

IT'S NOT SO SWEET—THE REALITY OF SUGAR

- ❖ Sugar can suppress the immune system.
- ❖ Sugar upsets the minerals in the body.
- ❖ Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
- ❖ Sugar produces a significant rise in triglycerides, a leading cause of heart disease.
- ❖ Sugar contributes to the reduction in defense against bacterial infection.
- ❖ Sugar can cause kidney damage.
- ❖ Sugar reduces high density lipoproteins.
- ❖ Sugar leads to chromium deficiency.
- ❖ Sugar leads to cancer of the breast, ovaries, intestines, prostate and rectum.
- ❖ Sugar consumption is the top cause of type II diabetes, as it increases levels of glucose and insulin.
- ❖ Sugar causes copper deficiency.
- ❖ Sugar interferes with absorption of calcium and magnesium.
- ❖ Sugar raises the level of neurotransmitters called serotonin.
- ❖ Sugar weakens eyesight.
- ❖ Sugar can cause hypoglycemia (low blood sugar levels).
- ❖ Sugar can produce an acidic stomach.
- ❖ Sugar can raise adrenalin levels in children.
- ❖ Sugar malabsorption is frequent in patients with functional bowel disease.
- ❖ Sugar consumption can cause aging.
- ❖ Sugar consumption can lead to alcoholism.
- ❖ Sugar consumption is the top cause of tooth decay.
- ❖ Sugar use contributes to obesity.
- ❖ High intake of sugar increases the risk of Crohn's Disease, and ulcerative colitis.
- ❖ Sugar can cause changes associated with gastric or duodenal ulcers.
- ❖ Sugar can cause arthritis.
- ❖ Sugar can cause asthma.
- ❖ Sugar can cause candida albicans (yeast infections).
- ❖ Sugar can cause gallstones to form.
- ❖ Sugar can cause heart disease.
- ❖ Sugar can cause appendicitis.

- ❖ Sugar can cause multiple sclerosis.
- ❖ Sugar can cause hemorrhoids.
- ❖ Sugar can cause varicose veins.
- ❖ Sugar can elevate glucose and insulin responses in oral contraceptive users.
- ❖ Sugar can lead to periodontal disease.
- ❖ Sugar can contribute to osteoporosis.
- ❖ Sugar contributes to saliva acidity.
- ❖ Sugar can cause a decrease in insulin sensitivity.
- ❖ Sugar leads to decreased glucose tolerance.
- ❖ Sugar can decrease growth hormone.
- ❖ Sugar can increase cholesterol.
- ❖ Sugar can increase the systolic blood pressure.
- ❖ Sugar can cause drowsiness and decreased activity in children.
- ❖ Sugar can cause migraine headaches.
- ❖ Sugar can interfere with the absorption of protein.
- ❖ Sugar causes food allergies.
- ❖ Sugar can contribute to diabetes.
- ❖ Sugar can cause toxemia during pregnancy.
- ❖ Sugar can contribute to eczema in children.
- ❖ Sugar can cause cardiovascular disease.
- ❖ Sugar can impair the structure of DNA.
- ❖ Sugar can change the structure of protein.
- ❖ Sugar can make our skin age by changing the structure of collagen.
- ❖ Sugar can cause cataracts.
- ❖ Sugar can cause emphysema.
- ❖ Sugar can cause atherosclerosis.
- ❖ Sugar can promote an elevation of low density proteins (LDL).
- ❖ Sugar can increase free radicals in the blood stream,
- ❖ Sugar can cause overeating.