

# 146 WAYS SUGAR CAN RUIN YOUR HEALTH

## 1. Sugar can suppress the immune system.

Sanchez, A., et al. "Role of Sugars in Human Neutrophilic Phagocytosis," American Journal of Clinical Nutrition. Nov 1973;261:1180\_1184. Bernstein, J., et al. "Depression of Lymphocyte Transformation Following Oral Glucose Ingestion." American Journal of Clinical Nutrition.1997;30:613.

## 2. Sugar upsets the mineral relationships in the body.

Couzy, F., et al."Nutritional Implications of the Interaction Minerals," Progressive Food and Nutrition Science 17;1933:65-87.

## 3. Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children.

Goldman, J., et al. "Behavioral Effects of Sucrose on Preschool Children." Journal of Abnormal Child Psychology.1986;14(4):565\_577.

## 4. Sugar can produce a significant rise in triglycerides.

Scanto, S. and Yudkin, J. "The Effect of Dietary Sucrose on Blood Lipids, Serum Insulin, Platelet Adhesiveness and Body Weight in Human Volunteers," Postgraduate Medicine Journal. 1969;45:602\_607.

## 5. Sugar contributes to the reduction in defense against bacterial infection (infectious diseases).

Ringsdorf, W., Cheraskin, E. and Ramsay R. "Sucrose,Neutrophilic Phagocytosis and Resistance to Disease," Dental Survey. 1976;52(12):46\_48.

## 6. Sugar causes a loss of tissue elasticity and function, the more sugar you eat the more elasticity and function you lose.

Cerami, A., Vlassara, H., and Brownlee, M."Glucose and Aging." Scientific American. May 1987:90. Lee, A. T. and Cerami, A. "The Role of Glycation in Aging." Annals of the New York Academy of Science; 663:63-67.

## 7. Sugar reduces high density lipoproteins.

Albrink, M. and Ullrich I. H. "Interaction of Dietary Sucrose and Fiber on Serum Lipids in Healthy Young Men Fed High Carbohydrate Diets." American Journal of Clinical Nutrition. 1986;43:419-428.

Pamplona, R., et al. "Mechanisms of Glycation in Atherogenesis." Med Hypotheses. Mar 1993;40(3):174-81.

## 8. Sugar leads to chromium deficiency.

Kozlovsky, A., et al. "Effects of Diets High in Simple Sugars on Urinary Chromium Losses." Metabolism. June 1986;35:515\_518.

## 9. Sugar leads to cancer of the breast, ovaries, prostate, and rectum.

Takahashi, E., Tohoku University School of Medicine, Wholistic Health Digest. October 1982:41.

## 10. Sugar can increase fasting levels of glucose.

Kelsay, J., et al. "Diets High in Glucose or Sucrose and Young Women." American Journal of Clinical Nutrition. 1974;27:926\_936.

Thomas, B. J., et al. "Relation of Habitual Diet to Fasting Plasma Insulin Concentration and the Insulin Response to Oral Glucose," Human Nutrition Clinical Nutrition. 1983; 36C(1):49\_51.

## 11. Sugar causes copper deficiency.

Fields, M., et al. "Effect of Copper Deficiency on Metabolism and Mortality in Rats Fed Sucrose or Starch Diets," Journal of Clinical Nutrition. 1983;113:1335\_1345.

**12. Sugar interferes with absorption of calcium and magnesium.**

Lemann, J. "Evidence that Glucose Ingestion Inhibits Net Renal Tubular Reabsorption of Calcium and Magnesium." *Journal Of Clinical Nutrition*. 1976 ;70:236\_245.

**13. Sugar can weaken eyesight.**

*Acta Ophthalmologica Scandinavica*. Mar 2002;48;25.

Taub, H. Ed. "Sugar Weakens Eyesight," *VM NEWSLETTER*;May 1986:6

**14. Sugar raises the level of neurotransmitters: dopamine, serotonin, and norepinephrine.**

"Sugar, White Flour Withdrawal Produces Chemical Response." *The Addiction Letter* .Jul 1992:4.

