

Sugar Kills!

America consumes more than 150 Lbs. of sugar per person per year!

Lick the Sugar Habit or...



Heart disease, diabetes and cancer are skyrocketing!

...commit Suicide by Sugar!

141 Reasons Sugar Ruins Your Health

(Just Kidding, it's 144)

By Nancy Appleton PhD & G.N. Jacobs

Excerpted from Suicide by Sugar

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updated 2015

1. Sugar can suppress your immune system.
2. Sugar upsets the mineral relationships in the body.
3. Sugar can cause juvenile delinquency in children.
4. Sugar eaten during pregnancy and lactation can influence muscle force production in offspring, which can affect an individual's ability to exercise.
5. Sugar in soda, when consumed by children, results in the children drinking less milk.
6. Sugar can elevate glucose and insulin responses and return them to fasting levels slower in oral contraceptive users.
7. Sugar can increase reactive oxygen species (ROS), which can damage cells and tissues.
8. Sugar can cause hyperactivity, anxiety, inability to concentrate and crankiness in children.
9. Sugar can produce a significant rise in triglycerides.
10. Sugar reduces the body's ability to defend against bacterial infection.
11. Sugar causes a decline in tissue elasticity and function – the more sugar you eat, the more elasticity and function you lose.
12. Sugar reduces high-density lipoproteins (HDL).
13. Sugar can lead to chromium deficiency.
14. Sugar can lead to ovarian cancer.
15. Sugar can increase fasting levels of glucose.
16. Sugar causes copper deficiency.
17. Sugar interferes with the body's absorption of calcium and magnesium.
18. Sugar may make eyes more vulnerable to age-related macular degeneration.
19. Sugar raises the level of neurotransmitters: dopamine, serotonin, and norepinephrine.
20. Sugar can cause hypoglycemia.
21. Sugar can lead to an acidic digestive tract.
22. Sugar can cause a rapid rise of adrenaline levels in children.
23. Sugar is frequently malabsorbed in patients with functional bowel disease.
24. Sugar can cause premature aging.
25. Sugar can lead to alcoholism.
26. Sugar can cause tooth decay.
27. Sugar can lead to obesity.
28. Sugar increases the risk of Crohn's disease and ulcerative colitis.

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29. Sugar can cause gastric or duodenal ulcers.
30. Sugar can cause arthritis.
31. Sugar can cause learning disorders in school children.
32. Sugar assists the uncontrolled growth of Candida Albicans (yeast infections).
33. Sugar can cause gallstones.
34. Sugar can cause heart disease.
35. Sugar can cause appendicitis.
36. Sugar can cause hemorrhoids.
37. Sugar can cause varicose veins.
38. Sugar can lead to periodontal disease.
39. Sugar can contribute to osteoporosis.
40. Sugar contributes to saliva acidity.
41. Sugar can cause a decrease in insulin sensitivity.
42. Sugar can lower the amount of Vitamin E in the blood.
43. Sugar can decrease the amount of growth hormones in the body.
44. Sugar can increase cholesterol.
45. Sugar increases advanced glycation end products (AGEs), which form when sugar binds non-enzymatically to protein.
46. Sugar can interfere with the absorption of protein.
47. Sugar causes food allergies.
48. Sugar can contribute to diabetes.
49. Sugar can cause toxemia during pregnancy.
50. Sugar can lead to eczema in children.
51. Sugar can cause cardiovascular disease.
52. Sugar can impair the structure of DNA.
53. Sugar can change the structure of protein.
54. Sugar can make the skin wrinkle by changing the structure of collagen.
55. Sugar can cause cataracts.
56. Sugar can cause emphysema.
57. Sugar can cause atherosclerosis.
58. Sugar can promote an elevation of low-density lipoproteins (LDL).
59. Sugar can impair the physiological homeostasis of many systems in the body.
60. Sugar lowers enzymes ability to function.
61. Sugar intake is associated with the development of Parkinson's disease.
62. Sugar can increase the size of the liver by making the liver cells divide.
63. Sugar can increase the amount of liver fat.
64. Sugar can increase kidney size and produce pathological changes in the kidney.
65. Sugar can damage the pancreas.
66. Sugar can increase the body's fluid retention.
67. Sugar is the number one enemy of the bowel movement.
68. Sugar can cause myopia (nearsightedness).
69. Sugar can compromise the lining of the capillaries.
70. Sugar can make tendons more brittle.
71. Sugar can cause headaches, including migraines.
72. Sugar plays a role in pancreatic cancer in women.
73. Sugar can adversely affect children's grades in school.
74. Sugar can cause depression.
75. Sugar increases the risk of gastric cancer.
76. Sugar can cause dyspepsia (indigestion).
77. Sugar can increase the risk of developing gout.
78. Sugar can increase the levels of glucose in the blood much higher than complex carbohydrates in a glucose tolerance test can.

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79. Sugar reduces learning capacity.
80. Sugar can cause two blood proteins – albumin and lipoproteins – to function less effectively, which may reduce the body's ability to handle fat and cholesterol.
81. Sugar can contribute to Alzheimer's disease.
82. Sugar can cause platelet adhesiveness, which causes blood clots.
83. Sugar can cause hormonal imbalance – some hormones become underactive and others become overactive.
84. Sugar can lead to the formation of kidney stones.
85. Sugar can cause free radicals and oxidative stress.
86. Sugar can lead to biliary tract cancer.
87. Sugar increases the risk of pregnant adolescents delivering a small-for-gestational-age (SGA) infant.
88. Sugar can lead to a substantial decrease in the length of pregnancy among adolescents.
89. Sugar slows food's travel time through the gastrointestinal tract.
90. Sugar increases the concentration of bile acids in stool and bacterial enzymes in the colon, which can modify bile to produce cancer-causing compounds and colon cancer.
91. Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men.
92. Sugar combines with and destroys phosphatase, a digestive enzyme, which makes digestion more difficult.
93. Sugar can be a risk factor for gallbladder cancer.
94. Sugar is an addictive substance.
95. Sugar can be intoxicating, similar to alcohol.
96. Sugar can aggravate premenstrual syndrome (PMS).
97. Sugar can decrease emotional stability.
98. Sugar promotes excessive food intake in obese people.
99. Sugar can worsen the symptoms of children with attention deficit disorder (ADD).

1. Sugar can slow the ability of the adrenal glands to function.
2. Sugar can cut off oxygen to the brain when given to people intravenously.
3. Sugar is a risk factor for lung cancer.
4. Sugar increases the risk of polio.
5. Sugar can cause epileptic seizures.
6. Sugar can increase systolic blood pressure (pressure when the heart is contracting).
7. Sugar can induce cell death.
8. Sugar can increase the amount of food that you eat.
9. Sugar can cause antisocial behavior in juvenile delinquents.
10. Sugar can lead to prostate cancer.
11. Sugar dehydrates newborns.
12. Sugar can cause women to give birth to babies with low birth weight.
13. Sugar is associated with a worse outcome of schizophrenia.
14. Sugar can raise homocysteine levels in the bloodstream.
15. Sugar increases the risk of breast cancer.
16. Sugar is a risk factor in small intestine cancer.
17. Sugar can cause laryngeal cancer.
18. Sugar induces salt and water retention.
19. Sugar can contribute to mild memory loss.
20. Sugar water, when given to children shortly after birth, results in those children preferring sugar water to regular water throughout childhood.
21. Sugar causes constipation.
22. Sugar can cause brain decay in pre-diabetic and diabetic women.
23. Sugar can increase the risk of stomach cancer.
24. Sugar can cause metabolic syndrome.
25. Sugar increases neural tube defects in embryos when it is consumed by pregnant women.
26. Sugar can cause asthma.
27. Sugar increases the chances of getting irritable bowel syndrome.
28. Sugar can affect central reward systems.
29. Sugar can cause cancer of the rectum.
30. Sugar can cause endometrial cancer.
31. Sugar can cause renal (kidney) cell cancer.
32. Sugar can cause liver tumors.
33. Sugar can increase inflammatory markers in the bloodstreams of overweight

people.

34. Sugar plays a role in the cause and the continuation of acne.
35. Sugar can ruin the sex life of both men and women by turning off the gene that controls the sex hormones.
36. Sugar can cause fatigue, moodiness, nervousness, and depression.
37. Sugar can make many essential nutrients less available to cells.
38. Sugar can increase uric acid in blood.
39. Sugar can lead to higher C-peptide concentrations.
40. Sugar causes inflammation.
41. Sugar can cause diverticulitis, a small bulging sac pushing outward from the colon wall that is inflamed.
42. Sugar can decrease testosterone production.
43. Sugar impairs spatial memory.
44. Sugar can cause cataracts.
45. Sugar is associated with higher rates of chronic bronchitis in adults.

