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## *The Wonderful Effects of Sugar* Sugar - 'A Street Legal Drug'?

Of all the foods consumed today, refined sugar is considered to be one of the most harmful! Even so, in 1997 North Americans devoured 7.3 billion pounds of candy and gum spending an estimated \$23.1 billion. The average North American in 1977 consumed 27.3 pounds of candy and gum which would be about equal to six regular-sized chocolate bars a week! These figures have drastically increased in recent years. Americans who comprise only 5% of the world's population, account for a whopping 33% of total global sugar consumption. We consume, on average, our weight in sugar plus about 20 pounds of corn syrup! Thus over half of us are overweight, and obesity rates in children have risen 50% in recent years. France & Australia have even been forced to produce sweeter wines to cater to the sugar-craving US market.

The UN found that **60% of disease** world-wide is now caused by cardiovascular ailments, which can be directly linked to over-consumption of sugar, saturated & trans-fats, and too little exercise.

Processed foods (which are laced with sugar) cost our public more than \$54 billion in dental bills each year, helping the dental industry benefit from our 'programmed addiction' to sugar. There are some who use no sweets and also much less processed foods—which means a higher percentage of people consuming a great deal more than their body weight in order to have the noted 'average'. In 1958, *Time* magazine reported the results of a 10-year study by Harvard University, funded by the Sugar Research Foundation, saying that the study had discovered there was no way to prevent sugar from causing cavities in teeth. The Foundation immediately withdrew their funding.

The "The Sweet Road to Gallstones" article in the British Medical Journal, showed that refined sugar is a major dietary risk factors for gallstones. It especially drains calcium, which as explained later can become toxic, depositing itself anywhere in the body, including the gallbladder. One out of ten people has gallstones, and that figure increases to one in five after the age of forty. The stones may go unnoticed, or they may cause wrenching pain, bloating, belching, and may even cause intolerance to foods. The drain of calcium also advances aging, overloading your body with acid-ash residues responsible for much of arthritic stiffening

Refined sugars contain no fibre, no minerals, no proteins, no fats, no enzymes, only empty calories. Therefore, your body must borrow vital nutrients (calcium, sodium, potassium, and magnesium) from healthy cells to metabolize such an incomplete food. This process of depleting of the body's own stores of various vitamins, minerals and enzymes results in an over-acidic condition that draws on even more minerals and water in the body's efforts to correct the imbalance. Many times this process contributes to osteoporosis, since so much calcium is withdrawn in neutralizing the effects of sugar. This withdrawal of calcium can also affect the teeth. Sugar makes the blood very thick and sticky, as the bloodstream becomes over-loaded with waste products. This condition inhibits much of the blood flow into minute capillaries that supply, for example, our gums and teeth with vital nutrients, adding to dental and gum problems. If the body already has a lack of nutrients, the body will not be able to rid itself of any resulting poisonous residues and they can accumulate in the brain and nervous system—speeding up cellular death.

Removal of refined sugar from diets can and has eliminated symptoms of crippling diseases such as diabetes, cancer, heart illnesses. This actually has been known since 1929 when Sir F Banting noted that diabetes was common among sugar plantation owners who ate large amounts of the refined sugar and yet not evident among the native cane-cutters who 'only got to chew the raw cane'!!

So you see, one of the causes for the too-common diabetes disease, is often sugar. The pancreas wears out, in overworking to produce adequate insulin, because of concentrated amounts of sugar—sending the body into shock from the rapid rise in blood sugar. Hypoglycemia occurs when the pancreas over-reacts to the large amount of sugar in the blood and releases too much insulin. This leaves a person with tired feelings, as the blood sugar level then becomes lower than it should be. Even so, sugar continues to be added to almost every processed food.

Raised insulin is also the body's signal to store fat. Sugar needs insulin for metabolism. Overloading on sugar means some of those calories become fat instead of energy. Excess metabolized sugar is transformed into fat globules and stored as sugar by the body. It is important to note that carbohydrates—the basic material of pastas, breads, potatoes, cakes, snacks—are quickly converted by the body into simple sugar which is more likely to be stored as fat than utilized as energy.

