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SUGAR:

There are several reasons to stay away from sugar. When we talk about sugar, we are not just referring to sugar in the form of candy and cookies. What most people don't know is that pasta, noodles, bread, and all refined flour, is also pure sugar.

Our bodies do not like sugar.

Pure high calorie carbohydrates (such as those mentioned above) cause inflammation in the body and in the blood vessels, which causes the liver to produce more cholesterol. The body begins to think there is a hole or some kind of damage to the arteries, so it attempts to patch the damage by laying down a layer of cholesterol. This happens repeatedly, due to the inflammation caused by high carbohydrate consumption. There really are no essential carbohydrates. In other words, if you never consumed any carbohydrates, you would not die. Instead, your body would make them from fats and proteins.

Once the glycogen stores in the liver and the muscles are full, the rest of the sugar that your body does not burn up and uses in the next hour or so is then converted to fat and stored in the form of triglycerides. Thus, anyone with high triglycerides needs to lower their consumption of carbohydrates to fewer than 100 grams in order to lower those triglyceride levels. High triglycerides are also associated with high blood pressure.

Every time you eat processed sugar and flour and other things made with them; your body pulls B-vitamins out of your body to help digest the processed foods. When the food is processed, b vitamins are taken out. When you eat these processed foods, B-vitamins are depleted from your body. As a result, each year, we see degenerative diseases, heart disease, neuropathy, as well as neurological diseases such as M.S., Parkinson's, Alzheimer's, etc.

If you give a bee pasteurized honey it will die, as all the minerals in the honey are devitalized from pasteurization.

Depression is also caused by B-vitamin depletion as well as lack of fats.

High carbohydrate consumption wears out the adrenal glands, which are your stress handling glands as well as the glands that produce many hormones such as anti-inflammatory hormones like cortisol and sex hormones. They also have many other important functions. We cannot live for one day without our adrenal glands.

Adrenal issues, like high cortisol can lead to endocrine imbalances and rob the body of calcium causing bone loss. In addition, when there is too much cortisol, your body will start to use your muscles for fuel. This is a catabolic state that we want to avoid. We need to keep these glands healthy and properly nourished, and not in a constant state of fight or flight.

If you compare the body to a furnace, you want the fire to burn logs. Similarly, we want our body to burn fat. By eating tons of carbohydrates, we are training our bodies to burn sugar and store fat, kind of like throwing paper on the fire. Drinking a lot of alcohol is like throwing gas on the fire. We need to ignite the logs. We do this by eating protein, fat and a few carbohydrates. This gets the logs burning, your blood sugar stabilizes, and you start using fat for energy.

The key is to be aware and mindful when eating high carbohydrate, refined processed white flour and sugar and all products containing them. When insulin is present, the body cannot burn fat, but will instead store the excess sugar not burned as fat. Glucagon is the substance secreted by the pancreas that converts stored body fat into glucose. Glucagon will not appear when insulin is around, thus the reason behind eating low carbohydrates. Insulin stores fat; glucagon is activated to burn fat.

Excess sugar:

Suppresses the immune system.

Feeds cancer cells

Leads to moodiness and irritability from high and low blood sugar = a vicious cycle

Puts the body into fight or flight mode (causing the adrenal glands to secrete stress handling hormones).

Increases Triglycerides

Increases B deficiencies.

Interferes with calcium and magnesium absorption.

Contributes towards Diabetes and food allergies.

Increases Bacterial fermentation in the gut.

Increase sugar in the blood therefore insulin = not burning fat

With the increase in insulin, Glucagon cannot be accessed, and the excess sugar will be stored as fat.

Increases inflammation.

Increase in Cortisol

Symptoms of Elevated insulin is:

High Blood pressure

High Cholesterol

Heart Disease

Diabetes

If you take sugar out of a misbehaving child's diet, you will see how much better he/she is due to stable blood sugar.

By lowering the carbohydrates in our diets, you will reduce insulin levels, reduce blood cholesterol levels, and lower your LDLs.

Many c-sections are performed due to the increased girth of the baby's shoulders. This is due to high carbohydrate consumption. If you eat enough fat and protein and keep the carbohydrates relatively low, the baby will be a torpedo baby (easier delivery with smaller shoulder girth).