**15. Sugar can cause hypoglycemia.**

Dufty, William. *Sugar Blues*. (New York:Warner Books, 1975).

**16. Sugar can produce an acidic digestive tract.**

Dufty, William. *Sugar Blues*. (New York:Warner Books, 1975).

**17. Sugar can cause a rapid rise of adrenaline levels in children.**

Jones, T. W., et al. "Enhanced Adrenomedullary Response and Increased Susceptibility to Neuroglycopenia: Mechanisms Underlying the Adverse Effect of Sugar Ingestion in Children." *Journ of Pediatrics*. Feb 1995;126:171-7.

**18. Sugar malabsorption is frequent in patients with functional bowel disease.**

Jones, T. W., et al. "Enhanced Adrenomedullary Response and Increased Susceptibility to Neuroglycopenia: Mechanisms Underlying the Adverse Effect of Sugar Ingestion in Children" *Journ of Pediatrics*. Feb 1995;126:171-7.

**19. Sugar can cause premature aging.**

Lee, A. T.and Cerami A. "The Role of Glycation in Aging." *Annals of the New York Academy of Science*.1992;663:63-70.

**20. Sugar can lead to alcoholism.**

Abrahamson, E. and Peget, A.. *Body, Mind and Sugar*. (New York:Avon,1977.)

**21. Sugar can cause tooth decay.**

Glinsmann, W., Irausquin, H., and Youngmee, K. "Evaluation of Health Aspects of Sugar Contained in Carbohydrate Sweeteners. F. D. A. Report of Sugars Task Force." 1986:39.

Makinen K.K.,et al. "A Descriptive Report of the Effects of a 16\_month Xylitol Chewing\_gum Programme Subsequent to a 40\_month Sucrose Gum Programme." *Caries Research*. 1998; 32(2)107\_12.

**22. Sugar contributes to obesity.**

Keen, H., et al. "Nutrient Intake, Adiposity, and Diabetes." *British Medical Journal*. 1989; 1: 655\_658

**23. High intake of sugar increases the risk of Crohn's disease, and ulcerative colitis.**

Persson P. G., Ahlbom, A., and Hellers, G. *Epidemiology*. 1992;3:47-52.

**24. Sugar can cause changes frequently found in person with gastric or duodenal ulcers.**

Yudkin, J. *New York: Sweet and Dangerous.:Bantam Books:1974: 129.*

**25. Sugar can cause arthritis.**

Darlington, L., Ramsey, N. W. and Mansfield, J. R. "Placebo-Controlled, Blind Study of Dietary Manipulation Therapy in Rheumatoid Arthritis," *Lancet*. Feb 1986;8475(1):236\_238.

**26. Sugar can cause asthma.**

Powers, L. "Sensitivity: You React to What You Eat." *Los Angeles Times*. (Feb. 12, 1985).

Cheng, J., et al. "Preliminary Clinical Study on the Correlation Between Allergic Rhinitis and Food Factors." *Lin Chuang Er Bi Yan Hou Ke Za Zhi* Aug 2002;16(8):393-396.

**27. Sugar greatly assists the uncontrolled growth of Candida Albicans (yeast infections).**

Crook, W. J. *The Yeast Connection*. (TN:Professional Books, 1984).

**28. Sugar can cause gallstones.**

Heaton, K. "The Sweet Road to Gallstones." *British Medical Journal*. Apr 14, 1984; 288: 1103\_1104.

Misciagna, G., et al. *American Journal of Clinical Nutrition*. 1999;69:120-126.

**29. Sugar can cause heart disease.**

Yudkin, J. "Sugar Consumption and Myocardial Infarction." *Lancet*. Feb 6, 1971;1(7693):296-297.

Suadicani, P., et al. "Adverse Effects of Risk of Ishaemic Heart Disease of Adding Sugar to Hot Beverages in Hypertensives Using Diuretics." *Blood Pressure*. Mar 1996;5(2):91-71.

