

SUGAR = SUGAR
CARBOHYDRATES = SUGAR (when it mixes with stomach acid)
WAYS CARBS/SUGAR RUINS YOUR HEALTH

1. - can suppress your immune system.
2. - upsets the mineral relationships in the body.
3. - can cause juvenile delinquency in children.
4. - eaten during pregnancy and lactation can influence muscle force production in offspring, which can affect an individual's ability to exercise.
5. - in soda, when consumed by children, results in the children drinking less milk.
6. - can elevate glucose and insulin responses and return them to fasting levels slower in oral contraceptive users.
7. - can increase reactive oxygen species (ROS), which can damage cells and tissues.
8. - can cause hyperactivity, anxiety, inability to concentrate and crankiness in children.
9. - can produce a significant rise in triglycerides.
10. - reduces the body's ability to defend against bacterial infection.
11. - causes a decline in tissue elasticity and function, the more you eat, the more elasticity and function you lose.
12. - reduces high-density lipoproteins (RDL).
13. - can lead to chromium deficiency.
14. - can lead to ovarian cancer.
15. - can increase fasting levels of glucose.
16. - causes copper deficiency.
17. - interferes with the body's absorption of calcium and magnesium.
18. - may make eyes more vulnerable to age-related macular degeneration.
19. - raises the level of neurotransmitters: dopamine, serotonin, and norepinephrine.
20. - can cause hypoglycemia.
21. - can lead to an acidic digestive tract.
22. - can cause a rapid rise of adrenaline levels in children.
23. - is frequently malabsorbed in patients with functional bowel disease.
24. - can cause premature aging.
25. - can lead to alcoholism.
26. - can cause tooth decay.
27. - can lead to obesity.
28. - increases the risk of Crohn's disease and ulcerative colitis.
29. - can cause gastric or duodenal ulcers.
30. - can cause arthritis.
31. - can cause learning disorders in school children.
32. - assists the uncontrolled growth of candida albicans (yeast infections).
33. - can cause gallstones.
34. - can cause heart disease.
35. - can cause appendicitis.
36. - can cause hemorrhoids.
37. - can cause varicose veins.
38. - can lead to periodontal disease.
39. - can contribute to osteoporosis.
40. - contributes to saliva acidity.
41. - can cause a decrease in insulin sensitivity.
42. - can lower the amount of vitamin e in the blood.
43. - can decrease the amount of growth hormones in the body.
44. - can increase cholesterol.
45. - increases advanced glycation end products (ages), which form when bound non-enzymatically to protein.
46. - can interfere with the absorption of protein.
47. - causes food allergies.
48. - can contribute to diabetes.
49. - can cause toxemia during pregnancy.

50. - can lead to eczema in children.
51. - can cause cardiovascular disease.
52. - can impair the structure of DNA.
53. - can change the structure of protein.
54. - can make the skin wrinkle by changing the structure of collagen.
55. - can cause cataracts.
56. - can cause emphysema.
57. - can cause atherosclerosis.
58. - can promote an elevation of low-density lipoproteins (LDL).
59. - can impair the physiological homeostasis of many systems in the body.
60. - lowers enzymes ability to function.
61. - intake is associated with the development of Parkinson's disease.
62. - can increase the size of the liver by making the liver cells divide.
63. - can increase the amount of liver fat.
64. - can increase kidney size and produce pathological changes in the kidney.
65. - can damage the pancreas.
66. - can increase the body's fluid retention.
67. - is the number one enemy of the bowel movement.
68. - can cause myopia (nearsightedness).
69. - can compromise the lining of the capillaries.
70. - can make tendons more brittle.
71. - can cause headaches, including migraines.
72. - plays a role in pancreatic cancer in women.
73. - can adversely affect children's grades in school.

74. - can cause depression.
75. - increases the risk of gastric cancer.
76. - can cause dyspepsia (indigestion).
77. - can increase the risk of developing gout.
78. - can increase the levels of glucose in the blood much higher than complex carbohydrates in a glucose tolerance test can.
79. - reduces learning capacity.
80. - can cause two blood proteins – albumin and lipoproteins – to function less effectively, which may reduce the body's ability to handle fat and cholesterol.
81. - can contribute to Alzheimer's disease.
82. - can cause platelet adhesiveness, which causes blood clots.
83. - can cause hormonal imbalance – some hormones become underactive and others become overactive.
84. - can lead to the formation of kidney stones.
85. - can cause free radicals and oxidative stress.
86. - can lead to biliary tract cancer.
87. - increases the risk of pregnant adolescents delivering a small-for-gestational-age (sga) infant.
88. - can lead to a substantial decrease the in the length of pregnancy among adolescents.
89. - slows food's travel time through the gastrointestinal tract.
90. - increases the concentration of bile acids in stool and bacterial enzymes in the colon, which can modify bile to produce cancer-causing compounds and colon cancer.
91. - increases estradiol (the most potent form of naturally occurring estrogen) in men.
92. - combines with and destroys phosphatase, a digestive enzyme, which makes digestion more difficult.
93. - can be a risk factor for gallbladder cancer.
94. - is an addictive substance.
95. - can be intoxicating, similar to alcohol.
96. - can aggravate premenstrual syndrome (PMS).
97. - can decrease emotional stability.
98. - promotes excessive food intake in obese people.
99. - can worsen the symptoms of children with attention deficit disorder (add).

100. - can slow the ability of the adrenal glands to function.
101. - can cut off oxygen to the brain when given to people intravenously.
102. - is a risk factor for lung cancer.
103. - increases the risk of polio.
104. - can cause epileptic seizures.
105. - can increase systolic blood pressure (pressure when the heart is contracting).
106. - can induce cell death.
107. - can increase the amount of food that you eat.
108. - can cause antisocial behavior in juvenile delinquents.
109. - can lead to prostate cancer.
110. - dehydrates newborns.
111. - can cause women to give birth to babies with low birth weight.
112. - is associated with a worse outcome of schizophrenia.
113. - can raise homocysteine levels in the bloodstream.
114. - increases the risk of breast cancer.
115. - is a risk factor in small intestine cancer.
116. - can cause laryngeal cancer.
117. - induces salt and water retention.
118. - can contribute to mild memory loss.
119. - sugar water, when given to children shortly after birth, results in those children preferring sugar water to regular water throughout childhood.
120. - causes constipation.
121. - can cause brain decay in pre-diabetic and diabetic women.
122. - can increase the risk of stomach cancer.
123. - can cause metabolic syndrome.
124. - increases neural tube defects in embryos when it is consumed by pregnant women.
125. - can cause asthma.
126. - increases the chances of getting irritable bowel syndrome.
127. - can affect central reward systems.
128. - can cause cancer of the rectum.
129. - can cause endometrial cancer.
130. - can cause renal (kidney) cell cancer.
131. - can cause liver tumors.
132. - can increase inflammatory markers in the bloodstreams of overweight people.
133. - plays a role in the cause and the continuation of acne.
134. - can ruin the sex life of both men and women by turning off the gene that controls the sex hormones.
135. - can cause fatigue, moodiness, nervousness, and depression.
136. - can make many essential nutrients less available to cells.
137. - can increase uric acid in blood.
138. - can lead to higher c-peptide concentrations.
139. - causes inflammation.
140. - can cause diverticulitis, a small bulging sac pushing outward from the colon wall that is inflamed.
141. - can decrease testosterone production.
142. - impairs spatial memory.
143. - can cause cataracts.



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