

## IS SUGAR REALLY BAD FOR YOU???

Here are 87 reasons why sugar and sweeteners are ruining your health...

1. Sugar can suppress the immune system.
2. Sugar upsets the minerals in the body.
3. Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
4. Sugar can produce a significant rise in triglycerides.
5. Sugar contributes to the reduction in defense against bacterial infection.
6. Sugar can cause kidney damage.
7. Sugar reduces high-density lipoproteins.
8. Sugar leads to chromium deficiency.
9. Sugar leads to cancer of the breasts, ovaries, prostate, and rectum.
10. Sugar can increase fasting levels of glucose.
11. Sugar causes copper deficiency.
12. Sugar interferes with absorption of calcium and magnesium.
13. Sugar can weaken eyesight.
14. Sugar raises the level of a neurotransmitter called serotonin.
15. Sugar can cause hypoglycemia.
16. Sugar can produce an acidic stomach.
17. Sugar can raise adrenaline levels in children.
18. Sugar malabsorption is frequent in patients with functional bowel disease.
19. Sugar can cause aging.
20. Sugar can lead to alcoholism.
21. Sugar can cause tooth decay.
22. Sugar contributes to obesity.
23. High intake of sugar increases the risk of Chron's disease, and ulcerative colitis.
24. Sugar can cause changes frequently found in people with gastric or duodenal ulcers.
25. Sugar can cause arthritis.
26. Sugar can cause asthma.
27. Sugar can cause Candida Albicans (yeast infections).
28. Sugar can cause gallstones.
29. Sugar can cause ischemic heart disease.
30. Sugar can cause appendicitis.
31. Sugar can cause multiple sclerosis.
32. Sugar can cause hemorrhoids.
33. Sugar can cause varicose veins.
34. Sugar can elevate glucose and insulin responses in oral contraceptive users.
35. Sugar can lead to periodontal disease.
36. Sugar can contribute to osteoporosis.
37. Sugar contributes to saliva acidity.
38. Sugar can cause a decrease in insulin sensitivity.
39. Sugar leads to decreased glucose tolerance.
40. Sugar can decrease growth hormones.
41. Sugar can increase cholesterol.
42. Sugar can increase the systolic blood pressure.
43. Sugar can cause drowsiness and decreased activity in children.
44. Sugar can cause migraine headaches.
45. Sugar can interfere with the absorption of protein.
46. Sugar causes food allergies.

47. Sugar can contribute to diabetes.
48. Sugar can cause toxemia during pregnancy.
49. Sugar can contribute to eczema in children.
50. Sugar can cause cardiovascular disease
51. Sugar can impair the structure of DNA.
52. Sugar can change the structure of protein.
53. Sugar can make our skin age by changing the structure of collagen.
54. Sugar can cause cataracts.
55. Sugar can cause atherosclerosis.
56. Sugar can cause emphysema.
57. Sugar can promote an elevation of low-density proteins (LDL).
58. Sugar can cause free radicals in the blood stream.
59. Sugar lowers the enzymes ability to function.
60. Sugar can cause loss of tissue elasticity and function.
61. Sugar can cause a permanent altering in the way proteins act in the body.
62. Sugar can increase the size of the liver by making the liver cells divide.
63. Sugar can increase the amount of liver fat.
64. Sugar can increase kidney size and produce pathological changes to the kidney.
65. Sugar can damage the pancreas.
66. Sugar can increase the body's fluid retention.
67. Sugar is the #1 enemy of bowel movement.
68. Sugar can cause myopia (nearsightedness).
69. Sugar can compromise the lining of the capillaries.
70. Sugar can make tendons more brittle.
71. Sugar can cause headaches.
72. Sugar can overstress the pancreas.
73. Sugar can adversely affect school children's grades.
74. Sugar can cause an increase in delta, alpha, and theta brain waves.
75. Sugar can cause depression.
76. Sugar increases the risk of gastric cancer.
77. Sugar can be a risk factor in gallbladder cancer.
78. Sugar can cause dyspepsia (indigestion).
79. Sugar can increase your risk of getting gout.
80. The ingestion of sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates.
81. Sugar can increase insulin responses in humans consuming high-sugar diets as compared to low sugar diets.
82. Sugar increases bacterial fermentation in the colon.
83. Sugar increases the risk of colon cancer in women.
84. There is a greater risk of Chron's Disease with people who have a high intake of sugar.
85. Sugar can cause platelet adhesiveness
86. Sugar can cause hormonal imbalance.
87. Sugar can lead to the formation of kidney stones.

*This information came from [Lick The sugar Habit](#) by Nancy Appleton, Ph.D. To order a copy of the book send \$9.50 to P.O. Box 3083, Santa Monica, CA 90291. All of the research that validates these points is discussed in this book.*

