

the sweetest poison.....  
the white death.....

Sugar consumption is related to the physical and mental degeneration of the human body on a global scale. Of all the foods man has learnt to refine, sugar has caused the greatest hazard to his health, with white flour is not far behind. Basically our bodies are not designed to handle either of these concentrated substances at all, let alone in the quantity consumed today – you couldn't consume the equivalent in sugar cane! A little honey or maple syrup complete with their accompanying nutrients is one thing, but consuming a concentrate with 90% of its nutrients removed, in the quantities many people get through in a day, is another thing entirely. It adds up. We still have essentially the same bodies as our cave-man ancestors while sugar, glucose, high fructose corn syrup and the myriad of forms it comes in today, is new!!

Mosquitoes know a good thing when they taste it. Mosquitoes love a sugar laden body. Just as spilt sugar attracts ants and insects so sugar in the blood stream attracts mozzies, plus a few other nasties like candida, and parasites. Sugar necessitates the release of insulin, an excess of both damages the body's cells and paves the way for inflammation and degenerative illness.

The inability of the human body/system to handle sugar manifests in a range of symptoms: kids bouncing off walls one minute, morose and negative the next; from depression to schizophrenia, diabetes to heart disease and cancer. I believe much mental and physical illness can be laid to rest in sugar.

Our love affair with this sweet poison goes back a long way and we have been brainwashed into believing this pure white powder is harmless, well harmless it 'aint'! (unfortunately it isn't.)

The average American currently consumes over 100 lbs of sucrose and 40 lbs of high fructose corn syrup per year, and it continues to rise and there is no reason to assume Australians are consuming much less. We are now officially the fattest nation on this planet! Note we are talking sugar here not fat.

As a steady diet sugar is worse than nothing – plain water can keep you alive for quite some time. Sugar and water will kill you .Although it is now well known that sugar provides empty calories, the damage it does, is not. Refined sugar is the crystallized and bleached sap of the sugar cane or beet, it contains none of the essential nutrients present in the cane or beet. It is 90% refined - 90% of the original nutrition in sugar cane has been removed! These nutrients - magnesium, zinc, chromium, vanadium and more, plus B vitamins are required for carbohydrate metabolism in the body, including sugar. Sugar is worse than nothing, because, it leaches the body of these essential nutrients.

Every organ in the body is affected. Initially excess sugar is stored in the liver, but its capacity is limited and with repeated abuse the liver swells like a balloon. When the liver has reached its limit the sucrose metabolites are poured back into the bloodstream as fatty acids, which get transported to the buttocks, thighs, stomach and breasts. We get fat. Then it's distributed to the active organs, such as heart and kidneys and symptoms begin to appear as these organs struggle – hormonal disturbances, lethargy, abnormal blood pressure as the circulatory and lymph systems are affected. The red blood cells start to change affecting the body's oxygenation. An excess of white blood cells occurs, this is

inflammation. Immune function is affected; sugar reduces our ability to ward off infection and minor illnesses, let alone cancer. Bear in mind that cancer cells feed on sugar, being rapidly dividing cells they need it.

Most disturbing is the effect sugar has on the brain. The brain runs on glucose therefore the maintenance of a steady blood glucose level is critical. Even small changes can wreak havoc..

Whilst I have been criticizing sugar and it is a major problem especially for children, please remember that refined carbohydrates break down to glucose very quickly causing similar problems. If you want to kick the sugar addiction, and it is an addiction you must delete everything processed for awhile; white bread, white flour products, tomato sauce and many canned foods contain sugar, even tobacco has added sugar!! soft drinks, lollies and icecream, read the labels and try a sugar free diet for one month. I believe you will have a more harmonious household then you can add small amounts back in and monitor the effect.

Remember the whiter the powder the greater the intake, the quicker the death.