

SUGAR AND HUMAN BODY SWEET SICKER

DINESH VORA

- [1] Sugar can suppress the immune system.
- [2] Sugar upsets the mineral relationships 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 (infectious diseases).
- [6] Sugar causes a loss of tissue elasticity and function, the more sugar you eat the more elasticity and function you lose.
- [7] Sugar reduces high-density lipoproteins.
- [8] Sugar leads to chromium deficiency.
- [9] Sugar leads to cancer of the ovaries.
- [10] Sugar can increase fasting levels of glucose.
- [11] Sugar causes copper deficiency.
- [12] Sugar interferes with absorption of calcium and magnesium.
- [13] Sugar may make eyes more vulnerable to age-related macular degeneration.
- [14] Sugar raises the level of a neurotransmitters: dopamine, serotonin, and norepinephrine.
- [15] Sugar can cause hypoglycemia.
- [16] Sugar can produce an acidic digestive tract.
- [17] Sugar can cause a rapid rise of adrenaline levels in children.

- [18] Sugar malabsorption is frequent in patients with functional bowel disease.
- [19] Sugar can cause premature 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 Crohn's disease, and ulcerative colitis.
- [24] Sugar can cause changes frequently found in person with gastric or duodenal ulcers.
- [25] Sugar can cause arthritis.
- [26] Sugar can cause asthma.
- [27] Sugar greatly assists the uncontrolled growth of Candida Albicans (yeast infections).
- [28] Sugar can cause gallstones.
- [29] Sugar can cause heart disease.
- [30] Sugar can cause appendicitis.
- [31] Sugar can cause hemorrhoids.
- [32] Sugar can cause varicose veins.
- [33] Sugar can elevate glucose and insulin responses in oral contraceptive users.
- [34] Sugar can lead to periodontal disease.
- [35] Sugar can contribute to osteoporosis.
- [36] Sugar contributes to saliva acidity.
- [37] Sugar can cause a decrease in insulin sensitivity.
- [38] Sugar can lower the amount of Vitamin E (alpha-Tocopherol) in the blood.
- [39] Sugar can decrease growth hormone.

40] Sugar can increase cholesterol.

[41] Sugar can increase the systolic blood pressure.

[42] High sugar intake increases advanced glycation end products (AGEs)(Sugar bound non-enzymatically to protein)

[43] Sugar can interfere with the absorption of protein.

[44] Sugar causes food allergies.

[45] Sugar can contribute to diabetes.

[46] Sugar can cause toxemia during pregnancy.

[47] Sugar can contribute to eczema in children.

[48] Sugar can cause cardiovascular disease.

[49] Sugar can impair the structure of DNA

[50] Sugar can change the structure of protein.

[51] Sugar can make our skin age by changing the structure of collagen.

[52] Sugar can cause cataracts.

[53] Sugar can cause emphysema.

[54] Sugar can cause atherosclerosis.

[55] Sugar can promote an elevation of low-density lipoproteins (LDL).

[56] High sugar intake can impair the physiological homeostasis of many systems in the body.

[57] Sugar lowers the enzymes ability to function.

[58] Sugar intake is higher in people with Parkinson's disease.

[59] Sugar can increase the size of the liver by making the liver cells divide.

[60] Sugar can increase the amount of liver fat.

- [61] Sugar can increase kidney size and produce pathological changes in the kidney.
- [62] Sugar can damage the pancreas.
- [63] Sugar can increase the body's fluid retention.
- [64] Sugar is enemy #1 of the bowel movement.
- [65] Sugar can cause myopia (nearsightedness).
- [66] Sugar can compromise the lining of the capillaries.
- [67] Sugar can make the tendons more brittle.
- [68] Sugar can cause headaches, including migraine.
- [69] Sugar plays a role in pancreatic cancer in women.
- [70] Sugar can adversely affect school children's grades and cause learning disorders.
- [71] Sugar can cause depression.
- [72] Sugar increases the risk of gastric cancer.
- [73] Sugar can cause dyspepsia (indigestion).
- [74] Sugar can increase your risk of getting gout.
- [75] Sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates.
- [76] Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low-sugar diets.
- [77] A diet high in refined sugar reduces learning capacity.
- [78] Sugar can cause less effective functioning of two blood proteins, albumin, and lipoproteins, which may reduce the body's ability to handle fat and cholesterol.
- [79] Sugar can contribute to Alzheimer's disease.
- [80] Sugar can cause platelet adhesiveness.