**30. Sugar can cause appendicitis.**

Cleave, T. *The Saccharine Disease*. (New Canaan, CT: Keats Publishing, 1974).

**31. Sugar can cause multiple sclerosis.**

Erlander, S. "The Cause and Cure of Multiple Sclerosis, "The Disease to End Disease." Mar 3, 1979;1(3):59\_63.

**32. Sugar can cause hemorrhoids.**

Cleave, T. *The Saccharine Disease*. (New Canaan, CT: Keats Publishing, 1974.)

**33. Sugar can cause varicose veins.**

Cleave, T. and Campbell, G. (Bristol, England:Diabetes, Coronary Thrombosis and the Saccharine Disease: John Wrightand Sons, 1960).

**34. Sugar can elevate glucose and insulin responses in oral contraceptive users.**

Behall, K. "Influence of Estrogen Content of Oral Contraceptives and Consumption of Sucrose on Blood Parameters." *Disease Abstracts International*. 1982;431437.

**35. Sugar can lead to periodontal disease.**

Glinsmann, W., Irausquin, H., and K. Youngmee. Evaluation of Health Aspects of Sugar Contained in Carbohydrate Sweeteners. F. D. A. Report of Sugars Task Force.1986;39:36\_38.

**36. Sugar can contribute to osteoporosis.**

Tjäderhane, L. and Larmas, M. "A High Sucrose Diet Decreases the Mechanical Strength of Bones in Growing Rats." *Journal of Nutrition*. 1998;128:1807\_1810.

**37. Sugar contributes to saliva acidity.**

Appleton, N. *New York: Healthy Bones*. Avery Penguin Putnam:1989.

**38. Sugar can cause a decrease in insulin sensitivity.**

Beck\_Nielsen H., Pedersen O., and Schwartz S. "Effects of Diet on the Cellular Insulin Binding and the Insulin Sensitivity in Young Healthy Subjects." *Diabetes*. 1978;15:289\_296 .

**39. Sugar can lower the amount of Vitamin E in the blood.**

*Journal of Clinical Endocrinology and Metabolism*. Aug 2000.

**40. Sugar can decrease growth hormone.**

Gardner, L. and Reiser, S. "Effects of Dietary Carbohydrate on Fasting Levels of Human Growth Hormone and Cortisol." *Proceedings of the Society for Experimental Biology and Medicine*. 1982;169:36\_40.

**41. Sugar can increase cholesterol.**

Reiser, S. "Effects of Dietary Sugars on Metabolic Risk Factors Associated with Heart Disease." *Nutritional Health*. 1985;203\_216.

**42. Sugar can increase the systolic blood pressure.**

Hodges, R., and Rebello, T. "Carbohydrates and Blood Pressure." *Annals of Internal Medicine*. 1983;98:838\_841.

**43. Sugar can cause drowsiness and decreased activity in children.**

Behar, D., et al. "Sugar Challenge Testing with Children Considered Behaviorally Sugar Reactive." *Nutritional Behavior*. 1984;1:277\_288.

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

Furth, A. and Harding, J. "Why Sugar Is Bad For You." *"New Scientist"*. Sep 23, 1989;44.

**45. Sugar can interfere with the absorption of protein.**

Simmons, J. "Is The Sand of Time Sugar?" *LONGEVITY*. June 1990: 49\_53.

**46. Sugar causes food allergies.**

Randolph, T. G. et al. "Allergic Reactions Following Intravenous Injection of Corn Sugar (Dextrose)". *Archives of Surgery*. 1950;64:554-564.

**47. Sugar can contribute to diabetes.**

"Sucrose Induces Diabetes in Cat." *Federal Protocol*. 1974;6(97).

**48. Sugar can cause toxemia during pregnancy.**

Cleave, T.:*The Saccharine Disease*: (New Canaan Ct: Keats Publishing, Inc., 1974).131.

