

~ Ask Granny Earth ~

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Sugar

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I've been trying to feed my family more healthy food, but they really seem to like sweets. I have tried giving them things such as bran muffins. Do you have any hints on how to satisfy their "sweet tooth" while at the same time getting them to eat more healthy food?

Satisfying their sweet tooth and getting them to eat more healthy sounds like a major task for you to accomplish! A "sweet tooth" is another way of explaining a craving for sugar, or foods containing large amounts of sugar. It is my opinion that sugar is addictive, white refined sugar that is. I learned in school that alcohol has the same molecular structure as sugar. So it might be that abstaining from refined white sugar altogether will get rid of the sweet tooth. You could try substituting it with natural sugars such as: honey, or Stevia. Your local health food store has books on using each of these natural substances.

In her article [The Dangers of Refined Sugar](#), Sara Bumgarner tells us that refined sugar acts more like a drug that our bodies need to detoxify rather than a nutrient-supplying food. Many nutritional authorities believe that the high level of sugar in our diet is a major culprit in disease. They believe that refined sugar can cause chronic gas and bowel problems. It can lower the hydrochloric acid content of the stomach, causing digestive and other problems, such as not breaking down iron and calcium (which leads to illnesses such as heart disease, muscle twitching and cramping, nervousness, anxiety, osteoporosis and tooth decay) and poor digestion of proteins

(leading to problems such as allergies and insufficient hormone production).

Study after study demonstrates that refined sugar consumption is either directly or indirectly associated with poor health and immune deficiency.

Why is eating refined sugar so bad for us? Because in the refining process, the minerals that are needed to digest sugar (chromium, manganese, cobalt, copper, zinc and magnesium) are stripped away, and the body has to take these minerals from its reserve in the bones, teeth and tissues. Refined sugar causes phosphorus decrease and calcium increase, leading to serious imbalances, which result in degenerative diseases and conditions such as: hypoglycemia, diabetes, constipation, asthma, headaches, psoriasis, cancer, arthritis, obesity, heart disease, osteoporosis, multiple sclerosis, inflammatory bowel disease, gallstones, cystic fibrosis and decreased immune function.

The average American consumes 149 pounds of sugar a year, or 25% of our daily caloric in-take, with soda pop supplying the majority of that intake. Some soft drinks contain up to 12 teaspoons per 8 oz., while 76% of the refined sugar we eat is "hidden" in soups, salad dressings, mayonnaise, peanut butter, baby foods, canned goods, cereal, etc. For example: every tablespoon of ketchup contains one teaspoon of sugar.

Getting your family to eat more healthy foods will take time and it is a process. Try making small changes in the way you eat by making changes in the way that you shop for groceries.

READ THE LABELS! This is bound to cause confusion in the beginning, but be persistent. Try to eat more simply and incorporate more beans, rice (brown: never white), and vegetables into your diet. Stay away from processed foods and go to your local health food store's book section and **READ!**

A few good books are:

[Sweet and Dangerous](#), by Dr. John Yudkin,

[Licking the Sugar Habit](#), by Nancy Appleton and,

[Getting the Sugar Out](#), by Ann Louise Gittleman.

You might also start taking a Chromium supplement- Chromium is needed every time you eat sugar to aid the insulin in getting the sugar into the cells. The more sugar you eat, the more chromium you use. The more chromium you use, the less you have and the more you crave sugar. It's a vicious cycle.