HOW SUGAR AFFECTS YOUR BODY

Ancient people ate about 5g of natural sugar per day – a little over 1 teaspoon. The average person now eats about 70g per day.[1]

HOW MUCH SUGAR SHOULD YOU EAT?

Added sugars have only been a major part of our diets since the 1950s. (Naturally occurring sugars like fruit and honey, have always been eaten in small amounts.) High fructose corn syrup (HFCS) was first made from cornstarch in 1957. It's now in most packaged foods – bread, ketchup, salad dressings, and soft drinks. Added sugars are about 1/3 of our total calorie intake now.

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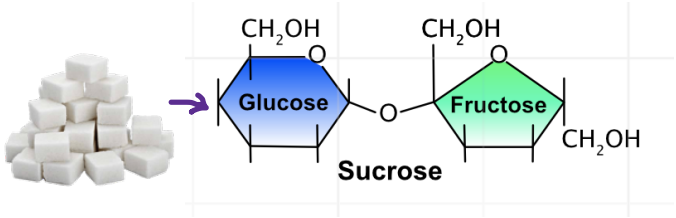
1 tsp sugar = 4.19g

1 can of Sprite contains 50g of sugar.
That's about 12 teaspoons of sugar.

To stay healthy, stay under 10g of sugar per day, or less than 3 teaspoons. (More overwhelms the liver.)

WHAT IS SUGAR, EXACTLY?



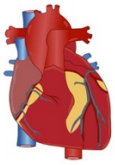
The scientific name of sugar is sucrose. It's made of two molecules: glucose and fructose. Half of all the sugar we eat is in the form of fructose. Fructose cannot be digested by the liver and it causes liver damage.

YOUR LIVER

When fructose overwhelms the system (more than 10g) it is sent to the liver where it is turned into fatty deposits in the liver, which causes a disease called non-alcoholic fatty liver disease (NAFLD).

Until recently, fatty liver was only seen in alcoholics. Now, soda and high fructose corn syrup (in processed foods) can cause even children as young as ten to develop liver disease if they take in a lot of sugar every day.[1]

YOUR HEART AND ARTERIES



Fat in the liver from fructose is called triglycerides (TG). TG are released into the blood stream from the liver, where they cause damage to blood vessels and the heart, causing heart disease.

High fructose intake has been known to cause high blood pressure.[1]

Triglycerides should be below 200 on a lipid test, but they can become very elevated when you eat too much sugar.

Teenagers now are turning up with very high TG levels on blood tests. This was rare before the use of added sugars in processed foods.[1]

Young people are developing liver disease because of high sugar intake.

Glucose is the sugar your body uses for fuel. Your brain uses a lot of glucose, and when you have low blood sugar reactions, that is your brain telling your body it's starving. This is the reason you shake when your blood sugar is low. You may get mood swings and feel angry when you have low blood sugar. "*Hangry"* is the term for that desperate hunger you feel from low blood sugar.

Fructose is the sugar found in fruit and honey. Glucose is the body's natural energy source. Fructose puts a huge strain on multiple body systems.[1]

SUGAR, HUNGER, AND THE INTESTINES

Fructose disrupts the body's hunger signals.

It makes the stomach dump food faster and decreases a hormone called leptin. Leptin tells your brain you're full. When leptin is decreased you feel hungrier and eat more.[1]

Fructose increases a hormone called ghrelin. Ghrelin tells your brain you're hungry and it's time to eat. This is exactly the opposite of what you want![1]

Fructose can also damage the intestines and cause inflammation of the small intestine.[1]

WHAT YOU SHOULD DO!

- Sweetened beverages are the biggest cause of many imbalances. Just drink water! Add some lemon juice or apple cider vinegar.
- Use monkfruit or stevia sweetener, and if you do eat sugar, eat less than 3 teaspoons of sugar per day (10g).
- Processed foods are loaded with added sugars – sandwich meat, baked goods, frozen food, or snack foods should be very limited.
- Go back to the ancestral way of using a little bit of natural sugars sometimes, like honey or maple syrup. They should be used sparingly.
- Your taste buds will "wake up" when you limit sugar, and you'll start enjoying food more.
- Eat an apple or orange with a handful of nuts for a snack instead of a snack bar.

YOUR BRAIN AND MOOD

Fructose stimulates dopamine receptors in the brain and may cause imbalances that create mood swings for some people. It can create anxiety and cravings, like an addiction.

Eating sugar causes blood sugar spikes, and disrupts mood balance. The brain doesn't have nerves that alert you to pain, like your skin has. When the brain is injured by inflammation you get bad moods. You might feel depressed, anxious, or angry.[2]

The long-term effect of too much sugar on the brain can cause early Alzheimer's disease.

High blood sugar causes inflammation in the nervous system and the neurons in the brain become inflamed, causing memory problems.[2]

Take care of your brain! Eat less sugar.

REFERENCES:

1. Muriel P, López-Sánchez P, Ramos-Tovar E. Fructose and the Liver. *International Journal of Molecular Sciences*. 2021;22(13):6969. doi:10.3390/ijms22136969
2. InchauspéJ. *Glucose Revolution : The Life-Changing Power of Balancing Your Blood Sugar*. Penguin Life; 2022.

READING!

Glucose Revolution by Jessie Inchauspé.