

Top 10 Reasons to Stop Eating Sugar

We all know that too much sugar isn't good for us. Despite this, many of us find it difficult to cut it out of our lives because of its taste and the euphoria we feel after eating it.

Read the following facts about sugar and decide whether that sweet taste is worth the potentially damaging side effects that sugar can have on your health.

1. Sugar is addictive. In a 2007 study by James Cook University, researchers found that cocaine addicted mice actually preferred sugar water as a reward over cocaine. The intense euphoria from sugar consumption can cause us to reach for it obsessively and often.
2. Sugar makes you fat. Too much sugar puts the liver into overdrive - quickly storing sugar as fat so your blood sugar and insulin rates can stabilize. If you eat sugar every day, at every meal, over time your body will end up with excess belly fat as a result. Excess belly fat can lead to Type 2 diabetes and heart disease.
3. Sugar keeps you from making healthy food choices. A recent study by the CDC (Centre for Disease Control) discovered that an increased consumption of added sugars has been linked to a decrease in intake of essential micronutrients.
4. Sugar feeds cancer. Scientists have noted sugar molecules are present in higher numbers near cancer cells and a 2013 study by the University of Copenhagen shows that sugar actually aids the growth of malignant cancer cells.
5. Sugar can make you sick. Sugar can actually suppress your immune system causing your body to get common sicknesses more often.
6. We're eating way too much of it. Here's a quick formula to give you a visual idea of how much sugar you are consuming - 4 grams of sugar is the equivalent of 1 teaspoon of sugar. While Canada does not have a specific sugar intake guideline, the USDA and American Heart Association recommend a total of 6 teaspoons of sugar a day - approximately 24 grams daily. A sugar-sweetened container of yogurt can have as much as 26 grams of sugar!
7. Sugar hides in your drinks. A 2012 study by the American Heart Association found a connection between drinking sugar-sweetened beverages and rates of obesity and Type 2 diabetes.
8. Are your kids suffering from excess sugar consumption? Sugar can cause a rapid rise of adrenaline, hyperactivity, anxiety, difficulty concentrating and crankiness in children. In fact, in juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in anti-social behaviour.
9. Sugar does a number on your insides! Sugar can increase kidney size and produce pathological changes in the kidney such as the formation of kidney stones. It can also damage your pancreas, increase fluid retention and is the #1 enemy of your bowel movements.
10. Sugar is causing your cravings. Sugar intake spikes your blood sugar so your body quickly works to re-balance itself. Insulin is released and the liver starts storing sugar as fat. All this work lowers your blood sugar and as it dips, you find yourself feeling ravenous! So you eat again and get stuck in a vicious hunger cycle fueled by sugar cravings. This is critical for anyone who is trying to lose weight!

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