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142 Comments »

142 Responses

Sameer Rasal

on July 28, 2010 at 10:48 pm |

Reply

Ms. Nancy,

I have gone through your website & found it very informative.

I have since started to recommend my associates & friends to go through your website.

Also let me know regarding sugar substitutes that you recomend.

Regards,

Sameer Rasal

Mumbai

India

++91 9930543307

++91 9892126107



Alan Inselberg, CCN

on September 6, 2012 at 1:23 am | Reply

STEVIA is absolute best if you must avoid sugar and its devastating consequences.



Debra McLaren

on June 8, 2017 at 1:40 pm

What about Truvia?



jaklizard

on June 8, 2017 at 1:45 pm

We like Stevia. Not so much other sweeteners, read the label. Adding Stevia to other sweeteners doesn't help in our opinion...



Lucy

on August 17, 2010 at 7:57 pm | Reply

Fantastic information.
Thanks



argd2

on August 16, 2015 at 6:09 pm | Reply

Added sugar is really bad, the widespread availability of sugar doesn't make it any healthier...



I recommend to buy the 21-Day Sugar Detox (by Diane Sanfilippo), after the first week, I couldn't believe how good I felt. Link: <http://bit.ly/1EwvNL9>

Rose

on September 15, 2010 at 1:41 pm | Reply

Dear Nancy Appleton,

Thank you very much for the information about 143 Reasons Sugar Ruins Your Health. I find it hard to believe. I am on the side that everything in moderate way is good for and too much is bad. But I grew up in a farm and grandmother used to make our on sugar from sugar cane and we were all very healthy with no doubts. We use sugar around the house for everything. If I can't sleep, I warm milk with sugar will do it. If I am nervous water with sugar will do it. If I want to make sure my teeth are clean the cane alone will clean it and even for my headache a strong coffee with sugar eliminates it. So I have to disagree that sugar ruins your health. Today I am 38 with perfect teeth, perfect skin and body and I never paid attention to what they say about food, because I don't believe it will kill, but the way you live your life will such as stress, bad habits, smoke too much, drink too much, but food and sugar? I don't think so. We also have a cure for guys success in bed which is sugar cane hard candy made from sugar cane extract and it is excellent for it. Maybe you are referring to artificial sugar (sweetener) cane and GM sugar cane if so you should make yourself clear.



jaklizard

on September 15, 2010 at 2:39 pm | Reply

You are the exception that proves the rule. Some people handle sugar quite well for a long time. Most don't. You are 38 and doing well, good for you, how will you feel at 60? Neither of us knows, but our point is that if you take care of yourself by cutting back as much as possible your sugar intake now you won't have to find out.



The citations that justify our statements come from journal articles listed on US government databases and with one exception neither the doctor nor myself had anything to do with the research that time and time shows that people who eat sugar bear more health risks. We are not making this up. I would also point out to you that in 2009 the American Heart Association revised its dietary standards concerning sugar downward to 9 teaspoons a day for men and 6 teaspoons for women. You may choose to interpret this action as either sugar is good for you in moderation as your post suggests or as an interim step towards a recommendation against all refined sugars that can't be made now because of how much money Big Sugar spends to protect the business. Time will tell what this action means. However, comparing the amounts in the new dietary limits to how much sugar is in our food would suggest the latter because both limits are less than a full 12-ounce Coke per day. And we covered this in an article that is somewhere in the middle of the pile so you would have to scroll down to see it.

So thank you for your comments.

G.N. Jacobs for Nancy Appleton

Rachel Entwisle

on July 13, 2011 at 11:42 am |

Reply

Dear Nancy,

Thank you for the information on how sugar ruins your health, i am using it in a presentation at a local community center that i go to, on July 25th and am looking forward to hearing some of the reactions when my audience reads some of the affects that sugar can have on health...I know i was surprised reading some of your information

amy r. handford

on May 1, 2012 at 7:12 am

In response to "how will you feel at 60"... I will tell you .. I am 63 and work out, am a vegan... but taking in way too much sugar... had heart burn , and many other not good health things... hypertension being one... cut out sugar a couple of months ago and it has been very difficult to say the least... it's as though my body is remaking itself and the process is uncomfortable and sometimes very scary.... I don't have sugar or any thing like it in anything I eat or drink... and no white flour... this is really intense... but sometimes I get a glimmer or what it is like to be truly



healthy ... when I notice my energy level is coming back ... this is a long process... but it took me a long time to get to this low place...

Amy amy@amysart.net

Laura S.

on October 31, 2016 at 4:06 pm | Reply

I know that when I low carbed for 13 yrs and cut out sugar, my doc took me off of cholesterol meds that I was on, my skin got clear and I was complimented on it continually, etc. I got ill in a foreign country and fell off the wagon as I could not prepare my own food for many months. I'm getting back on it now (60 yrs old).



My mom has always been a large consumer of sugar and healthy as a horse and extremely active (and thin as a rail)...until the age of 68. Suddenly, her skin thinned (almost translucent), her carotid arteries blocked, her bones became brittle to the point of breaking ribs from strong coughing and then bladder cancer. She tries so hard now to still be active but it's difficult. She's had many surgeries in the past few yrs (mostly because her bones are like butter they say and vertebra are collapsing & for the bladder tumors a few times now) and takes pain meds for chronic pain now (mostly spinal). So, while she was a very strong, healthy, active woman for most of her life, now...not so much. They attribute it to simply getting older. Yet my dad...who is 82 and looks 70, golfs 4x's a week, walks the course, attends sporting events regularly, is very involved in his church activities and goes out to visit family every week and still lifts weights and plays ball...but never was much on sugar is doing better than most men half his age.

I'm not blaming sugar on all of mom's woes, but I've tried to tell her for several yrs she would do much better without it or at least, much less of it. You are an exception to the rule and science agrees.

floradoradesign

on October 31, 2016 at 4:08 pm | Reply

I know that when I low carbed for 13 yrs and cut out sugar, my doc took me off of cholesterol meds that I was on, my skin got clear and I was complimented on it continually, etc. I got ill in a foreign country and fell off the wagon as I could not prepare my own food for many months. I'm getting back on it now (60 yrs old). 38 is still relatively young.



My mom has always been a large consumer of sugar and healthy as a horse and extremely active (and thin as a rail)...until the age of 68. Suddenly, her skin thinned (almost translucent), her carotid arteries blocked, her bones became brittle to the point of breaking ribs from strong coughing and then bladder cancer. She tries so hard now to still be active but it's difficult. She's had many surgeries in the past few yrs (mostly because her bones are like butter they say and vertebra are collapsing & for the bladder tumors a few times now) and takes pain meds for chronic pain now (mostly spinal). So, while she was a very strong, healthy, active woman for most of her life, now...not so much. They attribute it to simply getting older. Yet my dad...who is 82 and looks 70, golfs 4x's a week, walks the course, attends sporting events regularly, is very involved in his church activities and goes out to visit family every week and still lifts weights and plays ball...but never was much on sugar is doing better than most men half his age.

I'm not blaming sugar on all of mom's woes, but I've tried to tell her for several yrs she would do much better without it or at least, much less of it. You are an exception to the rule and science agrees.

Rose

on September 16, 2010 at 7:33 am | Reply

Yes agreed. I think too much sugar is bad for our body, but I don't agree with government database and especially coming from them. They wants us to believe that because it is cheaper for them having artificial sugar such as sweetener than ordering the sugar cane from South America. They would save a lot money and I agree that they should save money I also would agree with them if they use corn sugar as a substitute. That is a toms up for me and not disrespecting you, no because I agree with and I want to make it clear. Too much sugar, too much salt, too much of everything is bad for you, I am just worried about how sweeteners which is developed in laboratory can be good for you rather than natural product coming from mother nature. I don't like soft drinks, I cook my own food even if I don't have time. I try as much as I can to not use this type of products even microwave and vitamin pills because they are bad for you and for age we all come with an expiration date whether it is 10, 30, 60 or even 100 years we all going to expire I don't worry about that because I take it as part of life rather than fight to prolong it. By the way for responding to my comment. I though anyone would care for that. I thought it very kind of your part spending your time responding to it. I am sincerely glad for your response and the article is really informative and I passed it to my friends as well. Thank you for this list. Unfortunately people have different ideas and I respect yours and mine as well.



Sherwin

on November 17, 2010 at 10:44 am |

Reply

Here is another reason for avoiding sugar.

Proportionately, consumers pay more for sugar than any other additive put into our food supply.



Also please email me any references that you have to the relationship of sugar and Alzheimer's. I have learned that Alzheimer's is now sometimes being referred to as "type three diabetes". The information that I have is meager and I would like any additional information that is available. Thanks.

