

**62 Reasons
Why Sugar
Is Ruining
Your Health**

www.treating-cancer-alternatively.com

Alice Mickelson

62 Reasons Why Sugar Is Ruining Your Health

Sugar is a major contributing factor of cancer

This is an update on "49 Reasons Why sugar is Ruining Your Health" in the PPNF Journal Vol. 17, #3 &4.

1. High intake of sugar increases the risk of Crohn's disease and ulcerative colitis.
2. Sugar malabsorption is frequent in individuals with dysfunctional bowel disease.
3. Sugar can cause cardiovascular disease.
4. Sugar can impair the structure of DNA.
5. Sugar can change the structure of protein.
6. Sugar can make our skin age by changing the structure of collagen.
7. Sugar can cause cataracts.
8. Sugar can cause emphysema.
9. Sugar can cause arteriosclerosis.
10. Sugar can promote an elevation of low density proteins (LDL) (lipids?)
11. Sugar can cause free radicals in the bloodstream.
12. Sugar lowers the enzymes' ability to function
13. Sugar can cause loss of tissue elasticity and function.
14. Sugar can cause a permanent altering in the way proteins act in the body.
15. Sugar can increase the size of the liver by making the liver cells divide.
16. Sugar can increase the amount of liver fat.
17. Sugar can increase kidney size and produce pathological changes in the kidney.
18. Sugar can damage the pancreas.
19. Sugar can increase the body's fluid retention.

62 Reasons Why Sugar Is Ruining Your Health

Sugar is a major contributing factor of cancer

20. Sugar is enemy #1 of the bowel movement.
21. Sugar can cause myopia (near-sightedness).
22. Sugar can compromise the lining of the capillaries
23. Sugar can make the tendons more brittle.
24. Sugar can cause headaches.
25. Sugar can adversely affect school children's grades
26. Sugar can cause an increase in delta, alpha and theta brain waves.
27. Sugar can cause depression.
28. Sugar increases the risk of gastric cancer.
29. Sugar can cause dyspepsia (indigestion).
30. Sugar can increase your risk of getting gout. (a metabolic disorder mainly affecting men in which excess uric acid is produced and deposited in the joints, causing painful swelling, especially in the toes and feet)
31. The ingestion of sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates.
32. Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low-sugar diets.
33. Sugar increases bacterial fermentation in the colon.
34. Sugar increases the risk of colon cancer in women.
35. Sugar can cause platelet adhesiveness.
36. Sugar can cause hormonal imbalance.
37. Sugar can lead to the formation of kidney stones.
38. Sugar can lead to the hypothalamus to become highly sensitive to a large variety of stimuli.
39. Sugar can lead to dizziness.
40. High sucrose diet significantly increases serum insulin.

62 Reasons Why Sugar Is Ruining Your Health

Sugar is a major contributing factor of cancer

41. A high sucrose diet of subjects with peripheral vascular disease significantly increases platelet adhesion.
42. High sugar diet can lead to biliary tract cancer.
43. High sugar diets tend to be lower in antioxidant micronutrients.
44. High sugar consumption of pregnant adolescents is associated with a twofold increase risk for delivering a small-for-gestational (SGA) infant.
45. High sugar consumption can lead to substantial decrease in gestation duration among pregnant adolescents.
46. Sugar slows food's travel time through the gastrointestinal tract.
47. Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon which can modify bile to produce cancer-causing compounds.
48. Sugar can cause depletion in chromium which is tied to the development and progression of nearsightedness.
49. Sugar can be a risk factor of gallbladder cancer.
50. Sugar is an addictive substance.
51. Sugar can be intoxicating, similarly to alcohol.
52. Sugar can exacerbate PMS.
53. Sugar suppresses lymphocytes.
54. A decrease in sugar can increase emotional stability.
55. The body changes sugar into 2 to 5 times more fat in the blood stream than it does starch.
56. Sugar can cause inappropriate behavior and decrease performance, especially in children.
57. Sugar can worsen the symptoms of children with attention deficit disorder (ADD).
58. The sugar in chewing gum can cause dental caries.

62 Reasons Why Sugar Is Ruining Your Health

Sugar is a major contributing factor of cancer

59. There is a risk of IHD (ischemic heart disease) in hypertensive using diuretics and ingesting dietary sugar.
60. Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases.
61. High sucrose intake could be an important risk factor in lung carcinogenesis.
62. Dietary sugars, especially diets high in simple carbohydrates relative to complex carbohydrates, increase cancer potential.