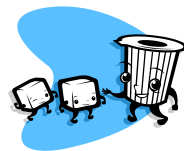
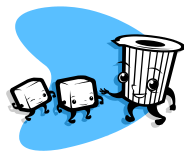


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Is Sugar Bad For You?

Sugar

Sugar as we know it is an unnatural substance produced by industrial processes (mostly from sugar cane or sugar beets) by refining it down to pure sucrose, after stripping away all the vitamins, minerals, proteins, enzymes and other beneficial nutrients.

What is left is a concentrated, unnatural substance which the human body is not able to handle, at least not in anywhere near the quantities that is now ingested in today's accepted lifestyle. Sugar is addictive! The average American now consumes approximately 115 lbs. of sugar per year. This is per man, woman and child.

The biggest reason sugar does more damage than any other poison, drug or narcotic is threefold:

- 1) It is considered a "food" and ingested in such massive quantities.
- 2) The damaging effects begin early, from the day a baby is born and is fed sugar in it's formula. Even mother's milk is contaminated with it if the mother eats sugar.
- 3) Practically 95% of people are addicted to sugar to some degree or other.

Sugar Is Eaten To Excess!

It has been said that the criteria as to whether a substance (any substance) is harmful or medically beneficial is the quantity in which it is used in the human body. To point to a dramatic illustration: we all know that the venom of a rattlesnake, a cobra, water moccasin, coral, and other venomous snakes is deadly to the human system. There are some snakes whose bite is so deadly it can cause death within a matter of seconds. Nevertheless, even snake venom, deadly as it is, has been used for therapeutic, medical purposes when used in minute quantities.

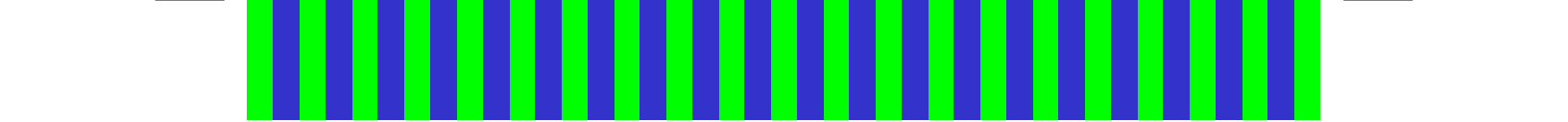
Sugar Is An Unnatural Chemical!

Why is sugar so devastating to our health? One reason is that it is a pure chemical and (like heroin) through refining has been stripped of all the natural food nutrition that it originally had in the plant itself. Heroin and sugar are arrived at by very similar processes of refinement. In producing heroin, the opium was first extracted from the poppy. The opium was then refined into morphine. The chemist then went to work on the morphine and further refined it into heroin, proclaiming they had "discovered" a wonderful new pain-killer that *was non-addictive*. *So they said!*

(continued on page 2)

Some effects of sugar on the body are:

- Increases over-growth of Candida yeast organism
- Increases chronic fatigue
- Can trigger binge eating in those with bulimia
- Increases PMS symptoms
- Increases hyperactivity in about 50% of children
- Increases tooth decay
- Increases anxiety and irritability
- Can increase or intensify symptoms of anxiety and panic in susceptible women
- Can make it difficult to lose weight because of constantly high insulin levels, which causes the body to store excess carbs as fat.



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Similarly, sugar is first pressed as a juice from the cane (or beet) and refined into molasses. Then it is refined into brown sugar and finally into strange white crystals C₂H₂O, that are an alien chemical to the human system.

Sugar Is Addictive!

A second reason that sugar is so harmful is that like heroin it is addictive and being delectable and seductive to the taste, it is also habit forming. Starting with sugar in the baby's formula, people not only develop a strong taste for sugar but an insatiable craving for it that they never seem to get enough of this poison.

Slow But Insidious

A third reason is that the damage sugar does is slow and insidious. It takes years before it ruins your pancreas, your adrenal glands, throws your whole endocrine system out of kilter and produces a huge list of damage.

Foods Are Loaded With Sugar!

A fourth reason is the outrageous amounts of sugar civilized nations consume. Americans in particular are told how they are the best fed and best nourished people on the face of the earth. If we are talking about processed junk food—this is true.

If you examine the "foods" in any supermarket more closely and start reading labels, you will find just about everything contains sugar. Most of the foods are loaded with it—from cereals, to soups, to ketchup, to hotdogs. Even flue-cured tobacco can contain as much as 20% sugar by weight. Some cereals are as much as 50% sugar.

List Of Damages

We have stated that sugar is detrimental to your health: It is more damaging than all other narcotics combined; it is a long term chemical poison.

Just what damage does sugar do the human body? The list is endless.

When we talk about sugar, we are including bad nutrition as a whole, since anyone who indulges in sugar has bad dietary habits per se.

- 1) Sugar is by far the leading cause of dental deterioration—cavities in teeth, bleeding gums, failure of bone structure, and loss of teeth.
- 2) Sugar is the main cause of diabetes, hyperglycemia and hypoglycemia.
- 3) It is either a significant or contributory cause of heart disease, arteriosclerosis, mental illness, depression, senility, hypertension and cancer.
- 4) It has an extremely harmful effect in unbalancing the endocrine system and injuring its component glands such as the adrenal glands, pancreas and liver, causing the blood sugar level to fluctuate widely. It has a number of other extremely damaging effects on the human body.

References: Organic Nutrition Ltd.

*See Our Next Issue On The **Sugar Control Diet!***
