

59 Reasons

Why Sugar Ruins Your Health



- (1) Sugar can suppress the immune system.
- (2) Sugar upsets the minerals in the body.
- (3) Sugar causes hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
- (4) Sugar produces a significant rise in triglycerides.
- (5) Sugar contributes to the reduction in defense against bacterial infection.
- (6) Sugar can cause kidney damage.
- (7) Sugar reduces high density lipoproteins (HDL).
- (8) Sugar leads to chromium deficiency.
- (9) Sugar leads to cancer of the breast, ovaries, intestines, prostate and rectum.
- (10) Sugar increases fasting levels of glucose and insulin.
- (11) Sugar causes copper deficiency.
- (12) Sugar interferes with absorption of calcium and magnesium.
- (13) Sugar weakens eyesight.
- (14) Sugar raises the level of neurotransmitters called serotonin.
- (15) Sugar can cause hypoglycemia.
- (16) Sugar can produce an acidic stomach.
- (17) Sugar can raise adrenaline levels in children.
- (18) Sugar malabsorption is frequent in patients with functional bowel disease.
- (19) Sugar can cause 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 people with gastric or duodenal ulcers.
- (25) Sugar can cause arthritis.
- (26) Sugar can cause asthma.
- (27) Sugar can cause 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 leads to decreased glucose tolerance.
- (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) Sugar can cause migraine headaches.
- (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 proteins (LDL).
- (58) Sugar can cause free radicals in the blood stream.
- (59) Sugar lowers the enzymes' ability to function.



Contributed by **Premier Health & Wellness with Dr. Linda Marquez**

Visit us at: www.DrLindaMarquez.com for more health tips

Originally appearing as "146 Reasons Why Sugar Is Ruining Your Health," by Nancy Appleton, PhD, author of *Lick the Sugar Habit* (1988)