

# The Skinny on Sugar Part 2



In our last installment, I talked about how there are a lot of myths and misinformation still floating around that relate to how we get sick and whether it has anything to do with sugar.

I covered the topics of Heart, Brain, and Teeth.

Today we will tackle 3 more, starting with Gut Health.

(Once again, my source for this new information is Cut the Sugar published by Better Homes and Gardens).

## GUT HEALTH

*Some research poses the theory that eating a standard American diet (aka high in sugar and junk food) may negatively affect the gut-brain connection. Although more research is needed, scientists say added sugar may be bad for your gut bacteria and in turn negatively impact brain health.*

My takeaway is that your brain cannot function optimally with too much sugar floating through your system. This does not compute.

## PANCREAS

*There are many reasons a person can develop Type 2 diabetes, but research has found that drinking sugar-sweetened beverages 1 – 2 times a day increased a person's risk for type 2 diabetes by 26 percent.*

I don't mean to pick on Southerners, but that sweet tea is killer. It tastes great but I know too many people who drink a pitcher a day.

SKIN

This one is surprising. You never think about sugar affecting your skin.

*Eating sugar won't directly clog your pores but it may cause inflammation. Researchers believe the pro-inflammatory nature of sugar may be the culprit of breakouts. Sugary soda consumption has shown to increase acne in adolescents.*

Going low carb isn't just for adults. It's for kids of all ages too.

I hope I have been able to enlighten you a bit on the negative consequences of eating too much sugar – in whatever form it comes in.

I once wrote an article called Bread=Sugar=Dessert. That about sums it up, except you can now add Bread=Sugar=Dessert=Sickness.

Cheers,