

~ A Healthier You ~

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White Sugar

THE HEALTH DANGERS OF EATING REFINED, WHITE SUGAR

Refined sugar acts more like a drug that our bodies need to detoxify from rather than a nutrient-supplying food. Many nutritional authorities believe that the high level of sugar in the average American diet is the major culprit in disease. They believe that refined sugar can cause chronic gas and bowel problems, and lower hydrochloric acid in 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. It also can cause poor digestion of proteins, which leads 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.

The average American consumes 149 pounds of sugar a year, or 25% of their daily caloric in-take. Soda pop supplies the majority of that intake. Some soft drinks contain up to 12 teaspoons per 8 ounces, while 76% of the sugar we eat is 'hidden' in soups, salad dressings, mayonnaise, peanut butter, baby foods, ketchup, canned goods, and cereal.

In the refining process of sugar, the minerals that are needed to digest it (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. This leads to serious imbalances, which can 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.

If you just 'can't' break the sugar habit, you might want to make sure that you take the supplement, Chromium. 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 need. However, the more Chromium you use, the less you have and the more you crave sugar. It's a vicious cycle.

The best solution would be to cut out the sugar altogether. For information and help, you might read: ***Licking the Sugar Habit*** by Nancy Appleton.