

# SUGAR = DRUG

**Of all the foods consumed today, refined sugar is considered to be one of the most harmful.**

...In 1997 Americans devoured 7.3 billion pounds of candy. Americans spent an estimated \$23.1 billion dollars on candy and gum. The average American consumed a record 27.3 pounds of candy and gum in the same year-the equivalent of about six regular sized chocolate bars a week-marking the fifth consecutive year of increased demand.

...Consumption of processed foods (which are laced with sugar) cost the American public more than \$54 billion in dental bills each year, so the dental industry reaps huge profits from the programmed addiction of the public to sugar products.

...Today we have a nation that is addicted to sugar. In 1915, the national average of sugar consumption (per year) was around 15 to 20 pounds per person. Today the average person consumes his/her weight in sugar, plus over 20 pounds of corn syrup.

To add more horrors to these facts there are some people that use no sweets and some who use much less than the average figure, which means that there is a percentage of the population that consume a great deal more refined sugar than their body weight. The human body cannot tolerate this large amount of refined carbohydrates. The vital organs in the body are actually damaged by this gross intake of sugar.

...Refined sugar contains no fiber, no minerals, no proteins, no fats, no enzymes, only empty calories. What happens when you eat a refined carbohydrate like sugar? Your body must borrow vital nutrients from healthy cells to metabolize the incomplete food. Calcium, sodium, potassium and magnesium are taken from various parts of the body to make use of the sugar. Many times, so much calcium is used to neutralize the effects of sugar that the bones become osteoporotic due to the withdrawn calcium.

Likewise, the teeth are affected and they lose their components until decay occurs and hastens their loss.

...Refined sugar is void of all nutrients, consequently it causes the body to deplete its own stores of various vitamins, minerals and enzymes. If sugar consumption is continued, an over-acid condition results, and more minerals are needed from deep in the body to correct the imbalance. If the body is lacking the nutrients used to metabolize sugar, it will not be able to properly handle and rid itself of the poisonous residues.

These wastes accumulate through the brain and nervous system, which speeds up cellular death. The bloodstream becomes over-loaded with waste products and symptoms of carbonic poisoning result.

...Sugar also makes the blood very thick and sticky, inhibiting much of the blood flow into the minute capillaries that supply our gums and teeth with vital nutrients. Therefore, we wind up with diseased gums and starving teeth. America and England, the two largest sugar consumers, have horrendous dental problems.

...In 1948, a \$57,000 ten-year study was awarded to Harvard University by the Sugar Research Foundation to find out how sugar causes cavities in teeth and how to prevent it. In 1958, Time magazine reported the findings, which were reported in the Dental Association Journal. They discovered there was no way to prevent the problem and their funding immediately disappeared.

...“The most significant human study was done in Sweden, reported in 1954, and known as the Vipeholm Dental Caries Study. More than 400 adult mental patients were placed on controlled diets and observed for five years. The subjects were divided into various groups. Some ate complex and simple carbohydrates at mealtimes only, while other supplemented mealtime food with between-meal-snacks, sweetened with sucrose, chocolate, caramel, or toffee.

Among the conclusions drawn from the study, was that sucrose consumption could increase caries activity. The risk increased if the sucrose was consumed in a sticky form that adhered to the tooth's surfaces. The greatest damage was inflicted by foods with high concentrations of sucrose, in sticky form, eaten between meals, even if contact with the tooth's surfaces was brief. Caries, due to the intake of foods with high sucrose levels, could be decreased when such offending foods were eliminated from the diet.

But individual differences existed, and in some cases, caries continued to appear despite avoidance of refined sugar or maximum restriction of natural sugars and total dietary carbohydrates.”

...Diabetes is another commonly known disease caused by sugar as well as a high fat diet. Diabetes is caused by the failure of the pancreas to produce adequate insulin when the blood sugar rises. A concentrated amount of sugar introduced into the system sends the body into shock from the rapid rise in the blood sugar level. The pancreas eventually wears out from overwork and diabetes then rears its ugly head.

...Hypoglycemia occurs when the pancreas overreacts to the large amount of sugar in the blood and releases too much insulin leaving one with the "tired" feeling as the blood sugar level becomes lower than it should be.

"A recent article in the British Medical Journal, entitled The Sweet Road to Gallstones, reported that refined sugar may be one of the major dietary risk factors in gallstone disease. Gallstones are composed of fats and calcium. Sugar can upset all of the minerals, and one of the minerals, calcium, can become toxic or nonfunctioning, depositing itself anywhere in the body, including the gallbladder.

..."One out of ten Americans has gallstones. This risk increases to one out of every five after age forty. Gallstones may go unnoticed or may cause pain-wrenching pain. Other symptoms might include bloating, belching, and intolerance to foods."

