

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,