**49. Sugar can contribute to eczema in children.**

Cleave, T.:*The Saccharine Disease*: (New Canaan Ct: Keats Publishing, Inc., 1974).132.

**50. Sugar can cause cardiovascular disease.**

Vaccaro O., Ruth, K. J. and Stamler J. "Relationship of Postload Plasma Glucose to Mortality with 19\_yr Follow\_up." *Diabetes Care*. Oct 15,1992;10:328\_334.

Tominaga, M., et al, "Impaired Glucose Tolerance Is a Risk Factor for Cardiovascular Disease, but Not Fasting Glucose." *Diabetes Care*. 1999;2(6):920-924

**51. Sugar can impair the structure of DNA**

Lee, A. T. and Cerami, A. "Modifications of Proteins and Nucleic Acids by Reducing Sugars: Possible Role in Aging." *Handbook of the Biology of Aging*. ( New York: Academic Press, 1990.).

**52. Sugar can change the structure of protein.**

Monnier, V. M. "Nonenzymatic Glycosylation, the Maillard Reaction and the Aging Process." *Journal of Gerontology* 1990;45(4 ):105\_110.

**53. Sugar can make our skin age by changing the structure of collagen.**

Dyer, D. G., et al. "Accumulation of Maillard Reaction Products in Skin Collagen in Diabetes and Aging." *Journal of Clinical Investigation*. 1993;93(6):421\_22.

**54. Sugar can cause cataracts.**

Veromann, S. et al. "Dietary Sugar and Salt Represent Real Risk Factors for Cataract Development." *Ophthalmologica*. 2003 Jul-Aug;217(4):302-307.

**55. Sugar can cause emphysema.**

Monnier, V. M. "Nonenzymatic Glycosylation, the Maillard Reaction and the Aging Process." *Journal of Gerontology*. 1990;45(4):105\_110.

**56. Sugar can cause atherosclerosis.**

Pamplona, R., et al. "Mechanisms of Glycation in Atherogenesis." *Medical Hypotheses* . 1990: 174\_181.

**57. Sugar can promote an elevation of low density lipoproteins (LDL).**

Lewis, G. F. and Steiner, G. "Acute Effects of Insulin in the Control of Vldl Production in Humans. Implications for Theinsulin-resistant State." *Diabetes Care*. 1996 Apr;19(4):390-3 R. Pamplona, M. .J., et al. "Mechanisms of Glycation in Atherogenesis." *Medical Hypotheses*. 1990;40:174-181

**58. High sugar intake can impair the physiological homeostasis of many systems in the body.**

Ceriello, A. "Oxidative Stress and Glycemic Regulation." *Metabolism*. Feb 2000;49(2 Suppl 1):27-29

**59. Sugar lowers the enzymes ability to function.**

Appleton, Nancy. New York; Lick the Sugar Habit. Avery Penguin Putnam, 1988.

**60. Sugar intake is higher in people with Parkinson's disease.**

Hellenbrand, W. "Diet and Parkinson's Disease. A Possible Role for the Past Intake of Specific Nutrients. Results from a Self-administered Food-frequency Questionnaire in a Case-control Study." *Neurology*. Sep 1996;47(3):644-650.

**61. Sugar can cause a permanent altering the way the proteins act in the body.**

Cerami, A., Vlassara, H., and Brownlee, M. "Glucose and Aging." *Scientific American*. May 1987: 90.

**62. Sugar can increase the size of the liver by making the liver cells divide.**

Goulart, F. S. "Are You Sugar Smart?" *American Fitness*. March\_April 1991: 34\_38.

**63. Sugar can increase the amount of liver fat.**

Goulart, F. S. "Are You Sugar Smart?" *American Fitness*. March\_April 1991: 34\_38.

**64. Sugar can increase kidney size and produce pathological changes in the kidney.**

Yudkin, J., Kang, S. and Bruckdorfer, K. "Effects of High Dietary Sugar." *British Journal of Medicine*. Nov 22, 1980;1396.

