

50 Reasons Why Sugar is Bad for You

- Sugar can suppress the immune system.
- Sugar upsets the minerals in the body.
- Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
- Sugar produces a significant rise in triglycerides, a leading cause of heart disease.
- Sugar contributes to the reduction in defense against bacterial infection.
- Sugar can cause kidney damage.
- Sugar reduces high density lipoproteins.
- Sugar leads to chromium deficiency.
- Sugar leads to cancer of the breast, ovaries, intestines, prostate and rectum.
- Sugar consumption is the top cause of type II diabetes, as it increases levels of glucose and insulin.
- Sugar causes copper deficiency.
- Sugar interferes with absorption of calcium and magnesium.
- Sugar raises the level of neurotransmitters called serotonin
- Sugar weakens eyesight.
- Sugar can cause hypoglycemia (low blood sugar levels).
- Sugar can produce an acidic stomach.
- Sugar can raise adrenalin levels in children.
- Sugar malabsorption is frequent in patients with functional bowel disease.
- Sugar consumption can cause aging.
- Sugar consumption can lead to alcoholism.
- Sugar consumption is the top cause of tooth decay.
- Sugar use contributes to obesity.
- High intake of sugar increases the risk of Crohn's Disease, and ulcerative colitis.
- Sugar can cause changes associated with gastric or duodenal ulcers.
- Sugar can cause arthritis.
- Sugar can cause asthma.
- Sugar can cause candida albicans (yeast infections).
- Sugar can cause gallstones to form.
- Sugar can cause heart disease.
- Sugar can cause appendicitis.
- Sugar can cause multiple sclerosis.
- Sugar can cause hemorrhoids.
- Sugar can cause varicose veins.
- Sugar can elevate glucose and insulin responses in oral contraceptive users.
- Sugar can lead to periodontal disease.
- Sugar can contribute to osteoporosis.
- Sugar contributes to saliva acidity.
- Sugar can cause a decrease in insulin sensitivity.
- Sugar leads to decreased glucose tolerance.
- Sugar can decrease growth hormone.
- Sugar can increase cholesterol.
- Sugar can increase the systolic blood pressure.
- Sugar can cause drowsiness and decreased activity in children.
- Sugar can cause migraine headaches.
- Sugar can interfere with the absorption of protein.
- Sugar causes food allergies.
- Sugar can contribute to diabetes.
- Sugar can cause toxemia during pregnancy.
- Sugar can contribute to eczema in children.
- Sugar can cause cardiovascular disease.
- Sugar can impair the structure of DNA.
- Sugar can change the structure of protein.
- Sugar can make our skin age by changing the structure of collagen.
- Sugar can cause cataracts.
- Sugar can cause emphysema.
- Sugar can cause atherosclerosis.
- Sugar can promote an elevation of low density proteins (LDL).
- Sugar can increase free radicals in the blood stream,
- Sugar can cause overeating.