

# Additional Ways Sugar Can Ruin Your Health

In addition to throwing off your body's homeostasis and wreaking havoc on your metabolic processes, excess sugar has a number of other significant consequences.

1. Sugar can suppress your immune system and impair your defenses against infectious disease.
2. Sugar upsets the mineral relationships in your body: causes chromium and copper deficiencies and interferes with absorption of calcium and magnesium.
3. Sugar can cause a rapid rise of adrenaline, hyperactivity, anxiety, difficulty concentrating, and crankiness in children.
4. Sugar can produce a significant rise in total cholesterol, triglycerides and bad cholesterol and a decrease in good cholesterol
5. Sugar causes a loss of tissue elasticity and function.(wrinkles)
6. Sugar feeds cancer cells and has been connected with the development of cancer of the breast, ovaries, prostate, rectum, pancreas, biliary tract, lung, gallbladder and stomach.
7. Sugar can increase fasting levels of glucose and can cause reactive hypoglycemia.
8. Sugar can weaken eyesight.
9. Sugar can cause many problems with the gastrointestinal tract including: an acidic digestive tract, indigestion, malabsorption in patients with functional bowel disease, increased risk of Crohn's disease, and ulcerative colitis.
10. Sugar can cause premature aging. In fact, the single most important factor that accelerates aging is insulin, which is triggered by sugar.
11. Sugar can lead to alcoholism.
12. Sugar can cause your saliva to become acidic, tooth decay, and periodontal disease.
13. Sugar contributes to obesity.
14. Sugar can cause autoimmune diseases such as: arthritis, asthma, and multiple sclerosis.
15. Sugar greatly assists the uncontrolled growth of Candida Albicans (yeast infections)
16. Sugar can cause gallstones.
17. Sugar can cause appendicitis.
18. Sugar can cause hemorrhoids.
19. Sugar can cause varicose veins.
20. Sugar can contribute to osteoporosis.
21. Sugar can cause a decrease in your insulin sensitivity thereby causing an abnormally high insulin levels and eventually diabetes.
22. Sugar can lower your Vitamin E levels.
23. Sugar can increase your systolic blood pressure.
24. Sugar can cause drowsiness and decreased activity in children.
25. Sugar causes food allergies.
26. Sugar can cause toxemia during pregnancy.
27. Sugar can contribute to eczema in children.
28. Sugar can cause atherosclerosis and cardiovascular disease.
29. Sugar can make your skin age by changing the structure of collagen.
30. Sugar can cause cataracts and nearsightedness.
31. Sugar can cause emphysema.
32. Sugar intake is higher in people with Parkinson's disease.
33. Sugar can increase the size of your liver by making your liver cells divide, and it can increase the amount of fat in your liver, leading to fatty liver disease.
34. Sugar can damage your pancreas.
35. Sugar can make your tendons more brittle.
36. **Sugar can cause headaches, including migraines.**

See our website [www.clergyhealthcouncil.org/training.htm](http://www.clergyhealthcouncil.org/training.htm) for the full list of 76 items.