

59 Reasons

Why Sugar Ruins Your Health

By Nancy Appleton, Ph.D., author of *Lick the Sugar Habit*
Bibliography with References from Medical Journals, Books and Periodicals

1. Sugar can suppress the immune system.
2. Sugar upsets the minerals in the body.
3. Sugar causes hyperactivity, anxiety, difficulty concentrating, and crankiness in children
4. Sugar produces 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 (LDL).
8. Sugar leads to chromium deficiency.
9. Sugar leads to cancer of the breast, ovaries, intestines, prostate and rectum.
10. Sugar increases fasting levels of glucose and insulin.
11. Sugar causes copper deficiency.
12. Sugar interferes with absorption of calcium and magnesium.
13. Sugar weakens eyesight.
14. Sugar raises the level of neurotransmitters 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 cause tooth decay.
21. Sugar can lead to alcoholism.
22. Sugar contributes to obesity.
23. Sugar High intake of sugar increases the risk of Crohn'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 heart disease.
30. Sugar can cause appendicitis.
31. Sugar can cause multiple sclerolitis.
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 hormone.
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 emphysema.
56. Sugar can cause atherosclerosis.
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.