What about mental problems? Our brains are very sensitive to quick chemical changes. Like a drug or alcohol, sugar affects your brain first, offering a false energy lift that eventually lets you down lower than when you started. Sugar ties up and dissolves B vitamins, and insulin production is inhibited, which means a high glucose blood level. This can easily lead to a confused mental state or an unsound mind, and has been linked with juvenile misbehaviour. Many people in mental wards and also prison inmates are 'sugarholics' with erratic emotional outbreaks—often following a sugar binge (*'Diet, Crime & Delinquency'*, Dr Alexander G Schauss). How is thinking affected? Glutamic acid, found in many raw vegetables, is a key to orderly brain function. When sugar is consumed, the normally symbiotic intestinal bacteria that manufacture B-vitamin complexes, begin to die. When the body's B-Complex level declines, glutamic acid is not processed, resulting in sleepiness, depression, decreased short-term memory ability, and calculation ability. This also produces an over-acid condition that can become gout and/or causing nerve, gum and digestive problems. This loss is also exacerbated by the loss of B vitamins in the processing and refining of our foods.

Sugar is not digested in the mouth like carbo's, nor in the stomach like meat. Taken by itself it passes quickly through the stomach undigested and into the small intestine for absorption into the bloodstream. When mixed with a sandwich, the sugars are held up in the stomach waiting for the digestion of the rest of the sandwich. In this warm, moist stomach condition the sugar turns the stomach into an acidic fermentor—add a soda pop and it can turn the stomach into a 'still'! Pre-sugared (and added sugar) in breakfast cereal almost guarantees acid fermentation. Conversely, an alkaline body is a healthy body.

Sugar raises the risk of infection, because a high sugar diet provides a breeding ground for staph and yeast infections. Bacteria, fungi, and parasites thrive on sugary foods. Excess sugar depresses even the immune response. New data implicates sugar in nearsightedness, eczema, psoriasis, and dermatitis! A study at the University of Alabama shows that people suffering from depression have less symptoms when sugar is removed from their diets, and even food-addictive behavior stops.

Is refined sugar a drug? Some say yes because in the refining process everything of food value in the original plant has been removed except the carbo's—it is pure calories (no vitamins, no minerals, no fats, no enzymes, nor any of the other elements that make up food), and can be as harmful as a drug, especially in the quantities we consume. In *'Everything You Always Wanted to Know About Nutrition'* Dr David Reuben states that ... "white refined sugar is not a food, it is a pure chemical, extracted from plant sources, purer in fact than cocaine, which it does resemble in many ways. Its true name is sucrose and its chemical

formula has 12 carbon atoms, 22 hydrogen atoms, 11 oxygen atoms and absolutely nothing else to offer.” About the only consequential difference between cocaine and sugar formulas is that sugar is missing the nitrogen atom.

The minerals needed to digest the sugar, which are chromium, manganese, cobalt, copper, zinc, and magnesium, have been stripped from the sugar during the refining process. The juice of sugar cane or sugar beets is mixed with water and heated, then lime is added. Moisture is boiled away and the remaining fluid is pumped into vacuum pans to concentrate the juice, and then into a centrifuge machine where any 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 (typically using pork or cattle bones). During the refining process, 64 food elements are destroyed. Try leaving sugar out of your diet for several weeks and see if it makes a difference—you might even find that you had developed an addiction for the sugar products and thus feel the effects of withdrawal! It is as habit forming as any narcotic and its use, misuse, and abuse is our nation’s number one health disaster. (The one substance that could have a worse effect on our bodies would be the artificial sweeteners.)

The average healthy digestive system can digest and eliminate two to four teaspoons (8 to 16gm) of sugar daily, usually without noticeable problems—unless the system is already damaged. The average person eats about 20 tsp of sugar in one form another daily. As an example, 100gm of refined sugar impairs the ability of the white blood cells to destroy bacteria for at least **five** hours. (The plant sweetener **Stevia**, on the other hand, has been reported to even possess anti-viral activity.) A 12oz Cola has 11 tps sugar (besides caffeine!) and other soda pops are not far behind. When the “pop” states ‘no sugar added’ it usually means that no separate sugar has been added once the pop has been made, not that there was no sugar in the original recipe. (1 tsp is 4gm, 16 calories, or 4.2gm carbohydrates) Sugar raises the blood sugar level to give *quick* energy for a *brief* time. With the resulting *rush* of insulin the blood sugar is then rapidly lowered giving a significant drop in energy including endurance—a yo-yo effect.

