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.