

## **Health for You:**

# **17. Refined Sugar 2: Sugar Addiction**

The Sweetest Poison of All

**Taken from an article by Nancy Appleton, Ph.D.**

Can you go for more than a day without eating sugar in any form? Do you drink soft drinks or milkshakes, eat Danish pastry, fruit yogurt (a 6 oz. carton has 7 teaspoons of sugar and/or honey), donuts, bagels, cakes, cookies, bran muffins or other sugary items.

Can you go without any other foods that contain ingredients ending in "ose" such as sucrose, fructose, etc., or contain corn syrup, corn sweetener, honey, barley malt, maple syrup, sugar cane solids, agave, or rice syrup? (I am not referring to what naturally occurs in whole foods and has not been extracted or concentrated.)

Do you pig out on a carton of ice cream or a bag of cookies? If you find that sugar is part of your diet every day, you may have a problem.

The average person eats 153 pounds of sugar a year. [This was written a few years ago, it has gone up since then] That is equivalent to over 1/2 cup of sugar a day. The teenage boy eats twice that much. So you say, "Who cares?" What is wrong with sugar?

There is much scientific evidence written in many medical journals showing that sugar can ruin your health. Do you have any of the following symptoms? Do you fall asleep after meals, have allergies, gas, bloating, extended stomach after meals, joint pains, headaches, chronic fatigue, constipation, diarrhea, over weight, skin problems, high blood pressure or other symptoms? These all can be signs of a sugar problem.

Recently, information has emerged as to what happens to the minerals in the body when sugar and other abusive foods are eaten. For example, every time we eat just as little as two teaspoons of sugar, our blood chemistry can change, and we can throw ourselves out of homeostasis, the wonderful electrochemical balance needed for health and life itself.

Doctors and clinicians do not usually test the total blood chemistry of a person before and after ingesting sugar, but if they did, they would find that the minerals increase or decrease, and change relationship with each other. In the usual case the calcium increases and the phosphorus decreases (the ratio of calcium to phosphorous increases too much) and there is toxic calcium in the body because minerals only work in relation to each other. A mineral can become toxic to the body when there is an excess of that mineral in the body. Toxic calcium can cause plaque on the teeth, kidney stones, arthritis, cataracts, bone spurs, and hardening of the arteries.

These are effects of an increase in a particular mineral ratio. When minerals decrease, they can be reduced to such an extent that our enzymes are unable to function well as each enzyme is dependent upon a mineral to function. As a result we do not digest our food completely and some of this undigested food can get directly into the blood stream and is treated as a foreign substance. This by-product of incomplete digestion causes the immune system to come into

action. Actually, this is one form of food allergy. The immune system must respond to this undigested or partially digested food in the blood stream.

For some of us, this undigested food can cause an inflammatory response with sneezes and wheezes. For others it might cause headaches, anger, arthritis, fatigue, multiple sclerosis, psoriasis or other problems. On top of all this, too much sugar can overwork and exhaust our white cells and weaken our immune system. The white blood cells need protein to function, and they are not receiving the correct protein combinations since protein is not being digested and assimilated properly.

The bottom line is that sugar upsets the body chemistry and suppresses the immune system. Once the immune system becomes suppressed, the door is opened to infectious and degenerative diseases. The stronger the immune system, the easier it is for the body to fight infectious and degenerative diseases.

Sugar is implicated in the following diseases and many more: allergies, arthritis, diabetes, hypoglycemia, osteoporosis, gallstones, kidney stones, headaches, yeast infections, and cataracts.

So if you have any of the symptoms or diseases mentioned, remove all forms of sugar from your diet for two weeks, I think that you will be pleasantly surprised. Not only will some of those symptoms disappear but you will be strengthening your immune system, allowing it to do the job it was meant to, defend you against foreign invaders.

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### **Comments**

These two articles have given us a glimpse into the fact that the history of sugar and research into its effects, tells us we best avoid it!

What does our inspired guidance tell us about refined sugar? First we have to realize that average sugar usage in the days when the counsel was given, was only a tiny fraction of what it is today. Refined sugar was expensive and was used sparingly, also GMO sugar crops had not yet hit the scene; so when we see the danger of sugar referred to, it behooves us to magnify that danger a couple hundred fold when applying it to our diet situation today. Also we have to take into consideration that in the last hundred years, because of the rapidly increasing use of refined sugar, high-fructose corn syrup and other refined sweeteners, few persons exist that are not sugar-damaged in some way or another. An item that we are told could be used very sparingly back then with limited risk, now would be best eliminated totally. Let's see what was said even back then:

"Some use milk and a large amount of sugar on mush, thinking that they are carrying out health reform. But the sugar and milk combined are liable to cause fermentation in the stomach, and

are thus harmful. The free use of sugar in any form tends to clog the system, and is not unfrequently a cause of disease.” Christian Temperance and Bible Hygiene (1890) p. 56

“Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided.” Counsels on Diet and Foods p. 113

Note: If ‘far too much sugar’ was used back then—what can we say now??

“It is well to leave sugar out of the crackers that are made. Some enjoy best the sweetest crackers, but these are an injury to the digestive organs.” Ibid p. 321.

“Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition.” Ibid p. 327

“Sugar clogs the system. It hinders the working of the living machine.” Ibid p. 327.

“I frequently sit down to the tables of the brethren and sisters, and see that they use a great amount of milk and sugar. These clog the system, irritate the digestive organs, and affect the brain. Anything that hinders the active motion of the living machinery, affects the brain very directly. And from the light given me, sugar, when largely used, is more injurious than meat.”