Ripolit M. Riseman

on November 27, 2010 at 1:13 am | Reply

Great . Now I know what should I do . Health is really important for me .



Steve

on December 16, 2010 at 8:25 am | Reply

i was reading in your 76 version, and noticed it didn't mention high sugar diets as a catalyst for fungal growth.

Various mycosis external, and eventually internal, eventually systemic, have accelerated their march thru society in the past 100 years.

The effect of released fungal toxins, and damaged cells by fungus, are something to be taken seriously.

Have you studied this correlation much?



jaklizard

on December 16, 2010 at 9:39 am | Reply

The doctor is a generalist about sugar. She is aware of sugar and fungal growth, but even she has drawn from the work of others. She recommends looking up Candida Albicans. She has mostly drawn from Dr William Crook (The Yeast Connection) and a few others.



Acebedo

on January 3, 2011 at 3:19 am | Reply

Hey, I just forwarded this to some friends, loving it! 😊

Regards!

Check out my blog at [How to lose weight fast](#)



Darlene

on January 25, 2011 at 5:16 pm | Reply

Several of these are repeats, but the list is very impressive. It is helping me to desire more earnestly to rid my life of as much of this ingredient as possible. Thanks.



Kay

on March 1, 2011 at 4:59 pm | Reply

Enjoyed your article. Dr. Ann De Wees Allen with the Glycemic Research Institute has studied sweeteners for years. You might find her research concerning the cephalic response interesting. She has determined that "when children drink sodas it is more addictive than smoking a crack pipe". Artificial sweeteners are 600 times sweeter. The brain knows natural substances. She has developed a BSweet Sweetener from fruit that will not spike the blood sugar or make you store fat. You might want to check it out. I'm sure there will be sports drinks developed that won't have the HFCS in it. She already works with the Major League Baseball Assoc. drinking her ARGMatrix the only Arginine safe to take long term. <http://www.3kings.breesystem.com> or <http://www.dietingblogs.com>



saji e velappan

on March 7, 2011 at 10:33 pm |

Reply

very useful article.....keep it up .wish all best



Dr. Antoaneta Sawyer

on March 26, 2011 at 7:55 am | Reply

Dear Nancy,

Thank you for the great info shared in the articles published on your web site.

Considering the modern metabolic syndrome (obesity) pandemic- your research could make a drastic change in the way how people think, cook, or live. With your permission and of course by using citation of your name and title, I plan to publish an article for common good of people suffering of the Deadly Quartet (metabolic syndrome) and its outcomes.



Regards,
Antoaneta Sawyer, ND, PhD

Marayanne Bell

on March 27, 2011 at 6:04 am | Reply

I have just finished the book – Suicide by Sugar and although had stopped eating sugar as much possible because of Ovarian Cancer, I learnt so much more, and will continue to do so – thank you



Jean

on April 28, 2011 at 9:46 am | Reply

I was addicted to sugar big-time. It took a 12-step program to give me strength to say no to all sugar. What freedom!



liposukcja

on May 13, 2011 at 5:40 am | Reply

Extremely good content. I basically stumbled upon the web site and also desired to be able to say in which I have really liked looking through the blog page and also posts. Anyway I'll become following the nourish and also My partner and i expect to be able to read the blog page all over again.



Deb Hunter

on October 3, 2011 at 9:03 am | Reply

Folks have a hard time accepting that sugar should be removed from their diet,(I am Paleo all the way) but even if someone didn't choose Paleo, and just removed sugar, they would feel such a difference...now I have proof!..thank you, Nancy!

Kelly Saad

on December 26, 2011 at 7:41 pm | Reply

Hello,

I have a story to share with you, a story of defeat and victory in an unknown 20 year battle with sugar, my worst enemy. I hope that you will read this. When I was in 8th grade I began to have some very painful and uncomfortable digestive issues. It lasted about 2 weeks, then it was gone. However, it returned a year later and didn't go away until 20 years later when I figured out myself what the problem was. During my entire teen-age and young adult years I was completely controlled by this mysterious problem. I had a Lower GI and Upper GI tests when I was younger, before IBS was a diagnosis, and I was told nothing was wrong. I had several doctors give me the classic "you have IBS" nonsense diagnosis, but I knew that there was something more going on, I just couldn't get anyone to believe me. My symptoms are very simple: I eat a meal (a normal dinner or lunch type meal) and within 30-60 minutes I have painful diarrhea, and then within 15 minutes after the first episode I would have diarrhea again. Always twice, never 3 times, never once, always twice. During these bathroom adventures, all of my meal that I just ate goes right through me and in the toilet, undigested and completely recognizable. Sorry, I know it's gross, and most people think I am mistaken and that it's impossible for food to pass undigested, but it's true. This pattern went on for about 20 years, because of this problem I had to dropped out of school, missed out on so many travel adventures with friends, lost jobs and so on. Throughout the years I would try to "fix" it myself by eliminating foods. So, I would eat a pizza (for example) and afterwards I would have my usual bathroom episodes. My common sense tells me that something in the pizza made me sick. I did this "eliminate food" thing throughout these 20 years with every type of food that made me sick. The only thing that I could eat and never feel sick afterwards was junk food. So what did I do?? I turned into the biggest junk food freak on the planet!! I was eating donuts in the morning, cookies after lunch, 1 lb of double bubble gum each day, candy bars throughout the day, always dessert and ice cream daily too. I fortunately do not gain weight at all, I am lucky there! Never never never did I have the sick diarrhea symptoms after eating this sugary food. So I just believed that it was the only thing I could eat and not feel ill. However, one day in 2006 I decided to stop cold. So I did right then. And within a couple weeks I felt like a new person, my bowel movements were "normal" which only happened a couple times a year for me, now it was every time. I was still eating ice cream and the 1 lb of bubble gum though. That's the mystery, why did the other junk stop my issues but I could still have ice cream and a suicidal quantity of bubble gum??? Now, these days, I don't eat any sugar at all, except fruits or honey, natural sugars. I figure if it ruined much of the great years of my life then I will not have it anymore at all, period. I wonder what else sugar does to all the other people that eat it. I met someone with the same problem and he said his doctor actually knew what was going on. She described it as a spastic colon and gave him some pills. She also said "no more sugar" and that's when I knew that his problem is what I had too. I don't know what it is that I have wrong with me but I do know that I am in control of it and I conquered it all on my own. My life is totally different now and I am so thankful each day that I quit eating sugar.



Oh, and for all those people out there that say "I have to eat my chocolate" or think they can't

quit sugar, that's all choice and nothing more. I was the biggest addict anyone has ever seen and I quit. Sure I craved it for a couple weeks, but after that it started to look and smell nasty to me.

Dan Moffett

on January 10, 2012 at 2:00 pm | Reply

Since I've put sugar out of my diet 22 months ago, I've lost 145 pounds. I cut out all wheat products and most starches. I tell how on my blog.



Lisou

on April 18, 2012 at 7:50 am | Reply

Thanks for the illuminating post Nancy!
What about Stevia?



LUCY

on April 20, 2012 at 4:11 pm | Reply

ACTUALLY THERE ARE SO-CALLED GOOD SUGARS LIKE GOOD FATS



jaklizard

on April 20, 2012 at 7:20 pm | Reply

Sure if you mean the naturally occurring sugar in whole fruit and vegetables moderated by Dietary Fiber (inedible structural sugar). Otherwise, no sugar derived from any source with the fiber removed is ever going to be good for you.



Dan Moffett

on April 27, 2012 at 8:20 am | Reply

After putting sweeteners and wheat out of my diet 26 months ago I have lost 155 pounds and all the health problems that went along with the weight. I feel great. Keeping the weight off going on 3 years now. Thanks for the information on the dangers of sugar. I tell my story on my blog.



Daniel O'Neill

on May 29, 2012 at 1:13 am | Reply

which article references how much sugar suppresses your immune system



Lori Nichols Davies, CEO Holistic Cooking Academy of Canada

on July 19, 2012 at 5:13 am | Reply

Hi Nancy, et al,

Is there any research being done to accuse white sugar of causing RNA or DNA damage? As sugar interferes with protein metabolism (Cherie Colbom, The Coconut Oil Diet, 2004) it seems very logical that devastating sugar can be going to the core of all 143 malfunctions listed here.

Are you investing this?



jaklizard

on July 19, 2012 at 5:17 am | Reply

We did an article about epigenetics which covers how environmental factors change genes and touches on gene switching. Our research on the subject is sporadic.