**65. Sugar can damage the pancreas.**

Goulart, F. S. "Are You Sugar Smart?" *American Fitness*. March\_April 1991: 34\_38. Milwaukee, WI;: damage pancreas

**66. Sugar can increase the body's fluid retention.**

Goulart, F. S. "Are You Sugar Smart?" American Fitness. March\_April 1991: 34\_38. Milwaukee, WI.; damage pancreas-fluid retention

**67. Sugar is enemy #1 of the bowel movement.**

Goulart, F. S. "Are You Sugar Smart?" American Fitness. March\_April 1991: 34\_38. Milwaukee, WI.; damage pancreas- bowel movement

**68. Sugar can cause myopia (nearsightedness).**

Goulart, F. S. "Are You Sugar Smart?" American Fitness. March\_April 1991: 34\_38. Milwaukee, WI.; damage pancreas- nearsightedness

**69. Sugar can compromise the lining of the capillaries.**

Goulart, F. S. "Are You Sugar Smart?" American Fitness. March\_April 1991: 34\_38. Milwaukee, WI.; damage pancreas- compromise the lining of the capillaries

**70. Sugar can make the tendons more brittle.**

Nash, J. "Health Contenders." Essence. Jan 1992; 23: 79\_81.

**71. Sugar can cause headaches, including migraine.**

Grand, E. "Food Allergies and Migraine." Lancet. 1979;1:955\_959.

**72. Sugar plays a role in pancreatic cancer in women.**

Michaud, D. "Dietary Sugar, Glycemic Load, and Pancreatic Cancer Risk in a Prospective Study." J Natl Cancer Inst. Sep 4, 2002 ;94(17):1293-300

**73. Sugar can adversely affect school children's grades and cause learning disorders..**

Schauss, A. Diet, Crime and Delinquency. (Berkeley Ca; Parker House, 1981.)

**74. Sugar can cause an increase in delta, alpha, and theta brain waves.**

Christensen, L. "The Role of Caffeine and Sugar in Depression." Nutrition Report. Mar 1991;9(3):17-24

**75. Sugar can cause depression.**

Christensen, L. "The Role of Caffeine and Sugar in Depression." Nutrition Report. Mar 1991;9(3):17-24

**76. Sugar increases the risk of gastric cancer.**

Cornee, J., et al. "A Case-control Study of Gastric Cancer and Nutritional Factors in Marseille, France," European Journal of Epidemiology. 1995;11:55-65.

**77. Sugar and cause dyspepsia (indigestion).**

Yudkin, J. Sweet and Dangerous.(New York:Bantam Books,1974) 129.

**78. Sugar can increase your risk of getting gout.**

Yudkin, J. Sweet and Dangerous.(New York:Bantam Books,1974) 129.44

**79. Sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates.**

Reiser, S., et al. "Effects of Sugars on Indices on Glucose Tolerance in Humans." American Journal of Clinical Nutrition. 1986;43;151-159.

**80. Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low sugar diets.**

Reiser, S., et al. "Effects of Sugars on Indices on Glucose Tolerance in Humans." *American Journal of Clinical Nutrition*. 1986;43:151-159.

**81 High refined sugar diet reduces learning capacity.**

Molteni, R, et al. "A High-fat, Refined Sugar Diet Reduces Hippocampal Brain-derived Neurotrophic Factor, Neuronal Plasticity, and Learning." *NeuroScience*. 2002;112(4):803-814.

**82. Sugar can cause less effective functioning of two blood proteins, albumin, and lipoproteins, which may reduce the body's ability to handle fat and cholesterol.**

Monnier, V., "Nonenzymatic Glycosylation, the Maillard Reaction and the Aging Process." *Journal of Gerontology*. 1990;45:105-111.

**83. Sugar can contribute to Alzheimer's disease.**

Frey, J. "Is There Sugar in the Alzheimer's Disease?" *Annales De Biologie Clinique*. 2001; 59 (3):253-257.