...Another serious problem with sugar that is now coming to the forefront is the various levels of mental problems. Our brains are very sensitive and react to quick chemical changes within the body. As sugar is consumed, our cells are robbed of their B vitamin, which destroys them, and insulin production is inhibited. Low insulin production means a high sugar (glucose) level in the bloodstream, which can lead to a confused mental state or unsound mind, and has also been linked with juvenile criminal behavior.

Dr. Alexander G. Schauss, brings this solemn fact out in his book, *Diet, Crime and Delinquency*. Many mental ward and prison inmates are "sugarholics" and erratic emotional outbreaks often follow a sugar binge.

### **REFINED SUGAR-A DRUG?**

...Refined sugar, by some, is called a drug, because in the refining process everything of food value has been removed except the carbohydrates-pure calories, without vitamins, minerals, proteins, fats, enzymes or any of the other elements that make up food. Many nutrition experts say that white sugar is extremely harmful, possibly as harmful as a drug, especially in the quantities consumed by the present-day American.

...Dr. David Reuben, author of *Everything You Always Wanted to Know About Nutrition* says, "...white refined sugar-is not a food. It is a pure chemical extracted from plant sources, purer in fact than cocaine, which it resembles in many ways. Its true name is sucrose and its chemical formula is C<sub>12</sub>H<sub>22</sub>O<sub>11</sub>.

It has 12 carbon atoms, 22 hydrogen atoms, 11 oxygen atoms, and absolutely nothing else to offer." ...The chemical formula for cocaine is C<sub>17</sub>H<sub>21</sub>NO<sub>4</sub>. Sugar's formula again is C<sub>12</sub>H<sub>22</sub>O<sub>11</sub>. For all practical purposes, the difference is that sugar is missing the "N", or nitrogen atom. ...Refining means to make "pure" by a process of extraction or separation. Sugars are refined by taking a natural food, which contains a high percentage of sugar, and then removing all elements of that food until only the sugar remains. ...While sugar is commonly made from sugar cane or sugar beets.

Through heating and mechanical and chemical processing, all vitamins, minerals, proteins, fats, enzymes and indeed every nutrient is removed until only the sugar remains. Sugar cane and sugar beets are first harvested and then chopped into small pieces, squeezing out the juice, which is then mixed with water. This liquid is then heated, and lime is added.

Moisture is boiled away, and the remaining fluid is pumped into vacuum pans to concentrate the juice. By this time, the liquid is starting to crystallize, and is ready to be placed into a centrifuge machine where any remaining residues (like molasses) are spun away. The crystals are then dissolved by heating to the boiling point and passed through charcoal filters.

After the crystals condense, they are bleached snow-white usually by the use of pork or cattle bones. ...During the refining process, 64 food elements are destroyed. All the potassium, magnesium, calcium, iron, manganese, phosphate, and sulfate are removed. The A, D, and B, vitamins are destroyed.

Amino acids, vital enzymes, unsaturated fats, and all fiber are gone. To a lesser or greater degree, all refined sweeteners such as corn syrup, maple syrup, etc., undergo similar destructive processes. Molasses is the chemical and deranged nutrients that is a byproduct of sugar manufacture.

...Sugar manufacturers are aggressive in defending their product and have a strong political lobby which allows

them to continue selling a deadly food item that by all reason should not be allowed in the American diet.

...If you have any doubts as to the detriments of sugar (sucrose), try leaving it out of your diet for several weeks and see if it makes a difference! You may also notice you have acquired an addiction and experience some withdrawal symptoms.

...Studies show that “sugar” is just as habit-forming as any narcotic; and its use, misuse, and abuse is our nation’s number one disaster.

It is no wonder when we consider all the products we consume daily which are loaded with sugar! The average healthy digestive system can digest and eliminate from two to four teaspoons of sugar daily, usually without noticeable problems, (that is if damage is not already present).

One 12 oz. Cola contains 11 teaspoons of sugar, and that’s aside from the caffeine. It’s the sugar that gives you quick energy, but only for a brief time due to the rise of the blood sugar level. But the body quickly releases a rush of insulin, which rapidly lowers the blood sugar and causes a significant drop in energy and endurance. It is easy to see why America’s health is in serious trouble.

**EFFECT OF SUGAR ON NEUROLOGICAL PROCESSES** ...One of the keys to orderly brain function is glutamic acid, and this compound is found in many vegetables. When sugar is consumed, the bacteria in the intestines, which manufacture B vitamin complexes, begin to die-these bacteria normally thrive in a symbiotic relationship with the human body. When the B vitamin complex level declines, the glutamic acid (normally transformed into “go” “no-go” directive neural enzymes by the B vitamins) is not processed and sleepiness occurs, as well as a decreased ability for short-term memory function and numerical calculative abilities. The removal of B vitamins when foods are “processed” makes the situation even more tenuous.

