

## **DAMAGING EFFECTS OF SUGAR**

*Sugar is deleterious to your health! It is more damaging than all other narcotics combined! It is a long term chemical poison. Just what damage does sugar do to the human body? The list is endless.*

1. Sugar is by far the leading cause of dental deterioration - cavities in teeth, bleeding gums, failure of bone structure, and loss of teeth.
2. Sugar is the main cause of diabetes, hyperglycemia and hypoglycemia.
3. It is either a significant or contributory cause of heart disease, arteriosclerosis, mental illness, depression, senility, hypertension, cancer.
4. It has an extremely harmful effect in unbalancing the endocrine system and injuring its component glands such as the adrenal glands, pancreas and liver, causing the blood sugar level to fluctuate widely. It has a number of other extremely damaging effects on the human body.

### **Sugar also:**

- Increases overgrowth of candida yeast organism
- Increases chronic fatigue
- Can trigger binge eating in those with bulimia
- Increases PMS symptoms
- Increases hyperactivity in about 50% of children
- Increases tooth decay
- Increases anxiety and irritability
- Can increase or intensify symptoms of anxiety and panic in susceptible women
- Can make it difficult to lose weight because of constantly high insulin levels, which causes the body to store excess carbs as fat.

# The Sugar Cycle

Sugar is formed and broken down in a natural cycle fuelled by the sun's rays

**3.** During exercise sugar is burned to produce carbon dioxide and water

**1.** Sugar is produced in all green plants from carbon dioxide and water

**2.** By eating we store up sugar as a fuel