**84. Sugar can cause platelet adhesiveness.**

Yudkin, J. "Metabolic Changes Induced by Sugar in Relation to Coronary Heart Disease and Diabetes." *Nutrition and Health*. 1987;5(1-2):5-8

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

Yudkin, J. "Metabolic Changes Induced by Sugar in Relation to Coronary Heart Disease and Diabetes." *Nutrition and Health*. 1987;5(1-2):5-8

**86. Sugar can lead to the formation of kidney stones.**

Blacklock, N. J., "Sucrose and Idiopathic Renal Stone." *Nutrition and Health*. 1987;5(1-2):9-

Curhan, G., et al. "Beverage Use and Risk for Kidney Stones in Women." *Annals of Internal Medicine*. 1998;28:534-340.

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

*Journal of Advanced Medicine*. 1994;7(1):51-58.

**88. Sugar can lead to dizziness.**

*Journal of Advanced Medicine*. 1994;7(1):51-58.

**89. Diets high in sugar can cause free radicals and oxidative stress.** Ceriello, A. "Oxidative Stress and Glycemic Regulation." *Metabolism*. Feb 2000;49(2 Suppl 1):27-29.

**90. High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion.**

*Postgraduate Medicine*. Sept 1969;45:602-07.

**91. High sugar diet can lead to biliary tract cancer.**

Moerman, C. J., et al. "Dietary Sugar Intake in the Etiology of Biliary Tract Cancer." *International Journal of Epidemiology*. Ap 1993;.2(2):207-214.

**92. Sugar feeds cancer.**

Quillin, Patrick, "Cancer's Sweet Tooth," *Nutrition Science News*. Ap 2000. Rothkopf, M.. *Nutrition*. July/Aug 1990;6(4).

**93. High sugar consumption of pregnant adolescents is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.**

Lenders, C. M. "Gestational Age and Infant Size at Birth Are Associated with Dietary Intake among Pregnant Adolescents." *Journal of Nutrition*. Jun 1997;1113- 1117.

**94. High sugar consumption can lead to substantial decrease in gestation duration among adolescents.**

Lenders, C. M. "Gestational Age and Infant Size at Birth Are Associated with Dietary Intake among Pregnant Adolescents." *Journal of Nutrition*. Jun 1997;1113- 1117.

**95. Sugar slows food's travel time through the gastrointestinal tract.**

Bostick, R. M., et al. "Sugar, Meat, and Fat Intake and Non-dietary Risk Factors for Colon Cancer Incidence in Iowa Women." *Cancer Causes & Control*. 1994;5 :38-53.

**96. Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon. This can modify bile to produce cancer-causing compounds and colon cancer.**

Bostick, R. M., et al. "Sugar, Meat, and Fat Intake and Non-dietary Risk Factors for Colon Cancer Incidence in Iowa Women." *Cancer Causes & Control*. 1994;5 :38-53.

Kruis, W., et al. "Effects of Diets Low and High in Refined Sugars on Gut Transit, Bile Acid Metabolism and Bacterial Fermentation." *Gut*. 1991;32:367-370. Ludwig, D. S., et al. "High Glycemic Index Foods, Overeating, And Obesity." *Pediatrics*. Mar 1999;103(3):26-32.

**97. Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men.**

Yudkin, J and Eisa, O. "Dietary Sucrose and Oestradiol Concentration in Young Men". *Annals of Nutrition and Metabolism*. 1988;32(2):53-55

**98. Sugar combines and destroys phosphatase, an enzyme, which makes the process of digestion more difficult.**

Lee, A. T. and Cerami A. "The Role of Glycation in Aging." *Annals of the New York Academy of Science*. 1992; 663:63-70.

**99. Sugar can be a risk factor of gallbladder cancer.**

Moerman, C., et al. "Dietary Sugar Intake in the Etiology of Biliary Tract Cancer." *International Journal of Epidemiology*. Apr 1993; 22(2):207-214.

