

PURE WHITE AND DEADLY

by Lian Morley

The white crystalline substance we know of as sugar is an unnatural substance produced by industrial processes (mostly from sugar cane or sugar beets) by refining it down to pure sucrose, stripping away all the vitamins, minerals, proteins, enzymes and other beneficial nutrients. What remains is a concentrated sweetener, which the human body is not able to handle, at least in anywhere near the quantities that is ingested in today's accepted lifestyle.

The biggest reason sugar does more damage than any other poison, drug or narcotic is two fold:

- It is considered a "food" and ingested in such massive quantities,
- The damaging effects begin early, from the day a baby is born and is fed sugar in its formula
- Even mother's milk is contaminated with it if the mother eats sugar.
- Practically 95% of people are addicted to it to some degree or other.

Sugar Is Eaten To Excess

It has been said that the criteria as to whether a substance (any substance) is harmful or medically beneficial is the quantity in which it is used in the human body. To point to a dramatic illustration: Most of us know that the venom of a rattlesnake, a cobra, and other venomous snakes is deadly to the human system. There are some snakes whose bite is so deadly it can cause death within a matter of seconds. Nevertheless, snake venom, deadly as it is, has been used for therapeutic, medicinal purposes when used in minute quantities.

Sugar Is Inorganic

Why is sugar so devastating to our health? One reason is it is pure chemical (like heroin) and through refining has been stripped of all the natural food nutrition that it originally had in the plant itself.

Heroin and sugar are arrived at by very similar processes of refinement. In producing heroin, the opium is first extracted from the poppy: The opium is then refined into morphine. The chemists then went to work on morphine and further refined it into heroin, proclaiming they had "discovered" a wonderful new pain-killer that was non-addictive. So they said.

Similarly, sugar is first pressed as a juice from the cane (or beet) and refined into molasses. Then it is refined into brown sugar, and finally into strange white crystals, that are an alien chemical to the human system.

Sugar Is Addictive

A second reason that sugar is so harmful is that, like heroin, it is addictive. Being delectable and seductive to the taste, it is also habit forming. Starting with sugar in baby's formula food, people not only develop a strong taste for sugar but also an insatiable craving for it so that they never seem to get enough of this poison.

Slow And Insidious

A third reason is that the damage sugar does is slow and insidious. It takes years before it ruins your pancreas, your adrenal glands, throws your whole endocrine system out of kilter and produces a huge list of damage.

Foods Are Loaded With Sugar

A fourth reason is the outrageous amounts of sugar civilized nations consume. Americans in particular are told how they are the best fed and best nourished people on the face of the earth. If we are talking about processed junk food - this is true.

If you examine the "foods" in any supermarket more closely and start reading labels, you will find just about everything contains sugar. Most foods are loaded with it - from cereals, to soups, to tomato sauce. Some cereals are as much as 50% sugar. Rethink your breakfast choice for you and your children!

List Of Damages

I have stated that sugar is deleterious to your health that it is more damaging than all other narcotics combined, that it is a long term chemical poison. Just what damage does sugar do to the human body? Well the list is actually endless! When we talk about sugar, we are including bad nutrition as a whole, since anyone who indulges in sugar has bad dietary habits *per se*.

- Sugar is by far the leading cause of dental deterioration - cavities in teeth, bleeding gums, failure of bone structure, and loss of teeth. Sugar is the main cause of diabetes, hyperglycemia and hypoglycemia.
- It is either a significant or contributory cause of heart

disease, arteriosclerosis, mental illness, depression, senility, hypertension, and cancer.

- It has an extremely harmful effect in unbalancing the endocrine system and injuring its component glands such as the adrenal glands, pancreas and liver, causing the blood sugar level to fluctuate widely. It has a number of other extremely damaging effects on the human body.
- Some of the other effects of sugar on the body are:
 - Increased overgrowth of Candida yeast organism.
 - Increased chronic fatigue.
 - Can trigger binge eating in those with bulimia.
 - Increased PMS symptoms.
 - Increased hyperactivity in about 50% of children..... Children are now diagnosed with ADHD and given strong pharmaceutical drugs to treat this!
 - Increased tooth decay.
 - Nervous system disorders.
 - Increased anxiety and irritability.
 - Can increase or intensify symptoms of anxiety and panic in susceptible women.
 - Can make it difficult to lose weight because of constantly high insulin levels, which / or causing the body to store excess carbs as fat.

Become A Sugar Detective

READ LABELS! Often sugar will not use the word sugar, look for words like sucrose, maltose, fructose, galactose, glucose, arabinose, ribose, xylose, deoxyribose and the like. These are all sugars. Sugar is frequently by far the biggest source of calories. Natural sugars are still sugar, so watch for the word natural. Look out for all sweet drinks, read the labels, and don't be fooled by the marketing of having a "fresh orange juice" as a great start to the day. There are a number of books available on the subject, but perhaps one of the most interesting ones is "Sugar Blues" by William Dufty. I highly recommend this book.

Lian Monley is a qualified C.H.E.K (Corrective Holistic Exercise Kinesiology Practitioner) and Certified Fitness, Health and Nutrition Coach. Her goal is to provide individuals with an individualised corrective exercise and health/vitality program me that educates them along the way. Lian takes a holistic approach to increased health and vitality when treating physical, mental, emotional and spiritual health issues. Lian incorporates Eastern and Western Philosophies to assess and treat clients. She specialises in working with the body from the inside out and is based at The Canggu Club

Lian Monley Wellbeing
info@lianmonleywellbeing.com
www.lianmonleywellbeing.com