What About Natural Sweeteners?

In the context of a healthy diet, most people can enjoy occasional desserts made with natural sweeteners. Use them in strict moderation in treats made with healthy natural fats such as butter, coconut oil, lard, egg yolks, cream and nuts.

Maple syrup
Maple sugar
Raw honey, unfiltered
Molasses
Green stevia leaves and powder
Dehydrated sugar cane juice
(Rapadura or Sucanat)
Coconut, palm or date sugar
Sorghum syrup
Malt syrups (barley)—may contain gluten

Dealing with Sugar Cravings

Sugar can be very addictive and difficult to give up. Here are some tips that have worked for many people:

- Eat three square meals per day, always with some animal protein and plenty of healthy natural fats, like butter, egg yolks, cream and meat fats.
- Breakfast is the most important meal of the day; never skip breakfast and always have animal protein and fat to start the day.
- If you feel hungry between meals, eat something fatty and salty, like nuts, cheese or salami.
- Never grocery shop when you are hungry; never keep sweets in the house.
- A healthy soft drink called kombucha is a great substitute for sugary soft drinks.
- For occasional treats, eat homemade sweet things made with natural sweeteners and natural, healthy fats like butter, cream, coconut oil, egg yolks and nuts.
- A homeopathic remedy called *Argentum nitricum* can be helpful for people with strong sugar cravings.

Industrial Sweeteners

HIGH FRUCTOSE CORN SYRUP (HFCS): Worse than sugar! HFCS is made by a process that converts starch (glucose) into a form of sugar (fructose) that the body can't use very well. It is associated with liver damage, obesity, developmental problems in growing children and weak collagen. Rats on high-fructose diets end up with livers like those of alcoholics and do not reproduce.

AGAVE: Made in the same way as HFCS, this dangerous sweetener is sold in health food stores. It can contain up to 90 percent free manufactured fructose.

PROCESSED FRUIT JUICES: These are naked sugar, most of it fructose, which all needs to be processed in the liver, leading to the same kind of problems as are seen in alcoholics.

ASPARTAME, the artificial sweetener in NutraSweet® and Equal®, is toxic to the nervous system. When digested, it breaks down into methanol and formaldehyde, both poisons. Aspartame can cause headaches, seizures, brain cancer, nervous disorders and damaged vision. Even though aspartame is touted for weight loss, in animal studies aspartame caused weight gain.

SUCRALOSE (Splenda®) causes many problems in test animals including reduced immunity, decreased red blood cells, problems with liver and kidneys, problems with pregnancy and low-birth-weight babies. Sucralose also disrupts normal intestinal flora.

OTHER SWEETENERS TO AVOID: corn syrup, fructose (including fruit juices), dextrose, glucose, brown rice syrup, imitation syrups, heated honey, stevia extract, maltodextrin and sugar alcohols (xylitol, mannitol, erythritol, sorbitol).

REFERENCES
http://www.westonaprice.org/health-topics/abcs-of-nutrition/sugar-alert-references/

Sugar Alert!

Why Refined Sweeteners are Bad for You



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PMB Box 106-380
4200 Wisconsin Avenue, NW
Washington, DC 20016
(202) 363-4394
info@westonaprice.org
www.westonaprice.org

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What's Wrong with Sugar?

Sugar is pure sucrose (a di-saccharide composed of glucose and fructose) extracted from sugar cane or sugar beets. It is a refined, devitalized product, containing no vitamins or minerals. Dr. Weston A. Price referred to sugar as a "displacing food of modern commerce" because it is an empty food that replaces the nutrient-dense foods of native peoples. He noted that people's health declined in every way when they began eating sugar.

Sugar was introduced into the European diet in the 1500s and use of sugar and other refined sweeteners has greatly increased in modern times. "Added sugar," mainly in the form of soda, which has increased 30 percent over the last three decades, now accounting for 16 percent or more of calories in the SAD—Standard American Diet.

- In 1700 the average consumption of sugar was only four pounds per person per year.
- In 1800 consumption it was eighteen pounds per year.
- In 1900 consumption it was ninety pounds per year.
- Today consumption is around one hundred eighty pounds per person per year, or about one-half pound (one cup) of sugar per day!
- Most of the increase since 1975 has been in the form of high fructose corn syrup.

At the same time chronic disease has reached epidemic levels and the obesity rate has spiraled out of control.

- 1890 the US obesity rate for white males was 3.4 percent.
- 1975 the rate for the entire population was 15 percent.
- Today the rate is 32 percent and climbing.

A high-sugar diet is particularly damaging for children as it displaces nutrient-dense foods like meat, butter, eggs and cheese, which children need for optimum growth. High sugar consumption during childhood sets children up for serious diseases in adulthood, such as diabetes, heart disease, cancer and depression.

Low Blood Sugar

When we eat sugar or any refined carbohydrate, a large amount of glucose (sugar) is released into the blood. Because our body wants our blood sugar to remain in a very narrow range, the body releases hormones that bring the blood sugar level down. This often results in a condition called hypoglycemia, or low blood sugar.

A common symptom of low blood sugar is severe hunger, leading to overeating and obesity. Other symptoms include headaches, panic attacks, dizziness, blurry vision, heart palpitations, numbness in the hands and feet, anxiety, depression, irritability, aggressive behavior, difficulty dealing with stress, fatigue and allergies.

The hormones that regulate blood sugar levels are produced by the adrenal glands. Eating a lot of sugar frequently can cause the adrenal glands to become exhausted, making it very difficult to deal with stress and leading to chronic fatigue and many other serious health conditions.

Diabetes

Diabetes is a condition where the blood sugar is constantly too high. It is a very dangerous disease, which if untreated can lead to coma and death. Other side effects of diabetes include problems with the eyes that can lead to blindness, kidney failure, nerve damage and difficulty healing, sometimes requiring amputation of an arm or leg.

There are many causes and types of diabetes, but a fundamental factor is eating too much sugar, which immediately raises blood sugar levels. The most important factor in the prevention of diabetes is to avoid refined sweeteners found in cookies, candy, pastries, ice cream, boxed cereals, fruit juices, fruit punch, soft drinks and energy drinks.

People with diabetes are treated with a hormone called insulin, which must be given by injection every day, sometimes several times per day. Insulin can be life-saving, but it also has side effects, including low blood sugar, weight gain and kidney problems.

Diseases Caused by Sugar

In addition to hypoglycemia (low blood sugar) and diabetes, sugar consumption is associated with many other adverse health effects:

Addiction,
ADHD, Hyperactivity
Adrenal gland fatigue
Allergies, Asthma
Alteration of "feel good" neurotransmitters
(dopamine, GABA, endorphins, seratonin)
Brain fog
Cancer
Cardiovascular disease
Candida overgrowth
Chronic fatigue syndrome
Compromised wound healing
Dental caries
Depression
Erectile dysfunction
Fatty liver disease (NASH)
Gout
High blood pressure
High insulin levels
High triglyceride levels
High uric acid levels
(an independent risk factor for heart disease)
Increased stomach acidity
Infertility
Kidney disease
Malnutrition
Metabolic syndrome*
Obesity and Rubber tire syndrome
Osteoporosis
Pancreatic stress
Poor sleep
Premature aging
Reduced immunity, frequent infections

*Metabolic syndrome is a group of symptoms—obesity, high triglyceride levels, hypertension, low HDL-cholesterol and high fasting blood sugar—which follows when we become "insulin resistant." The main cause is consumption of "added sugars." This syndrome raises the risk for heart disease, diabetes and stroke.