

76 WAYS SUGAR HARMS YOUR HEALTH

- 1 Sugar can suppress your immune system and impair your defenses against infectious disease.
- 2 Sugar upsets the mineral relationships in your body: causes chromium and copper deficiencies and interferes with absorption of calcium and magnesium.
- 3 Sugar can cause can cause a rapid rise of adrenaline, hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
- 4 Sugar can produce a significant rise in total cholesterol, triglycerides and bad cholesterol and a decrease in good cholesterol.
- 5 Sugar causes a loss of tissue elasticity and function.
- 6 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.
- 7 Sugar can increase fasting levels of glucose and can cause reactive hypoglycemia.
- 8 Sugar can weaken eyesight.
- 9 Sugar can cause many problems with the gastrointestinal tract including: an acidic digestive tract, indigestion, malabsorption in patients with functional bowel disease, increased risk of Crohn's disease, and ulcerative colitis.
- 10 Sugar can cause premature aging.



- 11 Sugar can lead to alcoholism.
- 12 Sugar can cause your saliva to become acidic, tooth decay, and periodontal disease.
- 13 Sugar contributes to obesity.
- 14 Sugar can cause autoimmune diseases such as: arthritis, asthma, multiple sclerosis.
- 15 Sugar greatly assists the uncontrolled growth of Candida Albicans (yeast infections).
- 16 Sugar can cause gallstones.
- 17 Sugar can cause appendicitis.
- 18 Sugar can cause hemorrhoids.
- 19 Sugar can cause varicose veins.
- 20 Sugar can elevate glucose and insulin responses in oral contraceptive users.
- 21 Sugar can contribute to osteoporosis.
- 22 Sugar can cause a decrease in your insulin sensitivity thereby causing an abnormally high insulin levels and eventually diabetes.
- 23 Sugar can lower your Vitamin E levels.
- 24 Sugar can increase your systolic blood pressure.
- 25 Sugar can cause drowsiness and decreased activity in children.
- 26 High sugar intake increases advanced glycation end products (AGEs)(Sugar molecules attaching to and thereby damaging proteins in the body).
- 27 Sugar can interfere with your absorption of protein.
- 28 Sugar causes food allergies.
- 29 Sugar can cause toxemia during pregnancy.





- 30 Sugar can contribute to eczema in children.
- 31 Sugar can cause atherosclerosis and cardiovascular disease.
- 32 Sugar can impair the structure of your DNA.
- 33 Sugar can change the structure of protein and cause a permanent alteration of the way the proteins act in your body.
- 34 Sugar can make your skin age by changing the structure of collagen.
- 35 Sugar can cause cataracts and nearsightedness.
- 36 Sugar can cause emphysema.
- 37 High sugar intake can impair the physiological homeostasis of many systems in your body.
- 38 Sugar lowers the ability of enzymes to function.
- 39 Sugar intake is higher in people with Parkinson's disease.
- 40 Sugar can increase the size of your liver by making your liver cells divide and it can increase the amount of liver fat.
- 41 Sugar can increase kidney size and produce pathological changes in the kidney such as the formation of kidney stones.
- 42 Sugar can damage your pancreas.
- 43 Sugar can increase your body's fluid retention.
- 44 Sugar is enemy #1 of your bowel movement.
- 45 Sugar can compromise the lining of your capillaries.
- 46 Sugar can make your tendons more brittle.
- 47 Sugar can cause headaches, including migraines.
- 48 Sugar can reduce the learning capacity, adversely affect school children's grades and cause learning disorders.



- 49 Sugar can cause an increase in delta, alpha, and theta brain waves which can alter your mind's ability to think clearly.
- 50 Sugar can cause depression.
- 51 Sugar can increase your risk of gout.
- 52 Sugar can increase your risk of Alzheimer's disease.
- 53 Sugar can cause hormonal imbalances such as: increasing estrogen in men, exacerbating PMS, and decreasing growth hormone.
- 54 Sugar can lead to dizziness.
- 55 Diets high in sugar will increase free radicals and oxidative stress.
- 56 High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion.
- 57 High sugar consumption of pregnant adolescents can lead to substantial decrease in gestation duration and is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.



- 58 Sugar is an addictive substance.
- 59 Sugar can be intoxicating, similar to alcohol.
- 60 Sugar given to premature babies can affect the amount of carbon dioxide they produce.
- 61 Decrease in sugar intake can increase emotional stability.
- 62 Your body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.
- 63 The rapid absorption of sugar promotes excessive food intake in obese subjects.
- 64 Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).
- 65 Sugar adversely affects urinary electrolyte composition.
- 66 Sugar can slow down the ability of your adrenal glands to function.
- 67 Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases.
- 68 I.V.s (intravenous feedings) of sugar water can cut off oxygen to your brain.



- 69 Sugar increases your risk of polio.
 - 70 High sugar intake can cause epileptic seizures.
 - 71 Sugar causes high blood pressure in obese people.
 - 72 In intensive care units: Limiting sugar saves lives.
 - 73 Sugar may induce cell death.
- 74 In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44 percent drop in antisocial behavior.
- 75 Sugar dehydrates newborns.

76 Sugar can cause gum disease.