In addition to throwing off the body’s homeostasis, excess sugar may result in a number of other significant consequences. The following is a listing of some of sugar’s metabolic consequences from a variety of medical journals and other scientific publications. The following data is from the book, *Lick the Sugar Habit*, by Nancy Appleton.

1. Sugar can suppress the immune system
2. Sugar upsets the mineral relationships in the body
3. Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children
4. Sugar can produce a significant rise in triglycerides
5. Sugar contributes to the reduction of defense against bacterial infection (infectious diseases)
6. Sugar causes a loss of tissue elasticity and function; the more sugar you eat the more elasticity and function you lose
7. Sugar reduces high density lipoproteins
8. Sugar leads to chromium deficiency
9. Sugar can cause cancer of the breast, ovaries, prostate, and rectum
10. Sugar can increase fasting levels of glucose
11. Sugar causes copper deficiency
12. Sugar interferes with absorption of calcium and magnesium
13. Sugar can weaken eyesight
14. Sugar raises the level of a neurotransmitters: dopamine, serotonin, and norepinephrine
15. Sugar can cause hypoglycemia
16. Sugar can cause an acidic digestive tract
17. Sugar can cause a rapid rise of adrenaline levels in children
18. Sugar malabsorption is frequent in patients with functional bowel disease
19. Sugar can cause premature aging
20. Sugar can lead to alcoholism
21. Sugar can cause tooth decay
22. Sugar contributes to obesity
23. High intake of sugar increases the risk of Crohn’s disease and ulcerative colitis
24. Sugar can cause changes frequently found in a person with gastric or duodenal ulcers
25. Sugar can cause arthritis
26. Sugar can cause asthma
27. Sugar greatly assists the uncontrolled growth of Candida Albicans (yeast infections)
28. Sugar can cause gallstones
29. Sugar can cause heart disease
30. Sugar can cause appendicitis
31. Sugar can cause multiple sclerosis
32. Sugar can cause hemorrhoids
33. Sugar can cause varicose veins
34. Sugar can elevate glucose and insulin responses in oral contraceptive users
35. Sugar can lead to periodontal disease
36. Sugar can contribute to osteoporosis
37. Sugar contributes to saliva acidity
38. Sugar can cause a decrease in insulin sensitivity
39. Sugar can lower the amount of vitamin E in the blood
40. Sugar can decrease growth hormone
41. Sugar can increase cholesterol
42. Sugar can increase the systolic blood pressure
43. Sugar can cause drowsiness and decreased activity in children
44. High sugar intake increases advanced glycation end products (AGEs)(Sugar bound non-enzymatically to protein)
45. Sugar can interfere with the absorption of protein
46. Sugar causes food allergies
47. Sugar can contribute to diabetes
48. Sugar can cause toxaemia during pregnancy
49. Sugar can contribute to eczema in children
50. Sugar can cause cardiovascular disease
51. Sugar can impair the structure of DNA
52. Sugar can change the structure of protein
53. Sugar can make our skin age by changing the structure of collagen
54. Sugar can cause cataracts
55. Sugar can cause emphysema
56. Sugar can cause athersclerosis
57. Sugar can promote an elevation of low density lipoproteins (LDL)
58. High sugar intake can impair the physiological homeostasis of many systems in the body
59. Sugar lowers the enzymes’ ability to function
60. Sugar intake is higher in people with Parkinson’s disease
61. Sugar can cause a permanent altering of the way the proteins act in the body
62. Sugar can increase the size of the liver, by making the liver cells divide
63. Sugar can increase the amount of liver fat
64. Sugar can increase kidney size and produce pathological changes in the kidney
65. Sugar can damage the pancreas
66. Sugar can increase the body’s fluid retention
67. Sugar is enemy #1 of the bowel movement
68. Sugar can cause myopia (nearsightedness)
69. Sugar can compromise the lining of the capillaries
70. Sugar can make the tendons more brittle
71. Sugar can cause headaches, including migraine
72. Sugar plays a role in pancreatic cancer in women
73. Sugar can adversely affect school children’s grades and cause learning disorders
74. Sugar can cause an increase in delta, alpha, and theta brain waves
75. Sugar can cause depression
76. Sugar increases the risk of gastric cancer
77. Sugar can cause dyspepsia (indigestion)
78. Sugar can increase your risk of getting gout
79 Sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates.

80 Sugar can increase the insulin responses in humans consuming high-sugar diets compared to low-sugar diets.

81 Highly refined sugar diet reduces learning capacity.

82 Sugar can cause less effective functioning of two blood proteins, albumin, and lipoproteins, which may reduce the body’s ability to handle fat and cholesterol.

83 Sugar can contribute to Alzheimer’s disease.

84 Sugar can cause platelet adhesiveness.

85 Sugar can cause hormonal imbalance; some hormones become underactive and others become overactive.

86 Sugar can lead to the formation of kidney stones.

87 Sugar can lead the hypothalamus to become highly sensitive to a large variety of stimuli.

88 Sugar can lead to dizziness.

89 Diets high in sugar can cause free radicals and oxidative stress.

90 High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion.

91 High sugar diet can lead to biliary tract cancer.

92 Sugar feeds cancer.

93 High sugar consumption of pregnant adolescents is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.

94 High sugar consumption can lead to substantial decrease in gestation duration among adolescents.

95 Sugar slows food’s travel time through the gastrointestinal tract.

96 Sugar increases the concentration of bile acids in stools and bacterial enzymes in the colon.

97 Sugar increases estradiol (the most potent form of naturally occurring estrogen) in men.

98 Sugar combines and destroys phosphatase, an enzyme, which makes the process of digestion more difficult.

99 Sugar can be a risk factor of gallbladder cancer.

100 Sugar can be addictive substance.

101 Sugar can be intoxicating, similar to alcohol.

102 Sugar can exacerbate PMS.

103 Sugar given to premature babies can affect the amount of carbon dioxide they produce.

104 Increase in sugar intake can increase emotional instability.

105 The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.

106 The rapid absorption of sugar promotes excessive food intake in obese subjects.

107 Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).

108 Sugar adversely affects urinary electrolyte composition.

109 Sugar can slow down the ability of the adrenal glands to function.

110 Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases.

111 I.Vs (intravenous feedings) of sugar water can cut off oxygen to the brain.

112 High sucrose intake could be an important risk factor in lung cancer.

113 Sugar increases the risk of polio.

114 High sugar intake can cause epileptic seizures.

115 Sugar causes high blood pressure in obese people.

116 In Intensive Care Units: Limiting sugar saves lives.

117 Sugar may induce cell death.

118 Sugar may impair the physiological homeostasis of many systems in living organisms.

119 In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44% drop in antisocial behavior.

120 Sugar can cause gastric cancer.

121 Sugar dehydrates newborns.

122 Sugar can cause gum disease.

123 Sugar increases the estradiol in young men.

124 Sugar can cause low birth weight babies.

125 Sugar can increase the levels of glucose in an oral glucose tolerance test over the ingestion of complex carbohydrates.

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