Lemurette

on July 19, 2012 at 5:22 am | Reply

jaklizard, where can one find the article you've mentioned? Would be fantastic if you could send it or provide a link. Thanks a lot in advance!



jaklizard

on July 19, 2012 at 5:29 am | Reply

<https://nancyappletonbooks.wordpress.com/2009/06/29/thought-heal-or-not/>



Lemurette

on July 19, 2012 at 5:31 am | Reply

thanks loads!



Yehoshua

on August 15, 2012 at 10:37 am | Reply

And if you think SUGAR is bad for you, don't even think about sugar substitutes!



nizy

on November 1, 2012 at 4:29 pm | Reply

i love it's lots of help



Thyroid blog

on November 8, 2012 at 9:54 pm | Reply

Everybody needs to know these facts about sugar and how it affects our health, especially when cereals are the most popular breakfast choice in the US with 88% of people eating it regularly and two thirds having it at least once a week.



<http://outsmartdisease.com/do-you-still-eat-cereals-for-breakfast>

acne treatment

on January 23, 2013 at 9:53 am | Reply

I have moderate acne and a few acne scars on my face, chest, back, and shoulders. I am in serious need of the best acne treatment out there. Please help! I was thinking of using Clearpores for my problem. Can I also have your opinions on it, too? Thanks.



jaklizard

on January 23, 2013 at 1:31 pm | Reply

We're in the business of promoting prevention through nutritional and other lifestyle changes. Once someone like us has told you: less or no sugar, less or no other bad dietary chemicals, avoid your allergy triggers, exercise more and get your head on right with your choice of better psychology or spirituality, you will still need some advice as to the acne that may need an extra shove to clear up. But, since we don't specifically sell clear skin in our model, we have no way to tell you anything useful to you. Sorry.



Dawn

on February 12, 2013 at 9:40 am | Reply

I would like to know if agave is bad or as bad as other sugars.



jaklizard

on February 12, 2013 at 11:36 am | Reply

Short answer is yes. We covered agave four years ago.

<https://nancyappletonbooks.wordpress.com/2009/05/12/agave-wonder-or-fructose-bomb/>



Mohan Tiwari

on March 11, 2013 at 2:52 am | Reply

Thanks for providing this information God bless you.....

dirtyfacestinyoggies

on March 11, 2013 at 3:59 pm | Reply

Good.....



Katie

on May 16, 2013 at 6:38 am | Reply

I just found this site. I have been in the process of cutting out sugar for roughly five years, unknowingly. Oddly enough, I had Ovarian Cancer which required aggressive chemotherapy. No one mentioned cutting out sugar though. Anyway, through the process I had severe reactions for which I had to receive steroids to counteract. After therapy, I was staring at a 5'5" 230 lb young woman. It was disgusting. In 2008, I decided to lose weight. The first thing I did was cut out soda. I had heard it was really bad for you and if you would cut it out, you would lose 10 lbs a year. That worked pretty well. Then, I started cutting out any additives in my morning coffee (I was a creamer lover). As the years went on, I cut out other things as well. You don't really need a doctor to tell you cake and doughnuts are bad for you,



know what I mean? Anyway, it wasn't until this year at health fairs through work that I found out just how harmful sugar is for your health. I am now 27 (cancer free too!!!!) and am just learning about this! I never realized where sugar was lurking. We all know about the sweets but it's the not so obvious foods that were a shocker to me! Flour was the biggest. I love bread and pasta. I learned how bad it is through these natural products I am on to help me maintain vitamins, nutrients, and even my acid level. So many things can be thrown off by sugar! I am a decent baker and am asked to make cakes often for birthdays, baby showers and such. When I make those cakes, it feels equivalent to giving a child a cigarette. No, I never give children or anyone cigarettes. And I would never because it is so harmful and I know that. But I hand them cake which is deteriorating their health also and say "eat up." Not cool!

Larry

on June 2, 2013 at 12:54 pm |

[Reply](#)

Amazing. I had a few reasons to lower the sugar level in my body including fighting type 2 diabetes, but the information you present here commands that I cut refined and other high glycemic sugars immediately. Thanks loads.



Dammie

on June 5, 2013 at 11:40 am |

[Reply](#)

Thank u so much... After reading all these, i sort of despise sugar and all it stands for... considering that i'm even suffering from pile presently.



Larry R Miller

on June 13, 2013 at 10:16 am |

[Reply](#)

I've been a believer that sugar ruins a person's health for years, and that it is the hardest thing for most of us to give up, including me. I read some of the comments including Rose's comment Sept 15, 2010. According to Rose she was 38 at the time. By far, the largest majority of people who suffer from addiction caused diseases, find their addictions begin to catch up with them after the age of 40. When we're young, all of us have a different time frame where young is concerned, we believe we're immortal. After we reach the age that we realize we aren't immortal, most of us believe, or want to believe, there is nothing we can do about the state of our health...the TINA syndrome (there is no alternative), so we continue to do what contributed to our illness, disease, poor health condition. And, because of TINA, we don't make any changes or eliminate the root sources. Our body will repair and heal if we eliminate the cause. We can not be healthy if we poison ourselves on a daily basis.



Mi40

on June 30, 2013 at 1:08 am | [Reply](#)

Thanks to my father who shared with me about this webpage, this webpage is actually amazing.



Bev

on July 26, 2013 at 9:47 am | [Reply](#)

I am interested to know how sugar causes diverticulitis. I tried following the footnote link for reason #141 but had no luck. I recently have been diagnosed with diverticulitis but no one has given me a clue as to why I have it (I am a vegetarian, not overweight, but until I read your book really ate lots of sugar—that's changes now!)



Shelley-Rose Taylor

on July 30, 2013 at 2:13 pm | [Reply](#)

Hi, Where did you find the information about sugar ans seizures? I would like to look into this further.

jaklizard

on July 30, 2013 at 2:50 pm | [Reply](#)

Short answer: PubMed, a Federal database of health articles.



Marsia

on August 29, 2013 at 11:38 am |

[Reply](#)

Juvenile delinquency? Sorry, sugar just seems to be a bad excuse for parents and society who are failing children.



jaklizard

on August 29, 2013 at 1:56 pm | [Reply](#)

We will have to agree to disagree. Especially, if you ask the New York City Schools about

the measurable results they got in the late 90s by changing the menu of their lunches towards less sugar, salt, and preservatives. Factoring out improved and more engaged teaching and other reasons for improved scores, the gains after implementation were impressive to the tune of at least 20-percent.



You see juvenile delinquency is a shorthand code for a whole range of issues with children that have strongly correlated with lower test scores. Lower test scores so the sociological theories say lead to the acting out which we collectively call juvenile delinquency possibly as an unconscious cry for assistance or attention. And I will refer you all to the promo video for our DVD "Sweet Suicide" where we present video of an experiment where a young boy was fed sugar cubes and was filmed going nuclear with his bratty behavior.

Since posting that video, we have taken the occasional comment about the cruelty of that experiment, but it is a very stark reminder that some children don't respond well to excessive sugar in the diet causing mood swings and other issues. Now if that child had gobbled his morning Fruit Loops and gone into a classroom how long would that behavior have taken to get that kid a referral to the principal for, you guessed it, JUVENILE DELINQUENCY or perhaps some other more politically correct code word for the same thing?

The link to the video on YouTube (if you haven't seen the video embed on our site):
<http://www.youtube.com/watch?v=r8ezchj4w08>

If you can't link straight to the video paste the URL above into your browser.

Sugar CAN cause behavior issues in susceptible children (the doctor and I are the first ones to admit that in that video we showed the only most violent reaction to sugar because outliers like that boy are quite simply better TV). But, let's put the bratty sugar fiend back our hypothetical classroom, the time that teacher takes to settle down the brat and finally show him the door to the principal's office is time he or she is not instructing the other children which may or may not show in their test scores. And because for reasons of good TV we didn't show you the results in other children who may report being just a little foggy in class (or would if teachers and parents know the right questions to ask). And what would their test scores be like if their parents fed them less sugar?

Just about everything in life is governed statistically by the bell curve where outliers define the edges and average responses cluster near the middle or mean. There is plenty of both evidence based on double blind studies and anecdotal evidence like the NY schools example above where someone tested a theory well ahead of the official science and got positive results.

Now we do agree with you that good nutrition are the responsibility of parents with proper backup from the society at large. Unfortunately, parents don't always get proper societal backup when you consider how much money the Big Processed Food Industry pays for politicians, possibly skewed competing research (for years, tobacco research said smoking was good for you long after the Government's first reports in the 60s) and the advertising meant to sell more food and fight certain legislative attempts to curb worst practices while still allowing people to choose their diet.