[81] Sugar can cause hormonal imbalance; some hormones become under active and others become overactive.

[82] Sugar can lead to the formation of kidney stones.

[83] Diets high in sugar can cause free radicals and oxidative stress.

[84] High sugar diet can lead to biliary tract cancer.

[85] High sugar consumption of pregnant adolescents is associated with a twofold-increased risk for delivering a small-for-gestational-age (SGA) infant.

[86] High sugar consumption can lead to substantial decrease in gestation duration among adolescents.

[87] Sugar slows food's travel time through the gastrointestinal tract.

[88] Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon. This can modify bile to produce cancer-causing compounds and colon cancer.

[89] Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men.

[90] Sugar combines with and destroys phosphatase, an enzyme, which makes the process of digestion more difficult.

[91] Sugar can be a risk factor of gallbladder cancer.

[92] Sugar is an addictive substance.

[93] Sugar can be intoxicating, similar to alcohol.

[94] Sugar can exacerbate PMS.

[95] Sugar given to premature babies can affect the amount of carbon dioxide they produce.

[96] Decrease in sugar intake can increase emotional stability.

[97] The rapid absorption of sugar promotes excessive food intake in obese subjects.

[98] Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).

[99] Sugar adversely affects urinary electrolyte composition.

- [100] Sugar can slow down the ability of the adrenal glands to function.
- [101] I.Vs (intravenous feedings) of sugar water can cut off oxygen to the brain.
- [102] High sucrose intake could be an important risk factor in lung cancer.
- [103] Sugar increases the risk of polio.
- [104] High sugar intake can cause epileptic seizures.
- [105] Sugar causes high blood pressure in obese people.
- [106] In Intensive Care Units, limiting sugar saves lives.
- [107] Sugar may induce cell death.
- [108] Sugar can increase the amount of food that you eat.
- [109] In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior.
- [110] Sugar can lead to prostate cancer.
- [111] Sugar dehydrates newborns.
- [112] Sugar can cause low birth weight babies.
- [113] Greater consumption of refined sugar is associated with a worse outcome of schizophrenia
- [114] Sugar can raise homocysteine levels in the blood stream.
- [115] Sweet food items increase the risk of breast cancer.
- [116] Sugar is a risk factor in cancer of the small intestine.
- [117] Sugar may cause laryngeal cancer.
- [118] Sugar induces salt and water retention.
- [119] Sugar may contribute to mild memory loss.
- [120] The more sodas a 10 year old child consumes, the less milk.

- [121] Sugar can increase the total amount of food consumed.
- [122] Exposing a newborn to sugar results in a heightened preference for sucrose relative to water at 6 months and 2 years of age.
- [123] Sugar causes constipation.
- [124] Sugar causes varicose veins.
- [125] Sugar can cause brain decay in prediabetic and diabetic women.
- [126] Sugar can increase the risk of stomach cancer.
- [127] Sugar can cause metabolic syndrome.
- [128] Sugar ingestion by pregnant women increases neural tube defects in embryos.
- [129] Sugar can be a factor in asthma.
- [130] The higher the sugar consumption the more chances of getting irritable bowel syndrome.
- [131] Sugar can affect the brain's ability to deal with rewards and consequences.
- [132] Sugar can cause cancer of the rectum.
- [133] Sugar can cause endometrial cancer.
- [134] Sugar can cause renal (kidney) cell carcinoma.
- [135] Sugar can cause liver tumors.
- [136] Sugar can increase inflammatory markers in the blood stream of overweight people.
- [137] Sugar can lower Vitamin E levels in the blood stream.
- [138] Sugar can increase your appetite for all food.
- [139] Sugar plays a role in the etiology and the continuation of acne.
- [140] Too much sugar can kill your sex life.
- [141] Sugar saps school performance in children.

[142] Sugar can cause fatigue, moodiness, nervousness and depression.

[143] Sugar is common choice of obese individuals.

[144] A linear decrease in the intake of many essential nutrients is associated with increasing total sugar intake.

[145] High fructose consumption has been linked to liver disease.

[146] Sugar adds to the risk of bladder cancer.

AND YET SUGAR SWEET MAY BE A FOOD OF THE DAY

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