

Reasons Why Sugar is Ruining Your Health from “Lick the Sugar Habit”

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(this includes sugar and high fructose corn syrup in any foods or beverages)

1. Sugar can suppress the immune system. (which reduces defense against infections)
2. Sugar can cause fatigue, hyperactivity, anxiety, depression, difficulty concentrating, and irritability in adults and children.
3. Sugar increases triglycerides.
4. Sugar causes premature aging.
5. Sugar can increase cholesterol, esp. LDL.
6. Sugar increases inflammation and pain .
7. Sugar can cause tooth decay and periodontal disease.
8. Sugar causes memory loss.
9. Sugar can cause diabetes.
10. Sugar can damage the pancreas.
11. Sugar can increase fluid retention.
12. Sugar can cause migraines and other pain.
13. Sugar contributes to obesity, causes more hunger and excessive food intake.
14. Sugar makes ADD and ADHD worse.
15. Sugar can cause asthma and allergies.
16. Sugar increases allergic response to other foods.
17. Sugar causes acne.
18. Sugar contributes to uncontrolled yeast infection (Candida).
19. Sugar can cause gallstones and kidney stones.
20. The more sugar you eat the more elasticity and function of the body you lose.
21. Sugar can cause heart disease because it robs the body of vitamins and minerals.
22. Sugar can cause appendicitis.
23. Sugar increases the risk of all cancers.
24. Sugar has causes mineral deficiencies which leads to arthritis and osteoporosis because it interferes with absorption of calcium and magnesium.
25. Sugar can make bones and tendons brittle.
26. Sugar may make eyes more vulnerable to myopia (nearsightedness), age-related macular degeneration and cataracts.
27. Sugar causes hypoglycemia.
28. Sugar raises homocysteine levels.
29. Sugar can cause hemorrhoids and varicose veins.
30. Sugar can cause indigestion and acid reflux. Sugar can cause IBS and constipation because it lacks enzymes so therefore slows food travel time through GI tract.
31. Sugar increases the concentration of bile acids in stools and bacteria in the colon. This can modify bile to produce cancer-causing compounds, esp. in the colon.
32. Sugar can increase risk of Crohn’s disease and ulcerative colitis.
33. Sugar can make stomach ulcers worse.
34. Refined sugar reduces learning capacity.
35. Sugar can increase your risk of getting gout.
36. Sugar can cause a rapid rise in adrenaline in children and adults.
37. Sugar can cause toxemia during pregnancy.
38. Sugar can contribute to eczema.
39. Sugar can impair DNA and change structure of protein.
40. Sugar can lower the amount of Vitamin E and other vitamins and minerals causing restless legs, heart problems, etc.
41. Sugar can cause emphysema.
42. Sugar can cause a fatty liver.
43. Sugar can contribute to Alzheimer’s.
44. Sugar can cause hormone imbalance in men and women (increases estradiol and creates so many more problems, especially thyroid and adrenal glands)
45. Sugar can make PMS worse.
46. Sugar can cause platelet adhesiveness.
47. Sugar causes free radicals and oxidative stress causing cell death.
48. Sugar is an addictive substance and can be intoxicating similar to alcohol.
49. High sugar intake can cause epileptic seizures.
50. Sugar can cause high blood pressure.
51. In juvenile rehab centers, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior.
52. Sugar dehydrates newborn babies.
53. Sugar can cause low birth weight babies.
54. Sugar lowers libido