However, we do have to take you to task for your assumptions that problem children are simply the result of not enough parenting and a lax society (so do you advocate corporal punishment in school?) without again trying to read the entire bell curve to get some idea of the entire sociological and educational picture that applies to our country. I have friends who specifically refer to themselves as "crusading inner city school teachers" who tell me about their experiences in nauseating detail. They tell me about parents who work 60 hours a week and don't have time to shepherd their child's homework, nor in some cases the basic skills for it to matter. Nor is there a functional PTA for parents to discuss and air grievances like changing the school menus at lunch. These teachers also say that in many cases the nutritional problem is more about no food at all, except for the school lunch. This differs sharply from rich schools...

You're right, at least, when discussing wealthier schools and parents who have no excuses. Wealthy parents can fight for a menu change, or at least send a note to school saying "our child may react badly to sugar, wheat and certain others foods please don't feed my child these foods or at least give us advance notice of the menu so we know what days to brown bag." Wealthy parents can simply brown bag for their kids meals AND ground their children when they violate the nutritional rules bartering for a cola from less enlightened children. Wealthy parents have the computers and Internet connections to do their own research into nutrition and cut through Big Food's propaganda. Wealthy parents can pay for the tutors, counselors and other support for their child. Wealthy parents have the leisure time to fight for the removal of soda machines from school campuses.

Feeding kids better in schools is an easy solution that can't hurt, may help and likely won't cost too much more. Take the example of In-N-Out Burgers out here in California (leaving aside the oddity that I'm saying at least one nice thing about a Burger, Fries and Coke fast food joint). Since 1948, they have never frozen their meat and their fries are cooked on the spot from fresh potatoes. This means they get a supply truck about every two days after closing. They have very complex food supply algorithms for each store to avoid excessive wastage, which could very easily be adapted to a school cafeteria to avoid preservative-

rich, sugary and other highly processed foods from walking in the door. The object is more fresh vegetables, less wheat (a common allergen), less cheese (also a common allergen) meat that is gently cooked instead of flash fried and more milk (not always good but better than the alternatives) and water instead of soda and juice that's really more like Kool-Aid.

Nutrition is one small facet of the problems facing our schools and the kids they support. You're seriously deluded to think that good nutrition doesn't play a role in how our kids learn and behave. Yes, in the next twenty years (or sooner to hear some people speak on the subject) we will have a huge discussion on what works and what doesn't in our schools. The science which you presently choose to deny has already shown that nutrition advocates have earned that place at the table, many times over. Needless, to say the doctor and I stand by the statement.

G.N. Jacobs for Nancy Appleton

Michael

on September 7, 2013 at 12:01 am |

[Reply](#)

Very interesting read though one or two of them I'm a little confused as to how that works such as sugar causing juvenile delinquency maybe you can help me understand that one



jaklizard

on September 7, 2013 at 1:43 am | [Reply](#)

Juvenile delinquency is an archaic term for problem children that ranges the modern gamut from back-talking at school to pushing the teacher down the stairs. Studies show that sugar causes or exacerbates much of the precursor behavior.



ADHD? Yes. Children who can't focus can sometimes act out to get attention.

Smoking in the boys room on the third floor? Yes. In addition to smoking to look cool to cover up educational or emotional difficulties, sugar abuse is often thought of as the original addiction. When the cops on Dragnet moralized about Marijuana being the gateway drug to harder narcotics justifying the listing as a Schedule 1 drug, they were partly correct in that all addictions work the same way. Addictions are all about changing serotonin and norepinephrine levels in the brain. Sugar has the same effects on these neurotransmitters as narcotics. So is the tough smoker kid addicted? Maybe. Probably.

Violence? Yes. In some susceptible people sugar is highly correlated with violence. When Dan White blasted Moscone and Milk back in 1978 Doctor Appleton told me that the Twinkie Defense was based on real science that at the time the mainstream didn't accept. She also pointed out that various Manson Family abodes were found littered with candy bar wrappers. So a child that beats up other kids at school may just have a sugar problem, either because sugar directly affects emotions meaning hate, anger and paranoia may all be pronounced while on sugar or because the child isn't doing well in school and acts out violently at school to get attention and status. Even going to the principal's office can help self-esteem in a twisted way.

These are a few ways how sugar helps cause problem children.

Lee

on September 8, 2013 at 5:42 am | [Reply](#)

Extremely informative information, Thank you for the effort.



Recently I have noticed I feel really sick after drinking tea with sugar. This is going on for a week. I have seen a GP and he has ordered some blood tests.

when I drink tea my head feels hazy and my face feels numb and I feel like I'm being suffocated. The feeling increases and decreases randomly and lasts the whole day. Have I become sensitive to sugar?

jaklizard

on September 8, 2013 at 11:14 am |

[Reply](#)

Can't say for sure. Neither the doctor nor I are MDs.

And we're not going to delve more deeply into your situation. The tea if it is a caffeinated blend isn't doing you any favors, either. But, your body is already answering the question. You consume sugar and tea, you feel worse. Stop. You'll feel better. It's as simple as the logic of this old joke – "Doctor, my eye hurts when I drink coffee!...Take the spoon out of the cup."



MQ Q

on December 28, 2018 at 4:56 pm | [Reply](#)

Hi Lee, I have just read your comment, on December 2018. Maybe the problem is (if you still have it) the fluoride in tea, Teas contain high amounts of fluoride,



which is bad for health, very toxic, the maximum amount in water . should be not more than 1 or 1.2 ppm (parts per million) but some teas contain more than 5 or 7 ppm, and if you boil it some minutes, it is even more concentrated, too bad. Also don't heat the water with tea bags in aluminum cans, since Aluminum combines with fluoride and it is dangerous for brain. If possible, avoid drinking tea. I hope this will help you.

César Beleño

on September 19, 2013 at 4:58 am | [Reply](#)

Hi, when people talk about sugar, do they refer to refined sugars or also include natural sources of sugar like raw fruits or honey?



jaklizard

on September 19, 2013 at 5:09 am | [Reply](#)

Depends on context. In most cases, the doctor and I typically exclude natural fruit sugar from discussion because of the presence of dietary fiber, which slows down sugar absorption. However, when someone is sick it's all just sugar. We covered this in the FAQ and several other comment replies.



vscharp

on September 26, 2013 at 10:26 am |

[Reply](#)

I agree with the entire list. I got off of a lifelong sugar journey about 4 years ago, and felt so much better in so many ways. Then I got a staff infection that went septic and I had to be treated with massive amounts of antibiotics. Now I am again struggling to get myself off of sugar. I didn't have this much trouble the first time I cut all sugar. But this time is much worse, do you have any ideas for me. I'm trying really hard. I seem to be one of those who must stay away from any and all sugars. It's like an addiction.



jaklizard

on September 26, 2013 at 11:06 am |

[Reply](#)

We cover this in greater detail in a variety of the doctor's books: Lick the Sugar Habit and Suicide by Sugar for sure. There are also quite a few comment replies on this subject.



The short version: it's not like an addiction; it is an addiction. Treat it as such. This means that in addition to whatever mental tricks you glean from our other posts and books (Half as much sugar as yesterday or Use a salad plate and salad fork for the main dish etc.) you should seek your choice of professional counseling, life coaching or a food-oriented 12-step program that will work as external support.

Your choices include Overeaters Anonymous, Food Addicts Anonymous and there are tons of splinter groups using the same principles that are a Google search away. Additionally, the support elements of the Jenny Craig and Weightwatchers seem to operate the same way, even though they're more about selling their meals.

G.N. Jacobs for Nancy Appleton

Kunal Moza

on September 27, 2013 at 8:43 am | [Reply](#)

Hi nancy, I loved reading all this info. My question is that there was a study that was done a few months ago that connected stevia (sugar substitute) to possible causing cancer. What are your personal thoughts on that?



jaklizard

on September 27, 2013 at 11:40 am |

[Reply](#)

We have cautiously supported Stevia for some time now. It would be disappointing to have Stevia have an elevated cancer risk. But, always check the study's methodology. Many jam the subject with levels higher than would actually be found in real life. In this case, the carcinogen is an irritant that may cause extra cancer risk. More studies are required.



Lemurette

on September 27, 2013 at 2:40 pm | [Reply](#)

could you please give the reference of that study?? I'd like to read it asap as I'm a big stevia consumer...



Many thanks in advance!

jaklizard

on September 27, 2013 at 6:01 pm

The doctor and I can't because that information only comes from a reader making a comment and we'd never heard of it prior. Until said study on Stevia makes it onto PubMed, it doesn't really exist and may be pro-sugar propaganda.



In the meantime, do your own research while waiting for the previous reader to post a link to the study he or she cites. For now, the position of Nancy Appleton Books is Stevia is OK for people who aren't sick and whose sweet addiction is not highly active if used responsibly.