“We should not be prevailed upon to take anything into the mouth that will bring the body into an unhealthy condition, no matter how much we like it.” Ibid p. 328.

“Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided.” (1905) Ministry of Healing p. 302

### **A Man who Tried to Live on Sugar**

“There was a case in Michigan to which I will refer. It was that of a man of fine physical appearance. I had previously conversed with him in regard to his manner of living, and was called to visit him in his sickness. “I do not like the looks of your eyes.” I said. He was eating large quantities of sugar, and in answer to my question why he did this, he said that he had left off meat, and did not know anything that would supply its place as well as sugar. His food did not satisfy him. This man was suffering simply because his wife did not know how to cook. She was deficient in this important branch of education; and as the result, the poorly cooked food not being sufficient to sustain the demands of the system, sugar was eaten immoderately, and this brought on a diseased condition of the entire system. I tried to tell them as well as I could how to manage, and soon the sick man began to improve. But he imprudently exercised his strength when not able, ate a small amount not of the right quality, and was taken down again. This time there was no help for him. His system seemed to be a living mass of corruption. He died a victim to poor cooking. Christian Temperance and Bible Hygiene (1890) p. 158.

### **Substitutes or ‘Once in a While?’**

Many health gurus advocate using ‘organic’ or ‘natural’ sweeteners instead of refined sugar; but the sweet taste habit is still there, and maple syrup, for example, is still a form of sucrose

and will cause fermentation and imbalance almost as badly as the white poison itself. The taste can be re-educated until anything sweeter than a natural raw fruit is unpleasant.

As I peruse the various vegetarian, vegan, and raw vegan recipes online and in many books lately, I see that it seems more and more of them are trying to make 'healthy' substitutes for unhealthy indulgences. Maybe that is OK for some folk, but if we are truly interested in caring for our bodies as the property of the Creator God, is it not better to put our effort into re-education of our tastes and habits? Especially when we realize that to fully have the blessing of God in our lives, diet needs to be under the control of reason; not habit, custom, or depraved appetite. God is willing to set us free from all unhealthy habits. The Bible recommends overcoming—not substitution. "If the Son therefore shall make you free, ye shall be free indeed." John 8:36

It is far easier in the long run to totally overcome all decadent indulgences, and eliminate them from our dietary; in a few weeks you no longer crave them, and soon, when you look at candy, fancy cakes and pastries and even ice-cream, it no longer seems desirable as food to you. Seems impossible? It is easier than you think; especially with a high intake of micronutrients from fresh and raw plants, so your body soon stops its clamor and craving, because what it really needs is now being supplied.

It seems most dietary writers and makers of 'healthy' recipes, advocate the idea that it is OK to indulge in a horribly sweet and unhealthy concoction, like a double-fudge Sundae, occasionally. While it is true that if one did do this once a month, it would not likely have much of an impact on the health, assuming there were no other unhealthy compromises made, and that, my friend, is a big assumption! Are we really doing ourselves a favor this way? For one thing we keep the 'demon' alive and kicking in our mind and body, and few there be who will not gradually escalate from once a month to more, and finally loose the battle altogether. Slay the dragon; don't try to keep it in a cage to let it out to play now and then!

I read the tale of a lady who had put all sugar out of her way and lost a huge amount of weight by sensibly eating only whole and healthy foods. One day a friend met her and she was huge again, having gained back as much or more that she formerly lost. "What happened?" asked the friend, "what put the weight back on?"

"One little jelly tart", the hapless lady replied. One day at a party she 'gave in' and ate that one jelly tart (just one can't hurt!) but it set lose all the cravings and former habits; out of control, she binged, until once again she was addicted, obese and discouraged.

I do believe in substitution, but not by trying to use less harmful substances to make something that very closely imitates a harmful indulgence, so keeping cravings alive. Instead get yourself some special fruit or item that is totally healthful, but maybe you feel you can't usually afford it and make that your 'treat'.

Let me also address the fact that we have to re-educate our buying habits as well; which patterns are often laid down in our childhood. I have often caught myself thinking that some organic and healthy fruit or veggie was too expensive, when in the past I would unhesitant pay 2 or 3 times as much for a box of ice-cream or candy. We need a better perspective on value.

I have experienced the fact that some people cannot handle sugar at all! Also for most, if not all, it is far easier to simply decide that refined or processed sugar is a poison, and avoid it totally; the taste soon re-educates; the cravings leave; and the natural foods are truly enjoyed more than any decadent indulgence ever was. It is worth it to be totally free!

As I experimented and learned I saw a picture; every time we add extra nutrients such as extracted oils, refined sugar, even nutrient supplements; we upset the normal balance of our food and confuse our bodies. Also when we pull out part of our foods by refining and processing, we again upset the balance. So when we do the real whole food thing, our appetites can be a good guide. I think we confuse the issues when we individually start worrying about an extra banana or a bit too much fruit because someone points the finger, and then we become too obsessive and cease to listen to our own body signals as to what is best for us.

Here are articles on one of the biggest problem foods, and it's Vegan too; I am including them here to alert you to the fact that animal products are not the only devils we need to kick out to be healthy.

### The Mark of Cane

"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 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 math 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, Result, imbalance, clogging, and eventually bankruptcy in the body. Disease is the end result of such imbalance.

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 short-out 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 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 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 system. 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 to 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 is not 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.

For a real eye opening look at the history of the Big 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