## 144 Ways Sugar Ruins Your Health by Nancy Appleton, ND

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 reduced defense against bacterial infection
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, prostrate, 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 mal absorption 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 & ulcerative colitis
24. Sugar can cause changes found in 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 elevate glucose and insulin responses in oral contraceptive users
34. Sugar can lead to periodontal disease
35. Sugar can contribute to osteoporosis
36. Sugar contributes to saliva acidity
37. Sugar can cause a decrease in insulin sensitivity
38. Sugar can lower the amount of Vitamin E in the blood
39. Sugar can decrease growth hormone
40. Sugar can increase cholesterol
41. Sugar can increase the systolic blood pressure
42. Sugar can cause drowsiness and decreased activity in children
43. High sugar intake increases advanced glycation end products (AGEs) (Sugar that is bound non-enzymatically to protein)
44. Sugar can interfere with the absorption of protein
45. Sugar causes food allergies
46. Sugar can contribute to diabetes
47. Sugar can cause toxemia during pregnancy
48. Sugar can contribute to eczema in children
49. Sugar can cause cardiovascular disease
50. Sugar can impair the structure of DNA
51. Sugar can change the structure of protein
52. Sugar can make our skin age by changing the structure of collagen
53. Sugar can cause cataracts
54. Sugar can cause emphysema
55. Sugar can cause atherosclerosis
56. Sugar can promote an elevation of low density lipoproteins (LDL)
57. High sugar intake can impair the physiological homeostasis of many systems in the body
58. Sugar lowers the enzymes ability to function
59. Sugar intake is higher in people with Parkinson’s disease
60. Sugar can cause a permanent altering the way the proteins act in the body
61. Sugar can increase the size of the liver by making the liver cells divide
62. Sugar can increase the amount of liver fat
63. Sugar can increase kidney size & produce pathological changes in the kidney
64. Sugar can damage the pancreas
65. Sugar can increase the body's fluid retention
66. Sugar is enemy number 1 of the bowel movement
67. Sugar can cause myopia (nearsightedness)
68. Sugar can compromise the lining of the capillaries
69. Sugar can make the tendons more brittle
70. Sugar can cause headaches, including migraine
71. Sugar plays a role in pancreatic cancer in women
72. Sugar can adversely affect school children's grades & cause learning disorders
73. Sugar can cause an increase in delta, alpha, and theta brain waves
74. Sugar can cause depression
75. Sugar and cause dyspepsia (indigestion)
76. Sugar can increase your risk of getting gout
77. Sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates
78. Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low sugar diets

**144 Ways Sugar Ruins Your Health by Nancy Appleton, ND**

79. High refined sugar diet reduces learning capacity
80. 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
81. Sugar can contribute to Alzheimer's disease
82. Sugar can cause platelet adhesiveness
83. Sugar can cause hormonal imbalance; some hormones become under active and others become overactive
84. Sugar can lead to the formation of kidney stones
85. Sugar can lead to the hypothalamus to become highly sensitive to a large variety of stimuli
86. Sugar can lead to dizziness
87. Diets high in sugar can cause free radicals and oxidative stress
88. High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion
89. High sugar diet can lead to biliary tract cancer
90. Sugar feeds cancer
91. High sugar consumption of pregnant adolescents is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant
92. High sugar consumption can lead to substantial decrease in gestation duration among adolescents
93. Sugar slows food's travel time through the gastrointestinal tract
94. Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon
95. Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men
96. Sugar combines and destroys phosphatase, an enzyme, which makes the process of digestion more difficult
97. Sugar can be a risk factor of gallbladder cancer
98. Sugar is an addictive substance
99. Sugar can be intoxicating, similar to alcohol
100. Sugar can exacerbate PMS
101. Sugar given to premature babies can affect the amount of carbon dioxide they produce
102. Decrease in sugar intake can increase emotional stability
103. The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch
104. The rapid absorption of sugar promotes excessive food intake in obese subjects
105. Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD)
106. Sugar adversely affects urinary electrolyte composition
107. Sugar can slow down the ability of the adrenal glands to function
108. Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases
109. I.Vs (intravenous feedings) of sugar water can cut off oxygen to the brain
110. High sucrose intake could be an important risk factor in lung cancer
111. Sugar increases the risk of polio
112. High sugar intake can cause epileptic seizures
113. Sugar causes high blood pressure in obese people
114. In Intensive Care Units: Limiting sugar saves lives
115. Sugar may induce cell death
116. Sugar may impair the physiological homeostasis of many systems in living organisms
117. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior
118. Sugar can cause gastric cancer
119. Sugar dehydrates newborns
120. Sugar can cause gum disease
121. Sugar increases the estradiol in young men
122. Sugar can cause low birth weight babies
123. Greater consumption of refined sugar is associated with a worse outcome of schizophrenia
124. Sugar can raise homocysteine levels in the blood stream.
125. Sweet food items increase the risk of breast cancer.
126. Sugar is a risk factor in cancer of the small intestine.
127. Sugar may cause laryngeal cancer.
128. Sugar induces salt and water retention.
129. Sugar may contribute to mild memory loss.
130. As sugar increases in the diet of 10 years olds, there is a linear decrease in the intake of many essential nutrients.
131. Sugar can increase the total amount of food consumed.
132. Exposing a newborn to sugar results in a heightened preference for sucrose relative to water at 6 months and 2 years of age.
133. Sugar causes constipation.
134. Sugar causes varicose veins.
135. Sugar can cause brain decay in pre-diabetic and diabetic women.
136. Sugar can increase the risk of stomach cancer.
137. Sugar can cause metabolic syndrome.
138. Sugar ingestion by pregnant women increases neural tube defects in embryos.
139. The higher the sugar consumption the more chances of getting irritable bowel syndrome.
140. Sugar could affect central reward systems.
141. Sugar can cause cancer of the rectum.
142. Sugar can cause endometrial cancer.
143. Sugar can cause renal (kidney) cell carcinoma.
144. Sugar can cause liver tumors.