G.N. Jacobs for Nancy Appleton

Madge

on November 4, 2013 at 12:14 am |

Touche. Sound arguments. Keep up the amazing spirit.

Reply



Shiv Bansal

on November 22, 2013 at 10:10 pm |

I would like to know more about effect of sugar in Parkinsons disease.

Reply



jaklizard

on November 22, 2013 at 10:18 pm |

We covered the topic slightly in Suicide by Sugar.

Other than that you'd have to access the same sources we did and conduct your own research.

Reply



John Grapsas

on January 14, 2014 at 2:38 am | Reply

As a dentist I agree 100% with your views on sugar (sucrose). It is nearly in everything and people eat far too much of it. For dental reasons I ensure I eat at least 6-10 grams of Xylitol (Birch sugar) each day, in small amounts after meals and snacks. It gets rid of the bacteria that causes tooth decay, reduces mouth acidity, increases saliva flow and so helps strengthen teeth. Ha Ha, a sugar that is actually good for teeth! Great article, thanks.



health

on February 10, 2014 at 2:28 pm | Reply

Very interesting article.

Great way to improve our health.

<http://drhealtheffects.com/>



megan

on February 11, 2014 at 8:20 am | Reply

thanks,

i was always wondering what sugar can do to people other then give people cavity's and diabetes 🙄



Mary Anne

on February 14, 2014 at 2:56 pm | Reply

I have Alopecia Areata. It started 15 years ago when I left home for college. I grew up on home grown veggies and the occasional meat. We never had Oreos or Coke around the house. Then my hair started falling out in college. After multiple doctors, specialists, and treatments, it continued to fall out to the point of getting sized for a wig. But I refuse to give in! I recently started the paleo auto-immune protocol diet. I have not had refined sugar (just raw honey and fruit) in 25.5 days. I have baby hairs growing where hair has not grown in over a decade. I am not saying it was JUST the sugar causing it, because I have also cut out soy, grain, dairy, eggs, and nightshades; but I was a self-confessed sugar addict to the extreme. With any addiction, it's hard to have "just a little" of something and then not completely jump off the bandwagon. Kinda like "just having one Lays potato chip"? It take discipline – a dirty word in America nowadays. I have lost 6 pounds without trying and not been hungry. I have more energy, elevated and stable mood, as well as no acid reflux after a decade of daily antacids. I wish people would not villainize nutritionists and doctors who are suggesting changes in people's diets to help them feel better and possibly cure ailments. If they are offering a hoax for money, that is one thing. But c'mon – not wanting to quit sugar or grain is just



the addiction talking. Some of us deal with chronic physical and emotional pain every day. Sure it makes us vulnerable, and even desperate at times, but there isn't anything wrong with eating whole foods at all. If some people villianize the Sugar Money or the Grain Money, well.....I don't think they are far off. Take some time and research lobbyists in the Federal Govt on behalf of Grain producers, Dairy producers, Vegetable Oil producers, etc., in the past 40 years. It's not a conspiracy theory. It's a valid opinion. Look where the Federal Govt's endorsed "Low Fat" diet craze of the 90's left us! Fatter, sadder, and angrier. You have nothing to lose by steering clear of sugar. NOTHING. But a heckuva lot to gain. Don't hate 🙄

Tommy Long

on March 14, 2014 at 3:48 pm | Reply

Thank you for this.



Suhair Sidani

on March 25, 2014 at 7:49 pm | Reply

Thank you for all that sugar info. Please let me know if "honey" is ok?



jaklizard

on March 25, 2014 at 8:57 pm | Reply

No.



Dulcie

on April 20, 2014 at 7:00 pm | Reply

Helpful info. Fortunate me I discovered your site unintentionally, and I'm shocked why this twist of fate didn't happened earlier! I bookmarked it.



how to lower blood pressure

on May 7, 2014 at 6:12 pm | Reply

" Coumarins, another phytonutrient in celery "helps prevent free-radicals from damaging cells and prevent the formation and development of colon and stomach cancers.



Studies are also showing that those who take steps to reduce the stress levels can also experience less stress and lower blood pressure readings as a result.

Essential hypertension is the name for high blood pressure with no identifiable cause, and this actually accounts for the majority of cases.

chadjpeterson

on May 21, 2014 at 8:51 pm | Reply

This article is very informative and eye opening. I loved reading it. The citations alone will take me a year to go through. I recently quit sugar or lowered my intake, hard to quit when everything has added sugar. I found a subliminal stop sugar addiction cd was helpful for myself it may or may not be beneficial to other people as well. I used the one from Hypnotic Waves.



Bobbie

on June 6, 2014 at 7:51 am | Reply

I constantly spent my half an hour to read this web site's articles or reviews daily along with a mug of coffee.



Hani

on June 17, 2014 at 6:31 am | Reply

Thank you for making people aware of how bad sugar is!
We live in a profit driven world with disregard to the value of life!
Sugar is the main cause for 90% of all sickness!
I am sure 10-20 years from now this research will become common knowledge but we must spread the word about the modern day killer Sugar!



ken

on June 24, 2014 at 2:04 pm | Reply

thank you for enlightening the effects of sugar. i know it is bad and it doesn't provide anything else than charm of tongue for few minutes.
i wish i can stop eating it!



ken

Samantha Martell

on July 6, 2014 at 2:57 pm | Reply

My family and I have recently cut right back on all sugars but I do give the children one portion of fruit a day, usually berries. We also bake once a week using glucose. The children are well although I do know that my 14 year old son has a high Calcium to Magnesium ratio. Do you think that it is ok to continue eating the fruit and using the glucose? We have followed David Gillespie's book and he uses glucose quite a lot but does say that it should be a treat and consumed in moderation. Many thanks for this list and the other informative information.



jaklizard

on July 6, 2014 at 4:37 pm | Reply

The doctor and I have always asserted that whole fruit when consumed by someone who is currently healthy is good for you. So while you and your children are healthy the berries will be fine. Should anyone get sick...really sick not just a cold or flu, you would need to stop until you heal.



We would be a little concerned about your glucose intake. We don't know how much glucose you consume and aren't going to ask. You and your family may be consuming below the fairly low limit per day that is safe. However, if you've noticed a slightly off mineral ratio – Calcium to Magnesium – in your child's most recent blood test then the doctor and I would suggest that your child is eating too much. We ourselves used to use a ratio of Calcium to Phosphorus until standard blood panels stopped testing for Phosphorus. It doesn't matter what minerals are compared in the ratio if any are out of whack then the body is out of whack. Your boy is young and will usually take a long while (into adulthood) to manifest symptoms. A few will get sick sooner.

We are just as down on glucose only as we are on fructose only because these two sugars, which in specific combinations are the building blocks of every other edible sugar available. Too much of either will eventually result in diabetes, heart disease and the other aspects of the Metabolic Syndrome.

The mechanism for fructose is that it goes through the liver and becomes very dangerous belly fat. We've explained it a little better in other posts and we would also point you at the work of the doctor's respected colleague Robert Lustig who wrote the book on fructose. The short version is that this Fructose/Fat cycle is the back door to diabetes.

Glucose is dealt with by the pancreas through the release of insulin. The overworking of the pancreas on a regular and long term basis is the front door to diabetes. This is why Mr. Gillespie jumped on the moderation train in his book, which I personally haven't read.

In a perfect world, you wouldn't bake at all with glucose, but...you don't see either of us with our heads in the sand on the subject. Your boy is possibly showing signs of needing to cut back even from your generally not too bad once a week regime. Your other children are not illustrating that all people are different and that averages are just that – averages based on the dreaded bell curve graph.

We would suggest that you try a trick from our limited support of the Stevia extract as a sugar replacement. Most people who tout Stevia say to replace half the sugar, honey, carrot juice, applesauce or other carbohydrate style sweetener in the baking recipe that calls for yeast with pure Stevia (DO NOT EAT ANY STEVIA CUT WITH ANY OTHER SWEETENER!). Half the regular sweetener is enough for the yeast to work. But, because Stevia works more like a spice that mimics the sweet taste of sugar instead of being an actual carbohydrate you get the taste of the recipe but half the sugar compared to previous versions of the baking dish in question. Our support of Stevia is limited because it is still sweet and can be abused in an addiction cycle. We typically tell people with an active sweet addiction to break the addiction into remission before switching over to this half and half Stevia regime. So this trick of half glucose and half Stevia when you treat your family to the once a week bake off might be what your family needs to keep everything within the normal range, especially your son. Of course, like any culinary method that a person hasn't practiced the first couple of attempts may end up inedible, but eventually you'll get the hang of it. If Stevia doesn't give you good results then you'll want to cut baking to twice a month.

