

How is Refined Sugar Affecting your Health – Too Sweet by Far

We are all responsible for our own health but as mothers we are also responsible for the health of our families which can be quite daunting. Making the right food choices is crucial for the future health of your children. For the next few weeks I am focussing on the importance of restricting some dangerous foods which are common in many diets; I will start with refined sugar.

In my opinion refined sugar is the most degenerative food that we put in our mouths. It is highly addictive and has no nutritional value, all the natural food nutrition is stripped from the plant during processing. Refined sugar makes food taste good and is produced by a multi billion pound industry. Tate & Lyle are Europe's largest cane-sugar refiner, with sales of £255 million last year. The sugar industry is highly political and aggressive in protecting its current position.

What are the health risks associated with diets high in sugar? The following is an indication of some of the diseases where refined sugar is implicated. I hope it will encourage you to reduce your family's refined sugar consumption.

1. Sugar is the leading cause of dental decay i.e. teeth cavities, bleeding gums, failure of bone structure, and loss of teeth. Cleaning your teeth regularly and flossing particularly after eating sweet foods does provide some protection.
2. Sugar is one of the main causes of diabetes, and recent research indicates that Type 2 diabetes, which used to be described as Adult Onset Diabetes has now become more common in children and young adults. The more sugary food we eat, the more insulin we release to process the sugar which can lead to insulin becoming less effective, resulting in Type 2 diabetes. The problem is also linked with obesity which in children is usually associated with high energy dense foods such as cakes, fast food, chocolate, fizzy sweet drinks. Low fat foods often have increased levels of refined sugars, so even though you may think you are eating a low fat healthy meal it is probably loaded with hidden sugar. Sugar will give instant energy but this wears off quickly leaving you tired and irritable and affects your ability to concentrate. By contrast complex carbohydrates, e.g. fruits and vegetables, have natural sugars, break down slowly and provide a controlled amount of energy.
3. Too much sugar can unbalance the endocrine system and puts a strain on the adrenal glands, pancreas and liver, causing blood sugar to fluctuate widely.
4. Some other effect of sugar on the body are: it increases overgrowth of Candida yeast organisms, increases fatigue, anxiety and irritability, increases hyperactivity in about 50% of children and can make it difficult to lose weight because of high insulin levels which cause the body to store carbohydrates as fat.

We are consuming about 13 to 20 teaspoons of added sugar every day and next week I will tell you where all this sugar is hiding.

I am available for private Consultations, see my website for details.

Lynda Beetham

www.powerforhealth.com