

49 Ways Sugar Can Ruin Your Health

49 Ways Sugar Can Ruin Your Health:

By Nancy Appleton

Nancy Appleton, Ph.D., is a nutritional consultant, researcher, lecturer, and author of Lick the Sugar Habit, Healthy Bones, and Balanced Body Secret.

1. Sugar can suppress the immune system.
2. Sugar upsets the minerals in the body.
3. Sugar causes hyperactivity in children.
4. Sugar produces a significant rise in triglycerides.
5. Sugar contributes to the reduction in defense against bacterial infection.
6. Sugar can cause kidney damage.
7. Sugar reduces high density lipoproteins.
8. Sugar leads to chromium deficiency.
9. Sugar leads to cancer of the breast, ovaries, intestines, prostate and rectum.
10. Sugar increases fasting levels of glucose and insulin.
11. Sugar causes copper deficiency.
12. Sugar interferes with absorption of calcium and magnesium.
13. Sugar weakens eyesight.
14. Sugar raises the level of neurotransmitters called serotonin.
15. Sugar can cause hypoglycemia.
16. Sugar can produce an over-acid stomach.
17. Sugar can raise adrenaline levels in children.
18. Sugar can lead to anxiety, difficulty concentrating and crankiness in children.
19. Sugar can cause aging.
20. Sugar can lead to alcoholism.
21. Sugar causes tooth decay.
22. Sugar contributes to obesity.
23. Sugar can cause acidity in the stomach.
24. Sugar can cause changes frequently found in persons with gastric or duodenal ulcers.
25. Sugar can cause arthritis.
26. Sugar can cause asthma.
27. Sugar can cause Candida albicans (yeast infections.)
28. Sugar can cause gallstones.
29. Sugar can cause heart disease.
30. Sugar can cause appendicitis
31. Sugar can cause multiple sclerosis.

49 Ways Sugar Can Ruin Your Health

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 leads to decreased glucose tolerance.
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. Sugar can cause migraine headaches.
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.

You need to lower your sugar intake however, do not replace sugar with synthetic sugar such as aspartame.

<http://www.naturoidoc.com/library/nutrition/sugar.htm>

<http://www.dreddyclinic.com/forum/viewtopic.php?f=18&t=2879&p=38174>

http://www.facebook.com/note.php?note_id=408819099439

49 Ways Sugar Can Ruin Your Health

DISCLAIMER: This is not legal or medical advice as I am NOT a doctor nor trained in the medical field or an attorney. These are simply things that I have discovered along the way, and that you can talk about with your medical provider or with his/her attorney, I am just a caring person. The information I am presenting is from both personal experience and internet studies and research. I am advocating knowledge, general information, good health, and that should remain a personal preference. Everyone reading this article should research more about this topic first and consider asking their attorney and/or doctor if it's safe to do with your current medications before even thinking of trying it, if the subject is covering health.

This is not any medical advice; it's an opinion of my personal experiences. No medical claims can be made by this article, subject, and/or information, under Federal law. Otherwise the FDA can take care of the ones involved with marketing and distributing said cures all the way to the store if they make drug like claims. Food products are not regulated by the FDA, as of yet, as a cure and/or aid for better health.

This information is solely for informational purposes. It is not intended to provide medical advice. Before engaging in any complementary medical technique, including the use of natural and/or herbal remedies, you should do your own research, and then consult your present physician. If your doctor does not believe in alternative medicines and you would like to give them a try then find a reputable doctor familiar with natural herbal remedies for your needs that can assist you in deciding what treatments might meet your specific needs.

This is not a replacement for medical diagnosis, treatment, and/or professional medical advice. The statements contained on this article have not been reviewed and/or approved by the Food & Drug Administration for their validity. Nothing contained on or in this article is meant to infer and/or state that any products are for the treatment of any disease and/or ailment and/or diagnose, treat, cure, and/or prevent any disease.

This article is for information and education purposes only and/or does not constitute advice. The information in this article strives to provide content that is true and accurate; however I give no guarantee the accuracy of the contents, as some information changes constantly. Always consult your attorney and/or doctor before starting a new diet and/or exercise if you have any known medical conditions and/or diseases.

This has no connection with any Churches and/or Religions, just purely for informational purposes, just information found on the internet, just doing my own research. Some of the above data may be religious in nature. You may find more supporting information or information contrary to the subject or material. This subject or material is just to make you think how you can live or survive in this great world. Much of the data is copied from website with URL address.