

The Drugless Doctors

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SUGAR: What you need to know!

What is sugar? It is a class of carbohydrates that turn into energy.

Why is sugar scary? Targets our belly, silent killer, addictive, and causes damage to a liver, low nutritious value, and it causes your body to attack itself.

61 different names for sugar (University of California San Francisco)

Agave nectar, Barbados sugar, barley malt. Barley malt syrup, beet sugar, brown sugar, buttered syrup, can juice, cane juice crystals, cane sugar, caramel, carob syrup, castor sugar, coconut palm sugar, coconut sugar, confectioners' sugar, corn sweetener, corn syrup, corn syrup solids. Date sugar, dehydrated cane juice, demerara sugar, dextrin, dextrose, evaporate cane juice, free-flowing brown sugars, fructose, fruit juice, fruit juice concentrate, glucose, glucose solids, golden sugar, golden syrup, grape sugar, high fructose corn syrup, honey, icing sugar, invert sugar, malt syrup, maltodextrin, maltol, mannose, maple sugar, molasses, muscovado, palm sugar, panaocha, raw sugar, refiners syrup, rice syrup, saccharose, sorghum syrup, sucrose, sugar granulated, sweet sorghum, treacle, turbinado sugar, yellow sugar

Sugar substitutes: stevia, aspartame, sucralose (Splenda), neotame, acesulfame potassium, saccharin, advantame, erythritol, xylitol, cyclamate (sweet n low), mannitol, polydextrose, sorbitol, glycerol, fructooligosaccharide, curculin

Drugless Doctors Points for sugar

- 1). Creates inflammation in the body
- 2). Decreases immune system function
- 3). Slows the healing process down in the body
- 4). Promotes weight gain
- 5). Creates liver distress and adrenal fatigue

Sugar Facts: 1 teaspoon of sugar = 4.2 grams, 1 tablespoon of ketchup = 4 grams (around 1 teaspoon) of sugar.

1. AHA recommends not eating more than 24 grams or 6 teaspoons of added sugar per day for women and 36 grams or 9 teaspoons per day for men. The average American consumes 30 teaspoons of sugar daily.

2. 2013 study found globally 180,000 die per year from sweetened beverage consumption.

3. 200 years ago Americans ate 2 pounds of sugar per year, today, however, the average American consumes over 150 pounds of sugar in a year.

4. Sugar has not been extensively studied in chronic disease: has been linked to type 2 diabetes, cardiovascular disease, hypertension, dementia, Cancer, and weight gain.

5. JAMA: Americans get, on average 350 calories from added sugar or 22 teaspoons. People that consume 21 percent of their daily calories from added sugar are twice as likely to die from heart disease.
6. Sugar and Cancer: Cancer needs to utilize sugar as a source of energy. In order to starve cancer cells, you have to kill the source of fuel. The WHO predicts Cancer will rise by 57% in the next two decades.
7. Not all sugar is created equal. 15.2 oz of Minute made 100% Apple juice contains 49 grams of sugar (same as eating 10 Oreos) – Sources of sugar you may have not considered: bread, yogurt, salad dressing, protein bars, pretzels, beef jerky, cereal, non-dairy milk, pasta sauce, fruit juice.
8. A 32 oz Gatorade has 36 grams of sugar, which is like eating 5 Reese's Peanut butter cups.
9. Sugar activates the reward center of your brain, just like drugs such as cocaine and amphetamines.
10. Sugar is toxic to your liver, just like drinking alcohol can be.

ACTION STEPS:

1. Take an inventory- what are you consuming/day?
2. Read all ingredients and labels (especially the smaller print). Avoid anything that says sugar or the other chemicals listed above like dyes, artificial flavorings or colorings, cane sugar, coconut sugar, agave, honey...ect
3. Share this information with 1 person you love or care about

March Half Hour to Health 4th at Noon, 5th at 6 PM – HOW TO BE HEALTHY

Specials in February

1. Omega Test – measures the level of inflammatory fats in the blood and the helpful omega 3's – can be an excellent way to evaluate future chronic health issues. \$130 (usually \$165)
2. All Oils are 10% off all month- Flax oil, Optimal EFA, Bio-Omega 500/1000