124 Ways Sugar Can Ruin Your Health
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In addition to throwing off the body's homeostasis, excess sugar may result in a number of other significant consequences. The following is a listing of some of sugar's metabolic consequences from a variety of medical journals and other scientific publications.

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 the reduction in defense against bacterial infection (infectious diseases)
6. Sugar causes a loss of tissue elasticity and function, the more sugar you eat the more elasticity and function you loose
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 a 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 malabsorption 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, and ulcerative colitis
24. Sugar can cause changes frequently 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 cause varicose veins
34. Sugar can elevate glucose and insulin responses in oral contraceptive users
35. Sugar can lead to periodontal disease
36. Sugar can contribute to osteoporosis
37. Sugar contributes to saliva acidity
38. Sugar can cause a decrease in insulin sensitivity
39. Sugar can lower the amount of Vitamin E in the blood
40. Sugar can decrease growth hormone
41. Sugar can increase cholesterol
42. Sugar can increase the systolic blood pressure
Sugar can cause drowsiness and decreased activity in children

High sugar intake increases advanced glycation end products (AGEs) (Sugar bound non-enzymatically to protein)

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 contribute to Alzheimer’s disease

Sugar can cause platelet adhesiveness

Sugar can cause hormonal imbalance; some hormones become underactive and others become overactive

Sugar can lead to the formation of kidney stones

Sugar can lead to the hypothalamus to become highly sensitive to a large variety of stimuli

Sugar can lead to dizziness
89. Diets high in sugar can cause free radicals and oxidative stress
90. High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion
91. High sugar diet can lead to biliary tract cancer
92. Sugar feeds cancer
93. High sugar consumption of pregnant adolescents is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant
94. High sugar consumption can lead to substantial decrease in gestation duration among adolescents
95. Sugar slows food's travel time through the gastrointestinal tract
96. Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon
97. Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men
98. Sugar combines and destroys phosphatase, an enzyme, which makes the process of digestion more difficult
99. Sugar can be a risk factor of gallbladder cancer
100. Sugar is an addictive substance
101. Sugar can be intoxicating, similar to alcohol
102. Sugar can exacerbate PMS
103. Sugar given to premature babies can affect the amount of carbon dioxide they produce
104. Decrease in sugar intake can increase emotional stability
105. The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch
106. The rapid absorption of sugar promotes excessive food intake in obese subjects
107. Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD)
108. Sugar adversely affects urinary electrolyte composition
109. Sugar can slow down the ability of the adrenal glands to function
110. Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases
111. I.Vs (intravenous feedings) of sugar water can cut off oxygen to the brain
112. High sucrose intake could be an important risk factor in lung cancer
113. Sugar increases the risk of polio
114. High sugar intake can cause epileptic seizures
115. Sugar causes high blood pressure in obese people
116. In Intensive Care Units: Limiting sugar saves lives
117. Sugar may induce cell death
118. Sugar may impair the physiological homeostasis of many systems in living organisms
119. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior
120. Sugar can cause gastric cancer
121. Sugar dehydrates newborns
122. Sugar can cause gum disease
123. Sugar increases the estradiol in young men
124. Sugar can cause low birth weight babies

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