Lastly, I will answer the obvious question about why whole fruit is good for people who aren't sick or freaking out with an active sweet addiction. It's because there are three types of sugar basic to the chemistry of fruit: fructose, glucose and edible cellulose. Edible cellulose (referred to on the nutrition label as Dietary Fiber) is what gives the fruit and vegetables their structures. Edible cellulose isn't completely edible and forms the majority of our solid waste. But, in the body while the fructose and glucose are digested the edible cellulose acts to slow the absorption of both fructose and glucose down so that these sugars become useful sources of energy instead of poisonous substances.

Hopefully, this reply answers your questions. Thank you for your readership.

G.N. Jacobs for Nancy Appleton

pusatmutiaradilombok

on July 7, 2014 at 1:21 am | Reply

thank you for enlightening the effects of sugar. i know it is bad and it doesn't provide anything else than charm of tongue for few minutes.
i wish i can stop eating it..!!!



Latha Tamil

on August 9, 2014 at 3:45 am | Reply

Good one! this article is really interesting... The following link will also be helpful to know the bad effects of sugar.... I found that this seems to be interesting as well!!
<http://bingoose.com/bad-effects-of-sugar/>



What a yeast overgrowth is teaching me about sugar | on August 22, 2014 at 1:11 am | Reply
La Holista

[...] Check out this funny video on sugar, these infographics on sugar and on coffee and this great list of sugar cons. [...]

colliace

on August 29, 2014 at 6:29 pm | Reply

GOD BLESS YOU FOR THIS PAGE YOU HAVE SHARE WITH US IN JESUS NAME
AMEN



GLENN BOSIO

on September 2, 2014 at 12:25 pm |

Reply

How do you tell a sugar addict teen (15) that we're removing sugar from the house?



jaklizard

on September 2, 2014 at 2:33 pm | Reply

Very carefully...RIM SHOT! But, seriously...



First, have the discussion. Explain that you believe sugar is bad for them. You might use either our DVD Sweet Suicide or the DVD of Katie Couric's more recent movie Fed Up, to explain that you're not making this anti-sugar jihad up.

Second, Go slow with the actual removal. Cold Turkey works less than 1-percent of the time for drug addictions and is even less effective for sugar. The doctor put her children off sugar with this soft transition – allowing them one sugary thing per day while on a trip to England. Her kids initially learned to strategize their sugar intake to get the best thing. The doctor has also suggested Half as Much as Yesterday, or Salad Plate at the Buffet. Whatever the trick for eating less...GO SLOW!

Third. NO SODA OR JUICE FROM JUMP! Soda delivers sugar and to a former consumer's mindset, nothing else. Soda and other sugary are the one thing that can and should disappear the first day. If your teen can only have one sugary thing per day during the transition and you find out he or she had a Coke for lunch you get to say "no dessert!"

Fourth. Sugar is an addiction, so expect addictive behavior. It may take a long time for the addiction to become stable in remission. Keep it out of your house and make sure to feed your teen a healthy breakfast and dinner. He or she will suddenly be eating two thirds less sugar than before. In most cases, you can't control out of the house food. You cause more stress for you and your child if you approach these delicate situations like the Soup Nazi. The one exception: if your child eats too much out of the house that the healthy breakfast and dinner are skipped then you get to have a full blown intervention. Most kids will eat the food in front of them and so a healthy breakfast and dinner will crowd out much of the opportunity for sugar during the day.

Fifth. It will be hard going and emotional at first. You will need a carefully regulated dose of your favorite mixed drink, or the non-alcoholic equivalent for keeping calm and carrying on.

G.N. Jacobs for Nancy Appleton

Cherelle

on September 14, 2014 at 12:31 pm |

Reply

Hi there, im from Holland and I read this article. Very interesting info about sugar, thank you for sharing! You have allot of comments, so forgive me if you already answered the following question: does this apply ALL of the sugar in the world? Including honey, stevia, fruit sugars etcetera... or what is the definition of 'sugar' in this article? And what is the amount of sugar when these symptoms can appear? Im dying to know! Thanks allot! Kind Regards, Cherelle Overklift.



jaklizard

on September 14, 2014 at 12:43 pm |

Reply

Stevia is not sugar and is about the only thing the doctor supports. Everything else is sugar and is VERY bad for you.



jaklizard

on September 14, 2014 at 12:43 pm |

Reply

We also like whole fruit. The sugars that would hurt you are slowed down by the Dietary Fiber.



carol

on October 11, 2014 at 7:08 pm | Reply

I was a sugar addict my whole life and often joked that I would have to go to rehab to get off of it. By happenstance in 2013 the peaches and nectarines were seasonably delicious and I started eating them with Trader Joe's plain Greek yogurt (fully fat, I don't eat fat free or lite anything also bad for you), I ate this first thing in the morning and after a month I noticed that I had completely stopped eating sugar including chocolate and was hardly eating flour without feeling deprived or stressed out. I have been sugar free except for fruit and the small amounts that one eats in salad dressings and such while dining out for over a year and have had multiple benefits!



Jessica / Whole Body Health

on November 25, 2014 at 6:34 am | Reply

Fantastic information. Is this article copyrighted or are we allowed to share the info?



jaklizard

on November 25, 2014 at 1:06 pm | Reply

Yes, we maintain a copyright, but people who ask nicely get to use the information.



survivalgardener

on December 5, 2014 at 12:02 pm |

Reply

Our family follows a version of the Paleolithic diet and have cut out processed oils (PUFA's), sugars, and grains out of our diets for the last three years. We've felt great, leaned up, gained muscle and gotten stronger. I think there's something to it, but don't just listen to my anecdotal story. Check out the sources from the "Fed Up" documentary. Do your own research. Try a diet change for 30 days. The most obvious thing is that we Americans consume tons of high energy foods and live sedentary lifestyles, and you can't do both.
<http://survivalgardener.com/2014/11/is-sugar-killing-us-fed-up-documentary/>



dylan

on December 18, 2014 at 5:36 pm | Reply

sugar is bad for you in many ways .



Katherine

on March 1, 2015 at 2:35 pm | Reply

thank you for an informative article and continued discussion over the years. I am dealing with a 13-year-old who has constitutional growth delay. He makes IGF-1 to a small extent so (thankfully) does not qualify for growth hormone treatment. When I ask if there are natural options to promote growth, the docs say there's nothing we can do... HUH!? I keep saying my child should really drop all sugars, which we have to a great extent. (we already eat organic and whole. not much junk around the house). What I am looking for is someone who can explain the mechanisms as to why sugar could be a culprit. So far I explain it is an anti-nutrient, can cause leaky gut, feeds dysbiosis and bad gut bugs. But I don't have good scientific pathways to explain. I'd love to shoot this back at my child's doc. It's unbelievable they don't think sugar and junk could be a player in a complex issue...



Patsy Solanki

on March 14, 2015 at 6:04 am | Reply

Having gone through a sugar detox I can highly recommend removing sugar. Thank you for this information

Which Sugars are Toxic? A List. – All types of sugar – GOOD | Katrina Berry

on April 9, 2015 at 2:53 am | Reply

[...] NY Times – “Is Sugar Toxic” Soda Info Site: education.wichita.edu USC Research Finds Sodas Sweetened with More High Fructose Corn Syrup Than Previously Assumed — keck.usc.edu Sugar Alcohols: <http://www.marksdailyapple.com> 141 Reasons Sugar Ruins Your Health: nancyappleton.com [...]

Gabriel Jimenez Guillen

on April 23, 2015 at 12:42 pm |

Reply

Hi Nancy, I'm absolutely agree with your points. Also it is pretty important to spread the info in hardlly way. Thanks!!!



Coconut Lime Meringue Pie - Carla M. Jones | Nutrition, Health, Wellness

on May 5, 2015 at 4:27 am | Reply

[...] Traditional meringue is made of sugar, water and egg whites. Sugar is a great ingredient to use from an artistic perspective because it has a different reaction at each temperature – you can sprinkle it, pour it or sculpt it. It's all about the temperature you work at. On the downside, Sugar is very bad for you – and as you know, there are huge government campaigns to ban it. Sugar affects your mood, your liver, your insulin, your teeth... and the list goes on. Take a quick look this Kris Gunnars' scientifically supported post on 10 disturbing reasons why sugar is bad for more information. If you prefer a list of reasons (without having to read the scientific data), you can have a look at Nancy Appleton's 141 Reasons Sugar Ruins your Health. [...]

Suraj Basumatary

on May 5, 2015 at 5:10 pm | Reply

Actually, I'm sugar patient and also have a brain problem. I'm feeling hard to serve because sugar problem and couldn't makeup any decision taking my life. I get weak and lossing my strenght and hope. I studied the instruction of sugar causing various disease. I want solution to getout free from sugar problem. I'm age of 18.



goodnewseverybodycom

on May 20, 2015 at 7:10 pm | Reply

Love your list, which is a great reminder as a motivation to “cut and eliminate” this “addicted drug/by-product that has NO nutritional value”



Martina Dragojević

on July 17, 2015 at 3:09 pm | Reply

Oh my!