The advertising of sugar-pushers now includes ‘made from natural ingredients’. Yes, sugar cane and beets are ‘natural’; however the fact that 90% of the cane or beets has been removed does not leave the end product ‘natural’. (Heroin is ‘from natural ingredients’ too!) Also, the use of the word ‘carbohydrate’ for sugar is becoming a standard defense strategy—whatever you buy should say in plain English, “No sugar” or no sugar added.” Any diet that includes refined carbohydrates like sugar and white flour is dangerous. Changing the quality of your carbohydrates (whole grains, veggies, legumes, natural fruits in season) can change the quality of your health and life.

In *‘Lick The Sugar Habit’*, Dr Nancy Appleton states that “Sugar is implicated in a long chain of events in the body that leads to weight gain. The minerals in the body become unbalanced, enzymes do not function correctly, food does not digest properly, and allergies occur. Then these allergies cause an addiction, addiction causes cravings, and overeating is the result. ...Your sugar cravings are a direct indication that sugar is at work destroying your body. ...refined sugar is, in fact, more of a pharma-ceutical drug than a nurturing food...and as addictive as any drug.” Often fat intolerance (Lipase deficient) and yeast problems fall into the same category as people who can’t handle fat will turn to sugar

“When you eat ice cream, another example, you are certainly eating a healthy dose of calcium. However, the sugar in the ice cream alters the phosphorus in the blood, and thus much of the calcium can become toxic rather than useful. Even if the ice cream contained 400 mg of calcium, that calcium would metabolize incorrectly and either become toxic or be secreted in the urine.” Nancy Appleton

## **Tumors Also Feed Off of Sugar**

*(Alternative Medicine, a Definitive Guide to Disease,*

W. John Diamond, M.D. & W Lee Cowden, MD with Burton Goldberg)

What we have seen as something that is ‘great tasting’ all these years is proving to be not healthy. We do believe in moderation and balance in all things, so perhaps a tiny bit of sugar from time to time, but it would not help with our oxygen/glucose balance! What we think of as a ‘normal’ intake of refined sugar/carbo’s is actually believed to have a negative effect on our health, encouraging disease, and especially having an effect on cancer growth. Processed carbohydrate-rich foods are not only high in simple sugars, but often also high in unhealthy fats. These act to nullify the positive effects of fibre in protective foods; and the resulting rush of insulin can promote breast cancer just as does synthetic estrogen. Also, these foods are most always low in fibre—something that is needed to speed the rate at which stool passes through the intestines, helping to keep the tract clean and free radicals moving out.

Sugar is remarkably effective at lowering the immune system’s ability to work properly. Eating only three ounces (100g)—a piece of pie—at one sitting can stunningly reduce the ability of white blood cells (neutrophils/leukocytes) to engulf and destroy bacteria. Surprisingly, the immune-suppressive effect starts within 30 minutes after sugar ingestion and can last for up to **five hours**. Neutrophil activity may be reduced by 40% for two hours after eating sugar. Neutrophils compose 60 to 70% of the total white blood cells in circulation, so this means your immune system is working at half of its intended capacity—leaving you vulnerable to whatever is going around. Is this one reason your immune system is chronically suppressed?

Tumors exhibit abnormal metabolism, thriving under **low-oxygen, high blood-sugar** conditions—just like yeast fermenting in sugar (as in the ‘proof’ in bread-making). Thus, if you are sedentary, a shallow-breather, have a diet high in sugar, pastries, pastas, refined carbohydrate foods, etc, your body is in a condition that will favour the growth of tumors rather than resisting them.

Incredibly, the campaign of World Health Organization (WHO) for people to limit daily sugar intake to 10% of total caloric consumption is being resisted by administrations, and also by the pharma-industry, apparently one of the most successful lobby groups that lobbies governments’ and also contributes to senators and congressmen!

We realize now that at the time sugar was introduced in England, the immunity of the population was compromised and the Black Plague appeared very close to the introduction of refined sugars

Choices are harder with the changes in the soil & husbandry, the transportation, and the overwhelming amount of processing that our food supplies go through. However, we are responsible for what goes into our mouths and the absorbability, or utilization-capacity, of that food in bringing about balance for a homeostasis condition.

**Avena Original’s whole, food-based products can definitely change how you function, how you think, and how you feel!**

Exerts also from: Jeff Rense Reports (*Harmful Effects of Sugar on Mind & Body*),  
Linda Page, ND, PhD (*Healthy Healing*), Nexus Magazine, Vol 7, No 1, and  
Eric Margolis, Contributing Editor Toronto Sun (*America Hooked on Refined Sugar*)