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 can weaken eyesight.**
14. **Sugar raises the level of 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 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 can lower the amount of Vitamin E (alpha-Tocopherol in the blood.
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. High sugar intake increases advanced glycation end products (AGEs)(Sugar bound non-enzymatically to protein)
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 lipoproteins (LDL).

58. High sugar intake can impair the physiological homeostasis of many systems in the body.
59. Sugar lowers the enzymes ability to function.
60. Sugar intake is higher in people with Parkinson's disease.
61. Sugar can cause a permanent altering the way the 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 in the kidney.
65. Sugar can damage the pancreas.
66. Sugar can increase the body's fluid retention.
67. Sugar is enemy #1 of the bowel movement.
68. Sugar can cause myopia (nearsightedness).
69. Sugar can compromise the lining of the capillaries.
70. Sugar can make the tendons more brittle.
71. Sugar can cause headaches, including migraine.
72. Sugar plays a role in pancreatic cancer in women.
73. Sugar can adversely affect school children's grades and cause learning disorders..
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 and cause dyspepsia (indigestion).
78. Sugar can increase your risk of getting gout.
79. Sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates.
80. Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low sugar diets.
81. High refined sugar diet reduces learning capacity.
82. 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.
83. Sugar can contribute to Alzheimer's disease.
84. Sugar can cause platelet adhesiveness.
85. Sugar can cause hormonal imbalance; some hormones become underactive and others become overactive.
86. Sugar can lead to the formation of kidney stones.
87. Sugar can lead to the hypothalamus to become highly sensitive to a large variety of stimuli.
88. Sugar can lead to dizziness.
89. Diets high in sugar can cause free radicals and oxidative stress.
90. High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion.
91. High sugar diet can lead to biliary tract cancer.
92. Sugar feeds cancer.

93. High sugar consumption of pregnant adolescents is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.
94. High sugar consumption can lead to substantial decrease in gestation duration among adolescents.
95. Sugar slows food's travel time through the gastrointestinal tract.
96. 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.
97. Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men.
98. Sugar combines and destroys phosphatase, an enzyme, which makes the process of digestion more difficult.
99. Sugar can be a risk factor of gallbladder cancer.
100. Sugar is an addictive substance.
101. Sugar can be intoxicating, similar to alcohol.
102. Sugar can exacerbate PMS.
103. Sugar given to premature babies can affect the amount of carbon dioxide they produce.
104. Decrease in sugar intake can increase emotional stability.
105. The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.
106. The rapid absorption of sugar promotes excessive food intake in obese subjects.
107. Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).
108. Sugar adversely affects urinary electrolyte composition.
109. Sugar can slow down the ability of the adrenal glands to function.
110. Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases.
- 111.. I.Vs (intravenous feedings) of sugar water can cut off oxygen to the brain.
112. High sucrose intake could be an important risk factor in lung cancer.
113. Sugar increases the risk of polio.
114. High sugar intake can cause epileptic seizures.
115. Sugar causes high blood pressure in obese people.
116. In Intensive Care Units, limiting sugar saves lives.
117. Sugar may induce cell death.
118. Sugar can increase the amount of food that you eat.
119. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior.
120. Sugar can lead to prostate cancer.
121. Sugar dehydrates newborns.
122. Sugar increases the estradiol in young men.
123. Sugar can cause low birth weight babies.
124. Greater consumption of refined sugar is associated with a worse outcome of schizophrenia
125. Sugar can raise homocysteine levels in the blood stream.
126. Sweet food items increase the risk of breast cancer.
127. Sugar is a risk factor in cancer of the small intestine.

- 128. Sugar may cause laryngeal cancer.**
- 129. Sugar induces salt and water retention.**
- 130. Sugar may contribute to mild memory loss.**
- 131. As sugar increases in the diet of 10 years olds, there is a linear decrease in the intake of many essential nutrients.**
- 132. Sugar can increase the total amount of food consumed.**
- 133. Exposing a newborn to sugar results in a heightened preference for sucrose relative to water at 6 months and 2 years of age.**
- 134. Sugar causes constipation.**
- 135. Sugar causes varicous veins.**
- 136. Sugar can cause brain decay in prediabetic and diabetic women.**
- 137. Sugar can increase the risk of stomach cancer.**
- 138. Sugar can cause metabolic syndrome.**
- 139. Sugar ingestion by pregnant women increases neural tube defects in embryos.**
- 140. Sugar can be a factor in asthma.**
- 141. The higher the sugar consumption the more chances of getting irritable bowel syndrome.**
- 142. Sugar could affect central reward systems.**
- 143. Sugar can cause cancer of the rectum.**
- 144. Sugar can cause endometrial cancer.**
- 145. Sugar can cause renal (kidney) cell carcinoma.**
- 146. Sugar can cause liver tumors.**

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