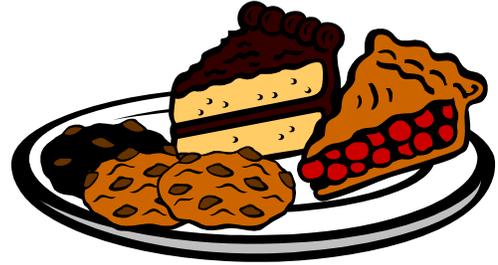




THE MARK OF CANE: SUGAR: SWEET AND NOT-SO-INNOCENT!



“If you look for sweetness,
Your search will be endless;
You will never be satisfied:
But if you seek the *true* taste
You will find what you are looking for.”

Buddhist axiom

Like opium, morphine, cocaine and heroin, sugar is an addictive, destructive drug, yet North Americans consume it daily in everything from cigarettes to bread. If you are overweight, or suffer from migraine, hypoglycemia, acne, frequent colds and flu, PMS, painful menstruation, mood swings, irritability, poor memory, the plague of the “sugar blues” has hit you! In fact, by accepted diagnostic standards, *our entire society is pre-diabetic!*

What specific health problems does refined sugar cause? Diabetes, tooth decay, obesity, coronary thrombosis, gum disease, varicose veins, stomach trouble, mental disturbances, and indirectly, many forms of mental illness!

How does refined sugar work such havoc in the finely tuned human system that it results in disease of every kind?

When God made our foodstuffs, He saw to it that they were balanced for our needs; that is, they naturally contain the vitamins, minerals, and catalysts for them to be used by the body. When man refines either sugar, flour, or rice, the resulting product is lacking in the necessary elements needed to digest and utilize the food in the body.

Think of it this way; If you earn \$10. a day and you spend \$11. It does not take a genius to figure out that soon you are going to be badly in debt.

So with our food; If I have a whole grain; I am OK. I have what I need in the grain to digest it. But the minute I add sugar to it, even a little, I have more calories and they do not contain any elements to digest them. The grain has the elements but it just has enough for itself, the sugar has to leech elements from your body stores to be utilized. The results are imbalances, clogging, and eventually bankruptcy in the body. Disease is the end result of such imbalance.

Dr. William Coda Martin classified refined sugar as a poison because it has been depleted of its life forces, vitamins, and minerals. “What is left consists of pure, refined carbohydrates. The body cannot use this refined starch and carbohydrate unless the depleted proteins, vitamins and minerals are present. Nature supplies these elements in each plant in quantities sufficient to metabolize the carbohydrates in that particular plant. There is no excess for other added carbohydrates. Incomplete carbohydrate metabolism results in the formation of “toxic metabolites” such as Pyruvic acid and abnormal sugars containing 5 carbon atoms. Pyruvic acid accumulates

in the brain and nervous system and the abnormal sugars in the red blood cells. These toxic metabolites interfere with the respiration of the cells. They cannot get enough oxygen to survive and function normally. In time some of the cells die. (Note: it is also significant that cells with insufficient oxygen become cancerous) This interferes with the function of a part of the body and is the beginning of degenerative disease. With over 50% of our diet today composed of these refined carbohydrates [refined sugar, white flour, white rice, macaroni and most breakfast cereals], does it require a million dollars for research to find out why this generation is developing more and more degenerative diseases?"

Did you know that you can live a long while on water alone, but if you use water with sugar added to it, you will sicken and die rapidly? This has been proven by experiments on animals and accounts of shipwreck victims.

How does sugar affect your mental and emotional state? Well to simplify the process, basically it works like this: You eat sugary foods, as the sugar pours into your blood stream it upsets your blood sugar balance, at first you feel invigorated, full of energy, but the body must bring down that excess sugar in the blood back to normal so the adrenal glands, the pancreas and various control systems spring into action, insulin is released among other things and as with something that goes fast it goes too far and your blood drops below normal you feel weak, sweaty, tired, irritable and run off for more stimulant or sweet food to start the process again.

Now the key thing here is that the brain can use only glucose; blood-sugar for fuel; nothing else can penetrate the blood-brain barrier. So when the sugar drops in reaction to the body trying to combat dangerous imbalance of blood-sugar, the brain begins to starve and shortout as it were. In a starving brain, emotions and thought processes will be deranged and confusion will occur.

Many quarrels and no doubt many divorces are due to hypoglycemia. (Low blood sugar) It is a good chance that many car accidents are also caused this way!