Shawn Larson

on July 27, 2015 at 4:16 pm | Reply

Nancy Appleton, Thank You for all of your hard work educating the public about sugar, a contribution to humanity. I can see you have added a lot of healthy years to a lot of peoples lives, eliminating many premature sugar related deaths and hardships. Many will probably never know what you have done for them or someone close to them. You may never know how many people you have helped or will help through out time with the information you have gathered, proven and presented. You are a pioneer that has cut the path for the revolution against sugar, an addictive poison with a serious strong hold. One that I feel dwarfs that of nicotine. You have made it much easier for those who fallow in your foot steps, myself in particular, I feel the addiction to sugar is the biggest epidemic the US faces today. I have created a dietary accessory that can easily break the sugar addiction by reducing the use of willpower by 90%. I am presently building my website struggling to put together a list of proven negative effects caused by sugar and ran across your site, I am very impressed. I would like to ask your permission, giving you full credit for your work and a link to this site, if would you grant me permission to post your list of 147 reasons why sugar ruins your health and authors, on my website blog? I have found myself completely submerged in this quest to change this devastating path we are on. I read everything I find on this subject. I am looking forward to reading your books. Thanks again for all you have done.
<http://www.cuppits.com>



Get Spooked Before Halloween | Connie Bennett

on October 21, 2015 at 8:25 am | Reply

[...] on high fructose corn syrup. To begin, I urge you to look at my colleague Nancy Appleton's amazing list of 141 Reasons Sugar Ruins Your Health. If you have time, go deeper with my first book, Sugar Shock!: How Sweets and Simple Carbs Can [...]

kimberleemaloy

on November 20, 2015 at 10:48 pm |

Reply

Not on the list.....sugar helps cause plantar warts as

hard to believe. I am on the side that everything in ... [...]

Maduka Victoria

on May 31, 2016 at 10:40 am |

[Reply](#)

thank you very much for this piece.unfortunately,my health is already in shambles because of sugar in take.i am having series of health challenges but i thank God that i am receiving treatments now.Infact,my doctor advised that i should look up in the internet for the dangers of sugar.I saw firsthand that most problems are sugar related.i want repost thispiece to help others.Thanks.



karen

on June 18, 2016 at 1:11 pm | [Reply](#)

hello.....

My names are Karen Cole am from UK, I was diagnosed of Emphysema , I was told by my doctor that there's no cure. I was so worried anytime i think about it ..i was just researching online I saw a lot of testimonials about DR Mapipa on how he uses herbal medicine to cure so many deadly disease I contacted him via his email;drmapipaherbalmedicinehome(at)gmail(dot)com and told him my problems, then he said i will be totally cured within 18days,my heart was full on joy when he said that i will be totally cured within 18days ,i just had faith and believe,then i purchased the herbal medicine and sent him my details such as NAME,HOME ADDRESS,PHONE NUMBER ,Then DR Mapipa sent me the herbal medicine to me through courier service and I used the herbal medicine for good 18 days, then I went for check-up and my doctor confirmed thats am totally free from emphysema..it work like a miracle to me ,please viewers out there this is real am so happy to share this testimony .thanks to DR MAPIPA GOD WILL BLESS U . if u want ti know more about doctor mapipa and his great work check his website drmapipaherbal weebly com



A.G. Julien

on August 2, 2016 at 9:51 am | [Reply](#)

Great piece of information for all peoples.



Step

on August 2, 2016 at 7:55 pm | [Reply](#)

For one year I have been following the suggestions of Prof. Ray Peat. I have quit all grain products and vegetable oils which interferes with bodies usage of glucose. The main fuel of the bodies cells. Only use butter and coconut for oils. I now consume more than 100 gm a day of various sugars and my fasting glucose test daily in the morning are at 85. Mainly organic cane sugar and fructose from fruits and 16oz of Orange Juice. Also take coffee, raw milk and eggs. My health has improved being 65yr. old as I try to increase my metabolic rate. I will experiment some more to see what happens.



jaklizard

on August 3, 2016 at 2:13 am | [Reply](#)

We disagree as a general rule that more sugar is good for you. However, we have always acknowledged outliers saying "everybody is different" and we are pleased that you seem to be doing well. If that changes please read one of our books for our opinion and food plans based on our opinion that results from close to four decades of Doctor Appleton's work.

G.N. Jacobs for Nancy Appleton



dee day

on August 14, 2016 at 6:53 pm | [Reply](#)

GOD BLESS YOU FOR HELPING TO RAISE CONSCIOUSNESS AND TRUE HEALING TO HELP SAVE OUR SACRED PLANET.....
YOU ARE HELPING TO BRING HEAVEN TO EARTH
AND BECOMING LOVE IN MANIFESTATION



diarrhea during early pregnancy

on September 3, 2016 at 1:32 am | [Reply](#)

I am impressed with you, They useful to us. I read all your blog's post. Thanks for sharing this post. It's very important one and best suggestions and information.



Monica V. Nganjone

on September 12, 2016 at 10:21 am |

[Reply](#)

Thank you very much for this very enlightening information. I will spread the word, for sure!



Catherine Murphy

on October 17, 2016 at 3:37 am | Reply

I decided to share this to help someone out there who is still held with Parkinson's. My dad suffered from parkinson's for 18 years and we traveled round the world from one hospital to another neurologist and spent thousands of dollars and even got scammed in this process of seeking a cure and the problem still persisted. He acted weird and aggressive and this was so scary. All thanks to Dr Lusanda who was able to use his herbal medicine to cure him permanently. He is one of the Honest men out there. If you want to contact him on how to get this herbal medicine or for info just reach him directly on [drlusandaherbal\(AT\)gmail\(dot\)com](mailto:drlusandaherbal(AT)gmail(dot)com) or website on [www\(dot\)drlusandaherbals\(dot\)weebly\(dot\)com](http://www(dot)drlusandaherbals(dot)weebly(dot)com) Thanks admin.



Hosea Swai

on November 6, 2016 at 3:29 am | Reply

Thank you very much and God bless you. This reasons about effects of sugar in our body will help me and others around me. It is true that sugar is very bad for our health.



Facing Reality. Its all about the pie. – Healing Foodie on November 28, 2016 at 12:44 pm |

[...] them. I don't do what I have always done because I now know the truth about the dangers of sugar and I simply cannot make a sugary pie and not taste it. For me this means misery and pain. [...]

Reply



Andrew Dougan

on January 4, 2017 at 3:19 pm | Reply

Are people in America even aware of how much pure sugar they are putting into their bodies everyday and how bad it is for you? Do they even realize the potential harm they are setting themselves up for? Here is a video from my youtube channel showing just how much sugar a few common items contains



I also have a blog at <http://www.fowfitness.com/blog> where there is more information or anyone with questions for me or who wishes to continue the sugar discussion can contact me at forceofwillfitness@gmail.com

Stay sugar free,
Andrew Dougan
CEO of FOWFitness

Alexzotov4433

on March 30, 2017 at 5:51 am | Reply

Nice topic



k

on December 10, 2017 at 4:55 am | Reply

I have looked through the studies...do you have any newer once? That state the same?



jaklizard

on December 10, 2017 at 10:04 am |

Old doesn't imply invalid. We do from time to time review the citations but more for continued validity than age of publication. The doctor is researching a new book and may revisit the citations at that time.

Reply



Roy West

on February 8, 2018 at 11:17 am |

[Reply](#)

Added it up, I'm eating almost a half pound of sugar a day. I'm will start cutting back.



Abaletawag

on February 13, 2018 at 2:14 pm | [Reply](#)

Good man! In the extreme contribution. Ta!



T.Petroff

on October 11, 2019 at 12:04 am |

[Reply](#)

Here's what sugar does to your body!

<https://www.wouldsayso.com/what-sugar-do-your-body/>



angelina

on May 7, 2020 at 12:33 am |

[Reply](#)

Thanks for stopping by my page! I'm Angelina Mays.

Even though I jokingly credit my mother for my writing talent, I know that it is a skill I have fostered from childhood. Though my aunt is a writer, I also started out young.

I've always had a way with words, according to my favorite educator. I was always so excited in science when we had to do a research assignment .

Now, I help current learners achieve the grades that have always come easily to me. It is my way of giving back to students because I understand the troubles they must overcome to graduate.

Angelina Mays – Academic Writing Professional – [How to Teach Students to Write an Essay Team](#)



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