It can be used in various ways and has a pleasant taste.

Date Paste is very sweet and can be added to baked goods and pancakes, waffles and cookies.

Fruit Juice Concentrates can be used to sweeten baked foods as well.

Barley Malt Syrup is another great alternative.

Honey - old time favorite for many, can be used also in various ways from sweetening drinks to sweetening baked goods. Use only organic varieties.

I would say to just buy some of these sweeteners and see which ones you like. They are all healthy to consume on a daily basis and you will feel the difference. You will not miss regular sugar believe me. Your body will thank you I assure by eating natural sugars. If you want some recipes on how to use these sweeteners then let me know via email.

The Truth About Sweet-N-Low

There have many reports that state Sweet-N-Low can be carcinogenic when used frequently. I remember when I was a child I heard that this can be a harmful compound to the body. The truth of the matter is that Sweet-N-Low is not harmful to your body. The chemical structure of this substance does

not have any damaging effects to your cells as do the sugar substitutes mentioned earlier.

I stated previously that the important thing of any compound is the chemical structure and its biological effects once in the body. Sweet-N-Low has no negative effects once in the body. It is actually a good substitute for sugar.

So why have there been reports that state Sweet-N-Low can be carcinogenic? Do you remember where you heard this? I bet you picked it up via your TV or some other media outlet. Who divulged this information? I hope by now you are beginning to see that there are some organizations that don't want you knowing information that can benefit your health.

The misinformation about Sweet-N-Low was released to get you to not want to ingest it so that you would then resort to other sugar substitutes...do you understand? Again, there are agendas in place to get you to believe certain things about health and various food products.

They... (this includes all organizations colluding to carry out their corrupt agendas) program society via the media outlets (TV, magazines, newspapers, radio, etc). Then when people hear the truth such as Sweet-N-Low is actually good they don't believe it because they have been programmed to believe the opposite. My advice to you is stop watching the news and reading newspapers. There is always

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misinformation in these outlets...not just health information by the way. Name a subject and you have been programmed about it. Don't believe me...great...I challenge you to research what I am saying.

So there you have it. You now know the truth about sugar and sugar substitutes. Please use this information immediately.

You Must Learn To See Through The Veils of Illusion To Get at the Truth !

Holistic Wellness Consultant, Health Coach & Author, specializing in helping people to feel the best they can. Known as "The Chronic Fatigue Buster"<http://www.healthsecretsneverbeforerevealed.com>

Animal lovers are never lonely

By Amelie Mag

Early childhood is an impressionable period of life in which children are often dog lovers. Parents have a great contribution in the building of their children's character by encouraging them to be animal lovers and allowing them to have a dog as a pet. Parents should encourage their young to become animal lovers because this will mean never to be alone, to always have a friend, to be comforted when sad, to be happy and needed, to learn responsibility and, last but not least, to love. That's what an animal friend teaches a child: the most valuable lesson of all.

Seeing dog lovers in parks, on television, in stores and on the streets, one can realize the benefit of having a pet as company. Having a dog or cat around the house will surely bring animal lovers a lot of smiles. Cuddling, big round eyes sending messages of love, cute fluffy ears or tail moving in signs of joy should make any heart melt. Animal lovers are the ones that feel for these helpless beings. A pet is not an object one buys to keep around the house, but a living thing that communicates and interacts with the persons around it. Animal lovers know that and they appreciate every smile a pet brings on their faces.

Dog lovers know that pets depend and need them more than a human ever will. The animals around the house have to be fed and watered and cleaned constantly, just like a child. They need their masters just like a child needs his mother to survive. Having a pet means having a lot of responsibility and dog lovers sacrifice their time, money and effort to keep their beloved company around them. Animal lovers assume the responsibility towards their pets with pleasure and never regret their efforts, because they do it out of love. In exchange, animal lovers receive even more. Animal lovers are never lonely, are always loved by their pets, they never get disappointed and often receive the comfort that a human could not give them. Not to mention animal lovers won't ever feel nagged by their pets, neglected or left aside. Having an animal for a friend is having a true friend for life.

Another reason to why animal lovers are never lonely is the fact that their sacrifices talk a lot about the kind of persons they are: communicative, generous, not selfish, always around to help their friends in need, loving and attentive. There are many people who would want these qualities in their friends or their lovers, so animal lovers are very appreciated and loved by everyone. Single persons that are dog lovers can easily find company not only in their animal friends, but in their human friends also. Not to

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mention that dog lovers usually find dog lovers also as their friends, because their passion for the same pets will give them a lot of things in common to talk about. A shared passion (of any kind) will always bring two persons together. Imagine a dog lover going out to walk the dog every day. Who is he most likely going to have as a friend? Will it be his female neighbor that can't stand dog lovers? Or will it be the girl that walks her own dog in the park every morning just like him? Animal lovers, because they love life and its smallest proofs (animals) will never be alone and they will always share their pleasure with those that appreciate the same thing as them.

So if you are looking for company, animal and human, don't forget animal lovers and their pets! They will bring you the soul medicine everyone needs: love.

To meet pet lovers just like you visit the

site



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