

# 113 Ways Sugar Can Ruin Your Health

By: Dr. Bill Misner Ph.D.

Dr. Mercola is well-respected in the complimentary and/or alternative medicine medical practitioners growing field. His articles posted both on the web and on the written page have enhanced his audience, authority, and popularity among even the more conservative medical community. Each reason stated concisely and conclusively is supported by at least one research in Dr. Mercola's Bibliography. That's correct...78 research-supported conclusions that should convince even the most sugar-addicted subject to reduce their active attraction to dietary toxic sweets!

by Dr. Joseph Mercola, D.O. <http://www.mercola.com/>  
Dr. Mercola writes: The following list was contributed by Nancy Appleton, Ph.D. who has a web site at <http://www.nancyappleton.com/> She is also the author of the book *Lick The Sugar Habit.*"

- Sugar can suppress the immune system.
- Sugar can upset the body's mineral balance.
- Sugar can cause hyperactivity, anxiety, concentration difficulties, and crankiness in children.
- Sugar can cause drowsiness and decreased activity in children.
- Sugar can adversely affect children's school grades.
- Sugar can produce a significant rise in triglycerides.
- Sugar contributes to a weakened defense against bacterial infection.
- Sugar can cause kidney damage.
- Sugar can reduce helpful high density cholesterol (HDLs).
- Sugar can promote an elevation of harmful cholesterol (LDLs).
- Sugar may lead to chromium deficiency.
- Sugar can cause copper deficiency.
- Sugar interferes with absorption of calcium and magnesium.
- Sugar may lead to cancer of the breast, ovaries, prostate, and rectum.
- Sugar can cause colon cancer, with an increased risk in women.
- Sugar can be a risk factor in gall bladder cancer.
- Sugar can increase fasting levels of blood glucose.
- Sugar can weaken eyesight.
- Sugar raises the level of a neurotransmitter called serotonin, which can narrow blood vessels.
- Sugar can cause hypoglycemia.
- Sugar can produce an acidic stomach.
- Sugar can raise adrenaline levels in children.
- Sugar can increase the risk of coronary heart disease.
- Sugar can speed the aging process, causing wrinkles and grey hair.
- Sugar can lead to alcoholism.
- Sugar can promote tooth decay.
- Sugar can contribute to weight gain and obesity.

- High intake of sugar increases the risk of Crohn's disease and ulcerative colitis.
- Sugar can cause a raw, inflamed intestinal tract in persons with gastric or duodenal ulcers.
- Sugar can cause arthritis.
- Sugar can cause asthma.
- Sugar can cause candidiasis (yeast infection).
- Sugar can lead to the formation of gallstones.
- Sugar can lead to the formation of kidney stones.
- Sugar can cause ischemic heart disease.
- Sugar can cause appendicitis.
- Sugar can exacerbate the symptoms of multiple sclerosis.
- Sugar can indirectly cause hemorrhoids.
- Sugar can cause varicose veins.
- Sugar can elevate glucose and insulin responses in oral contraception 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 total cholesterol.
- Sugar can increase systolic blood pressure.
- Sugar can change the structure of protein causing interference with protein absorption.
- 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 cause cataracts.
- Sugar can cause emphysema.
- Sugar can cause atherosclerosis.
- Sugar can cause free radical formation in the bloodstream.
- Sugar lowers the enzymes' ability to function.
- Sugar can cause loss of tissue elasticity and function.
- Sugar can cause liver cells to divide, increasing the size of the liver.
- Sugar can increase the amount of fat in the liver.
- Sugar can increase kidney size and produce pathological changes in the kidney.
- Sugar can overstress the pancreas, causing damage.
- Sugar can increase the body's fluid retention.
- Sugar can cause constipation.
- Sugar can cause myopia (nearsightedness).
- Sugar can compromise the lining of the capillaries.
- Sugar can cause hypertension.
- Sugar can cause headaches, including migraines.

- Sugar can cause an increase in delta, alpha and theta brain waves, which can alter the mind's ability to think clearly.
- Sugar can cause depression.
- Sugar can increase insulin responses in those consuming high-sugar diets compared to low sugar diets.
- Sugar increases bacterial fermentation in the colon.
- Sugar can cause hormonal imbalance.
- Sugar can increase blood platelet adhesiveness which increases risk of blood clots.
- Sugar increases the risk of Alzheimer Disease.
- Sugar can cause an increase in delta, alpha and theta brain waves.
- Sugar increases the risk of gastric cancer.
- Sugar can cause dyspepsia (indigestion).
- Sugar can increase your risk of getting gout.
- The ingestion of sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates.
- Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low sugar diets.
- Sugar increases bacterial fermentation in the colon.
- Sugar increases the risk of colon cancer in women.
- There is a greater risk for Chron's disease with people who have a high intake of sugar.
- Sugar can cause platelet adhesiveness.
- Sugar can cause hormonal imbalance.
- 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.
- High sucrose diet significantly increases serum insulin.
- High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion.
- High sugar diet can lead to biliary tract cancer.
- High sugar diets tend to be lower in antioxidant micro nutrients.
- High sugar consumption of pregnant adolescents is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.
- High sugar consumption can lead to substantial decrease in gestation duration among adolescents with high sugar diets.
- Sugar slows food's travel time through the gastrointestinal tract.
- Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon can modify bile to produce cancer-causing compounds and colon cancer.
- Sugar is associated with a substantial decrease in normal time of gestation among adolescents.
- Sugar can cause a depletion in chromium which is tied to the development and progression of nearsightedness.
- Sugar can be a risk factor of gallbladder cancer.

- Sugar is an addictive substance.
- Sugar can be intoxicating, similar to alcohol.
- Sugar can exacerbate PMS.
- Sugar suppresses lymphocytes.
- Decrease in sugar can increase emotional stability.
- The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.
- Sugar can cause inappropriate behavior and decreased performance in children.
- Sugar can worsen the symptoms of children with attention deficit disorder (ADD).
- The sugar in chewing gum can cause dental cavities.

## Bibliography

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