

35 Reasons Why Sugar is Bad for Children:

Adapted from Nancy Appleton, ND

1. Sugar can suppress the immune system.
2. Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
3. Sugar can weaken eyesight.
4. Sugar raises the level of neurotransmitters: dopamine, serotonin, and norepinephrine.
5. Sugar can cause a rapid rise of adrenaline levels in children.
6. Sugar can cause tooth decay.
7. Sugar contributes to obesity.
8. Sugar can cause appendicitis.
9. Sugar can decrease growth hormone.
10. Sugar can cause drowsiness and decreased activity in children.
11. Sugar can interfere with the absorption of protein.
12. Sugar causes food allergies.
13. Sugar can contribute to eczema in children.
14. High sugar intake can impair the physiological homeostasis of many systems in the body.
15. Sugar lowers the enzymes ability to function.
16. Sugar can cause a permanent altering the way the proteins act in the body.
17. Sugar can adversely affect school children's grades & cause learning disorders.
18. Sugar can cause depression.
19. High refined sugar diet reduces learning capacity.
20. Sugar can cause hormonal imbalance; some hormones become under active and others become overactive.
21. High sugar consumption of pregnant adolescents is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.
22. High sugar consumption can lead to substantial decrease in gestation duration among adolescents.
23. Sugar given to premature babies can affect the amount of carbon dioxide they produce.
24. Decrease in sugar intake can increase emotional stability.
25. The rapid absorption of sugar promotes excessive food intake in obese subjects.
26. Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).
27. Sugar increases the risk of polio.
28. High sugar intake can cause epileptic seizures.
29. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior.
30. Sugar dehydrates newborns.
31. Sugar can cause gum disease.
32. Sugar can cause low birth weight babies.
33. As sugar increases in the diet of 10 years olds, there is a linear decrease in the intake of many essential nutrients.
34. Exposing a newborn to sugar results in a heightened preference for sucrose relative to water at 6 months and 2 years of age.
35. Sugar ingestion by pregnant women increases neural tube defects in embryos.

15 Reasons Why Sugar is Bad for Cancer Patients:

Adapted from Nancy Appleton, ND

1. Sugar can suppress the immune system.
2. Sugar leads to cancer of the breast, ovaries, prostate, and rectum.
3. Diets high in sugar can cause free radicals and oxidative stress.
4. Sugar feeds cancer.
5. Sugar can be a risk factor of gallbladder cancer.
6. High sucrose intake could be an important risk factor in lung cancer.
7. Sugar can cause gastric cancer.
8. Sweet food items increase the risk of breast cancer.
9. Sugar is a risk factor in cancer of the small intestine.
10. Sugar may cause laryngeal cancer.
11. Sugar can increase the risk of stomach cancer.
12. Sugar can cause cancer of the rectum.
13. Sugar can cause endometrial cancer.
14. Sugar can cause renal (kidney) cell carcinoma.
15. Sugar can cause liver tumors.

19 Reasons Why Sugar is Bad for Digestive Disorders:

Adapted from Nancy Appleton, ND

1. Sugar upsets the mineral relationships in the body .
2. Sugar can produce an acidic digestive tract.
3. Sugar mal absorption is frequent in patients with functional bowel disease.
4. High intake of sugar increases the risk of Crohn's disease & ulcerative colitis.
5. Sugar can cause changes found in person with gastric or duodenal ulcers.
6. Sugar can cause gallstones.
7. Sugar can cause appendicitis.
8. Sugar can interfere with the absorption of protein.
9. Sugar causes food allergies.
- 10.Sugar lowers the enzymes ability to function.
- 11.Sugar is enemy number 1 of the bowel movement.
- 12.Sugar and cause dyspepsia (indigestion).
- 13.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.
- 14.Sugar can lead to the formation of kidney stones.
- 15.Sugar slows food's travel time through the gastrointestinal tract.
- 16.Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon.
- 17.Sugar combines and destroys phosphatase, an enzyme, which makes the process of digestion more difficult.
- 18.Sugar causes constipation.
- 19.The higher the sugar consumption the more chances of getting irritable bowel syndrome.

10 Reasons Why Sugar is Bad for Bones, Joints and Muscles (Obesity):

Adapted from Nancy Appleton, ND

1. Sugar causes a loss of tissue elasticity and function, the more sugar you eat the more elasticity and function you lose.
2. Sugar can cause tooth decay.
3. Sugar contributes to obesity.
4. Sugar can cause arthritis.
5. Sugar can lead to periodontal disease.
6. Sugar can contribute to osteoporosis.
7. Sugar can make the tendons more brittle.
8. The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.
9. The rapid absorption of sugar promotes excessive food intake in obese subjects.
10. Sugar can increase the total amount of food consumed.

11 Reasons Why Sugar is Bad for Cholesterol and Heart Problems:

Adapted from Nancy Appleton, ND

1. Sugar can produce a significant rise in triglycerides.
2. Sugar reduces high density lipoproteins.
3. Sugar can increase cholesterol.
4. Sugar can cause cardiovascular disease.
5. Sugar can increase the systolic blood pressure.
6. Sugar can cause heart disease.
7. Sugar can cause atherosclerosis.
8. Sugar can promote an elevation of low density lipoproteins (LDL).
9. Sugar can compromise the lining of the capillaries.
10. 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.
11. Sugar causes high blood pressure in obese people.

8 Reasons Why Sugar is Bad for Diabetes:

Adapted from Nancy Appleton, ND

1. Sugar can increase fasting levels of glucose.
2. Sugar can cause hypoglycemia.
3. Sugar contributes to obesity.
4. Sugar can cause a decrease in insulin sensitivity.
5. Sugar can contribute to diabetes.
6. Sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates.
7. Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low sugar diets.
8. The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.

25 Reasons Why Sugar is Bad for Women:

Adapted from Nancy Appleton, ND

1. Sugar greatly assists the uncontrolled growth of *Candida Albicans* (yeast infections).
2. Sugar can cause premature aging.
3. Sugar interferes with absorption of calcium and magnesium.
4. Sugar can elevate glucose and insulin responses in oral contraceptive users.
5. Sugar can contribute to osteoporosis.
6. Sugar causes food allergies.
7. Sugar can cause toxemia during pregnancy.
8. Sugar can make our skin age by changing the structure of collagen.
9. Sugar can cause cataracts.
10. High sugar intake can impair the physiological homeostasis of many systems in the body.
11. Sugar can cause headaches, including migraine.
12. Sugar plays a role in pancreatic cancer in women.
13. Sugar can cause depression.
14. 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.
15. Sugar can cause hormonal imbalance; some hormones become under active and others become overactive.
16. Sugar can lead to dizziness.
17. High sugar consumption of pregnant adolescents is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.
18. Sugar can exacerbate PMS.
19. Decrease in sugar intake can increase emotional stability.
20. The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.
21. Sugar can slow down the ability of the adrenal glands to function.
22. Sugar causes varicose veins.
23. Sugar can cause brain decay in pre-diabetic and diabetic women.
24. Sugar can cause metabolic syndrome.
25. Sugar ingestion by pregnant women increases neural tube defects in embryos.