

125 REASONS WHY SUGAR IS HARMFUL

In addition to throwing off the body's homeostasis, excess sugar may result in a number of other significant consequences. The following is a listing of some of sugar's metabolic consequences from a variety of medical journals and other scientific publications. The following data is from the book, *Lick the Sugar Habit*, by Nancy Appleton.

- 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 of 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 breast, ovaries, prostate, and rectum
- 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 a 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 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 of 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 can cause dyspepsia (indigestion)
- 78 Sugar can increase your risk of getting gout

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- 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 Highly 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 the hypothalamus to become highly sensitive to a large variety of stimuli
- 89 Sugar can lead to dizziness
- 90 Diets high in sugar can cause free radicals and oxidative stress
- 91 High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion
- 92 High sugar diet can lead to biliary tract cancer
- 93 Sugar feeds cancer
- 94 High sugar consumption of pregnant adolescents is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant
- 95 High sugar consumption can lead to substantial decrease in gestation duration among adolescents
- 96 Sugar slows food's travel time through the gastrointestinal tract
- 97 Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon
- 98 Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men
- 99 Sugar combines and destroys phosphatase, an enzyme, which makes the process of digestion more difficult
- 100 Sugar can be a risk factor of gallbladder cancer
- 101 Sugar is an addictive substance
- 102 Sugar can be intoxicating, similar to alcohol
- 103 Sugar can exacerbate PMS
- 104 Sugar given to premature babies can affect the amount of carbon dioxide they produce
- 105 Increase in sugar intake can increase emotional instability
- 106 The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch
- 107 The rapid absorption of sugar promotes excessive food intake in obese subjects
- 108 Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD)
- 109 Sugar adversely affects urinary electrolyte composition
- 110 Sugar can slow down the ability of the adrenal glands to function
- 111 Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases
- 112 I.Vs (intravenous feedings) of sugar water can cut off oxygen to the brain
- 113 High sucrose intake could be an important risk factor in lung cancer
- 114 Sugar increases the risk of polio
- 115 High sugar intake can cause epileptic seizures
- 116 Sugar causes high blood pressure in obese people
- 117 In Intensive Care Units: Limiting sugar saves lives
- 118 Sugar may induce cell death
- 119 Sugar may impair the physiological homeostasis of many systems in living organisms
- 120 In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior
- 121 Sugar can cause gastric cancer
- 122 Sugar dehydrates newborns
- 123 Sugar can cause gum disease
- 124 Sugar increases the estradiol in young men
- 125 Sugar can cause low birth weight babies

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