**100. Sugar is an addictive substance.**

"Sugar, White Flour Withdrawal Produces Chemical Response." *The Addiction Letter*. Jul 1992:4. Colantuoni, C., et al. "Evidence That Intermittent, Excessive Sugar Intake Causes Endogenous Opioid Dependence." *Obes Res*. Jun 2002 ;10(6):478-488. Annual Meeting of the American Psychological Society, Toronto, June 17, 2001. [Www.mercola.com/2001/june/30/sugar.htm](http://www.mercola.com/2001/june/30/sugar.htm)

**101. Sugar can be intoxicating, similar to alcohol.**

"Sugar, White Flour Withdrawal Produces Chemical Response." *The Addiction Letter*. Jul 1992:4. Colantuoni, C., et al. "Evidence That Intermittent, Excessive Sugar Intake Causes Endogenous Opioid Dependence." *Obes Res*. Jun 2002 ;10(6):478-488. Annual Meeting of the American Psychological Society, Toronto, June 17, 2001. [Www.mercola.com/2001/june/30/sugar.htm](http://www.mercola.com/2001/june/30/sugar.htm)

**102. Sugar can exacerbate PMS.**

*The Edell Health Letter*. Sept 1991;7:1.

**103. Sugar given to premature babies can affect the amount of carbon dioxide they produce.**

Sunehag, A. L., et al. "Gluconeogenesis in Very Low Birth Weight Infants Receiving Total Parenteral Nutrition" *Diabetes*. 1999 ;48 7991\_800.



**104. Decrease in sugar intake can increase emotional stability.**

Christensen L., et al. "Impact of A Dietary Change on Emotional Distress." Journal of Abnormal Psychology .1985;94(4):565\_79.

**105. The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.**

Nutrition Health Review. Fall 85. changes sugar into fat faster than fat

**106. The rapid absorption of sugar promotes excessive food intake in obese subjects.**

Ludwig, D. S., et al. "High Glycemic Index Foods, Overeating and Obesity." Pediatrics. March 1999;103(3): 26-32.

**107. Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).**

Pediatrics Research. 1995;38(4):539-542. Berdonces, J. L. "Attention Deficit and Infantile Hyperactivity." Rev Enferm. Jan 2001;4(1)11-4

**108. Sugar adversely affects urinary electrolyte composition.**

Blacklock, N. J. "Sucrose and Idiopathic Renal Stone." Nutrition Health. 1987;5(1 & 2):9-17.

**109. Sugar can slow down the ability of the adrenal glands to function.**

Lechin, F., et al. "Effects of an Oral Glucose Load on Plasma Neurotransmitters in Humans." Neurophychobiology. 1992;26(1-2):4-11.

**110. Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases.**

Fields, M. Journal of the American College of Nutrition. Aug 1998;17(4):317\_321.

**111.. I.Vs (intravenous feedings) of sugar water can cut off oxygen to the brain.**

Arieff, A. I. Veterans Administration Medical Center in San Francisco. San Jose Mercury; June 12/86. IVs of sugar water can cut off oxygen to the brain.

**112. High sucrose intake could be an important risk factor in lung cancer.**

De Stefani, E."Dietary Sugar and Lung Cancer: a Case\_control Study in Uruguay." Nutrition and Cancer. 1998;31(2):132\_7.

**113. Sugar increases the risk of polio.**

Sandler, Benjamin P. Diet Prevents Polio. Milwakuee, WI,:The Lee Foundation for for Nutritional Research, 1951.

**114. High sugar intake can cause epileptic seizures.**

Murphy, Patricia. "The Role of Sugar in Epileptic Seizures." Townsend Letter for Doctors and Patients. May, 2001. Murphy Is Editor of Epilepsy Wellness Newsletter, 1462 West 5th Ave., Eugene, Oregon 97402

**115. Sugar causes high blood pressure in obese people.**

Stern, N. & Tuck, M. "Pathogenesis of Hypertension in Diabetes Mellitus." Diabetes Mellitus, a Fundamental and Clinical Test. 2nd Edition, (PhiladelphiA; A:Lippincott Williams & Wilkins, 2000)943-957.