The disease-establishment and the sugar pushers like to group refined sugar, flour and such as a carbohydrate, the same as the whole grains and whole foods, and the worse they are likely to tell you is that it is an empty calorie. That doesn't sound bad in itself; but the fact is, that the empty calorie is a thief, it will steal from your body minerals such as calcium, and many other elements; it will slow down and clog your whole system, weaken it and open the door to infection and decay. (throw it in your gas tank and see what happens!)

Don't be fooled by some so called health authorities who tell you that refined sugar is no different to the body than naturally sweet fruits; this is not so. Fruits in their natural state contain the elements needed for your body to process them and as such are not harmful. There are cases where people whose bodies are so badly sugar damaged may have to use moderation in the use of extremely sweet fruits such as dates and bananas but these foods do not affect the body like refined sugar. Fruit juices, even when not sugared, can cause hypoglycemic reactions in sugar damaged folk and should be diluted at least half and half with water.

A word about brown sugar; It is no different than white except they have added a bit of molasses back into the refined white stuff. Don't be fooled. What about honey? Make sure you get pure untreated, un-messed with honey and it can be used moderately in place of sugar but some commercial honey contains sucrose (refined sugar).

In the 1800s sugar use per capita was only a fraction of what it is now. Sugar clogs the sys-

tem. It hinders the working of the living machine. The free use of sugar in any form tends to clog the system, and is not infrequently a cause of disease.

Now people consume mountains of the stuff right from birth; with babies sucking sugared formulas from bottles, they are addicts from infancy. Anyone whose body workings are damaged by sugar, must avoid it, if he would attain his optimal health.

Don't believe you could be addicted to the white stuff ? After all, you don't use excess sugar right? (I have yet to meet anyone who would admit he uses excess anything; even a drunk 'only had a drink') I challenge you, eliminate all sugar and anything containing sugar from your diet for a few days. If you are like most people, even so called 'health nuts', you will find it is easier said than done. You find yourself craving all kinds of sugared 'goodies' .

You will also be surprised as to just how much of our daily food contains sugar, either openly or hidden. Read labels and you will find it in almost every supermarket creation; breads, canned vegetables, package and canned soups, canned beans, cereals, spaghetti sauces, ketchup, salad dressing, You can be sugar bingeing and not even know it!

Kicking the sugar habit isn't going to be easy, no addiction ever is—but it can be lots of fun. If you live alone, kicking cold turkey is probably the best way to go. Collect everything in your abode that has sugar in it; throw it in the garbage and start over. This way if you yep to start bingeing, you haven't made it easy for yourself.

You can make one decision at the store instead of fighting temptation full time at home. It may take a month or so to change the way you shop, cook and entertain. The details of your daily struggle are not important but the general direction in which you are headed is vital.

If you have small children, watch their behavior carefully for a few days, record it. Are they cranky when awakening, moody, irritable? Next eliminate everything from their diet containing refined sugar; observe the changes; in ten days you won't believe you have the same child! You will never want to see them back on sugar! Sugar-free babies seem to be a different breed altogether from the average, sugar-glutted children.

With older children and family members, you will need to try and enlist their co-operation-make it a family project. Be patient but persistent; you will never regret breaking free from the Sugar Blues! (thanx to William Dufty)

For a real eye opening look at the history of the sugar business and its legacy of disease, death, and insanity as seen in each country's deterioration as sugar came into use, get William Dufty's book: "Sugar Blues"

Ev'rybody's singing the Sugar Blues...
I'm so unhappy, I feel so bad
I could lay me down and die.
You can say what you choose
But I'm all confused
I've got the sweet, sweet Sugar Blues
More Sugar!!
I've got the sweet, sweet Sugar Blues.

Song written in 1923

HYPOGLYCEMIA: IT MAY AFFECT YOUR FAMILY!

Most North-Americans are suffering from hypoglycemia, low blood sugar, which is the forerunner of hyperglycemia, high blood sugar, or diabetes. What causes it? Empty calories. What is an empty calorie? An empty calorie is a food that has that has no vitamins, minerals, or enzymes. It is a food totally without nutrients except calories. Sugar, white flour, white rice, sugared cereals, and alcohol are all empty calories.

What is the process by which empty calories cause hypoglycemia? The answer is that all carbohydrate foods, properly digested, become sugars. When you eat white flour, it becomes white sugar, when you eat white rice, it metabolizes into white sugar. In order for these carbohydrates to be used for energy, it is necessary to have B complex vitamins and certain minerals. Since the empty calories don't have these nutrients to properly metabolize these foods and release the sugar gradually into the blood stream, instead, the refined sugars move rapidly into the blood stream and your blood sugar level shoots up right after eating refined, sugary foods. The Islands of Langerhans, in your pancreas become over stimulated. These secrete excess insulin to burn up this sudden rise in sugar. This excess insulin not only burns up the extra sugar but some of your own necessary sugar as well.