**116. In Intensive Care Units: Limiting sugar saves lives.**

Christansen, D. "Critical Care: Sugar Limit Saves Lives." Science News. June 30, 2001; 159:404.

**117. Sugar may induce cell death.**

Donnini, D. et al. "Glucose May Induce Cell Death through a Free Radical-mediated Mechanism."Biochem Biohys Res Commun. Feb 15, 1996:219(2):412-417

**118. Sugar may impair the physiological homeostasis of many systems in living organisms.**

Ceriello, A. "Oxidative Stress and Glycemic Regulation." *Metabolism*. Feb 2000;49(Suppl I):27-29.

**119. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior.**

Schoenthaler, S. The Los Angeles Probation Department Diet-Behavior Program: An Empirical Analysis of Six Institutional Settings. *Int J Biosocial Res* 5(2):88-89.

**120. Sugar can cause gastric cancer.**

Cornée, J., et al. "A Case-control Study of Gastric Cancer and Nutritional Factors in Marseille, France." *European Journal of Epidemiology* 11 (1995):55-65.

**121. Sugar dehydrates newborns.**

"Gluconeogenesis in Very Low Birth Weight Infants Receiving Total Parenteral Nutrition. *Diabetes*. 1999 Apr;48(4):791-800.

**122. Sugar can cause gum disease.**

Glinsmann, W., et al. "Evaluation of Health Aspects of Sugar Contained in Carbohydrate Sweeteners." *FDA Report of Sugars Task Force* (1986) 39.

**123. Sugar increases the estradiol in young men.**

Yudkin, J. and Eisa, O. "Dietary Sucrose and Oestradiol Concentration in Young Men. *Annals of Nutrition and Metabolism*. 1988;32(2):53-5

**124. Sugar can cause low birth-weight babies.**

Lenders, C. M. "Gestational Age and Infant Size at Birth Are Associated with Dietary Intake Among Pregnant Adolescents." *Journal of Nutrition* 128.1998:1807-1810

**125. Sugar can raise homocysteine levels in the blood stream.**

Fonseca, V. et al. Effects of a High-fat-sucrose Diet on Enzymes in Homocysteine Metabolism in the Rat. *Metabolism*. 200; 49:736-41.

**126. Sweet food items increase the risk of breast cancer.**

Potischman, N, et.al. Increased Risk of Early-stage Breast Cancer Related to Consumption of Sweet Foods among Women Less than Age 45 in the United States." *Cancer Causes Control*. 2002 Dec;13(10):937-46.

**127. Sugar is a risk factor in cancer of the small intestine.**

Negri, E. et al. Risk Factors for Adenocarcinoma of the Small Intestine. *International Journal of Cancer*. 1999;82:12:171-174.

**128. Sugar may cause laryngeal cancer.**

Bosetti, C. et al. Food Groups and Laryngeal Cancer Risk: A Case-control Study from Italy and Switzerland. *International Journal of Cancer*, 2002;100(3): 355-358.

**129. Sugar induces salt and water retention.**

Shannon, M. An Empathetic Look at Overweight. *CCL Family Found*. Nov-Dec.1993. 20(3):3-5.

**130. Sugar may contribute to mild memory loss.**

Harry G. Preuss, M.D., of Georgetown University Medical School

**131. As sugar increases in the diet of 10 years olds, there is a linear decrease in the intake of many essential nutrients.**

Health After 50. Ó Johns Hopkins Medical Letter. May, 1994.

**132. Sugar can increase the total amount of food consumed.**

Allen, S. "Sugars and Fats: The Neurobiology of Preference." Journal of Nutrition. 2003;133:831S-834S.

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