Your brain lives solely on glucose and when it does not receive enough it is starved; when the brain is starving, any part of your nervous system can be affected.

There is something else that causes hypoglycemia: Caffeine and Theobromine also Aspartame. These are found in cocoa, chocolate, coffee, tea and cola drinks. This false stimulant action gives you a feeling of energy, but all it does is whip up your adrenals, force stored blood sugar into the blood, and then comes the excess insulin, and the drop to hypoglycemia and you are running for another coffee, another candy bar, or another coke to get you up and running again. It is an endless yo-yo, and it is the way most people are living today.

Trying to solve the problem by using diet drinks? It won't work! Aspartame (nutri-sweet) metabolizes to a harmful type of alcohol; bad news for the brain and liver. Also when sweet taste comes onto the tongue, the body prepares to receive sugar by releasing insulin. When there is no sugar to require this insulin; blood glucose levels drop, resulting in hypoglycemia, hunger and excess eating to compensate. So if you are trying to reduce by using diet drinks and aspartame- you are sabotaging your program from the start!

Hypoglycemia causes shakiness, weakness, tired feeling, IRRITABILITY! (Yes, much of this PMS thing is really hypoglycemia) It can lead to mental illness, neuro-muscular diseases, allergies, low memory, hyperactive children, and marital unhappiness because of the moodiness and grouchiness it causes.

One of the most obvious symptoms that we are a hypoglycemic nation, is the institution of the coffee break! In pioneer days, people would get up, eat a hearty breakfast and go to do heavy work all day, arriving home in the evening for their supper. Sometimes they may have had a lunch, but certainly not coffee breaks!

What is happening is this, We grab a sweet roll and a cup of coffee for breakfast and race to work; in almost exactly 2 hours, our blood sugar has shot up, and then dropped to bottom as the

surge of insulin does its work. We feel hungry, we are shaky, weak, irritable; we have to have another coffee and doughnut; then we are up again, two hours later, another drop, more coffee, more empty calories; so goes out day!

Our children are now in the same boat with breaks for milk and cookies. Children come home with bad grades and reports of unruly behavior. Mother says, "If you don't straighten up, I am going to tell Dad to punish you!" Here the child is punished when it isn't his fault but the fault of the parents who feed him the junk! When you feed empty calories to your child, you cannot expect him to have a brain that can operate properly.

The big question is; How do you get rid of Hypoglycemia? The answer is that you must reverse the process. In other words it was the lack of Vitamins and minerals in the diet that caused it; so we reverse the process, by giving high doses of the vitamins and minerals until the body can recover itself; and avoiding the empty calories and chemicals that caused the problem.

The old medical books show the normal fasting blood sugar after a 14 hour fast should be 80-120 milligrams of glucose per 100 c.c.s of blood. Now many medical texts have lowered this to 65! Why? Because the vast majority are suffering from hypoglycemia, the medical labs have adjusted the "normal" blood sugar levels to reflect the common; it is now normal to be abnormal!

Glucose tolerance tests are not necessary to ascertain hypoglycemia. Do 1 blood test after 14 hours fasting and another 1 hour after lunch. If the first one is less than 80 and the second less than 120, you have a problem even though doctors will tell you you're normal! If you know a diabetic friend who has a glucometer machine for measuring blood sugar, ask if they would test yours for you.

Even without a test, if you get shaky and/or irritable 2 hours or less after you eat; you are hypoglycemic.

Some of the symptoms brought on by hypoglycemia are: Nervousness, Nervous breakdown, schizophrenia, melancholy, crying without cause, insomnia, fearfulness and paranoia, hay fever, Parkinson's, migraines, allergies, asthma, some forms of seizures, moodiness and confusion. You cannot starve your brain and expect it to work well.

Lets look at hyperactive children. One mother had 3 sons, the first two were hyperactive but the 3rd was OK. On looking into this case the doctor found she had nursed the last boy but not the first two. For the first two she did not seem to have enough milk; then she changed doctors and was told to drink at least 8-10 glasses of water a day so as to make milk, and she had no problem. The first boys were raised on formula with sugar in it and they developed hypoglycemia as infants and were still suffering from it. Once onto the natural, whole food diet and supplementation, they soon were problem free.

If you have children, please don't feed them on the sugared cereals, kool-pop, chips, cheezies and trash! These are bad for all of us, but worse for children.

When you see totally sugar-free babies or toddlers you wouldn't believe the difference!

Feed Whole foods for Whole children!