



Refined Sugar

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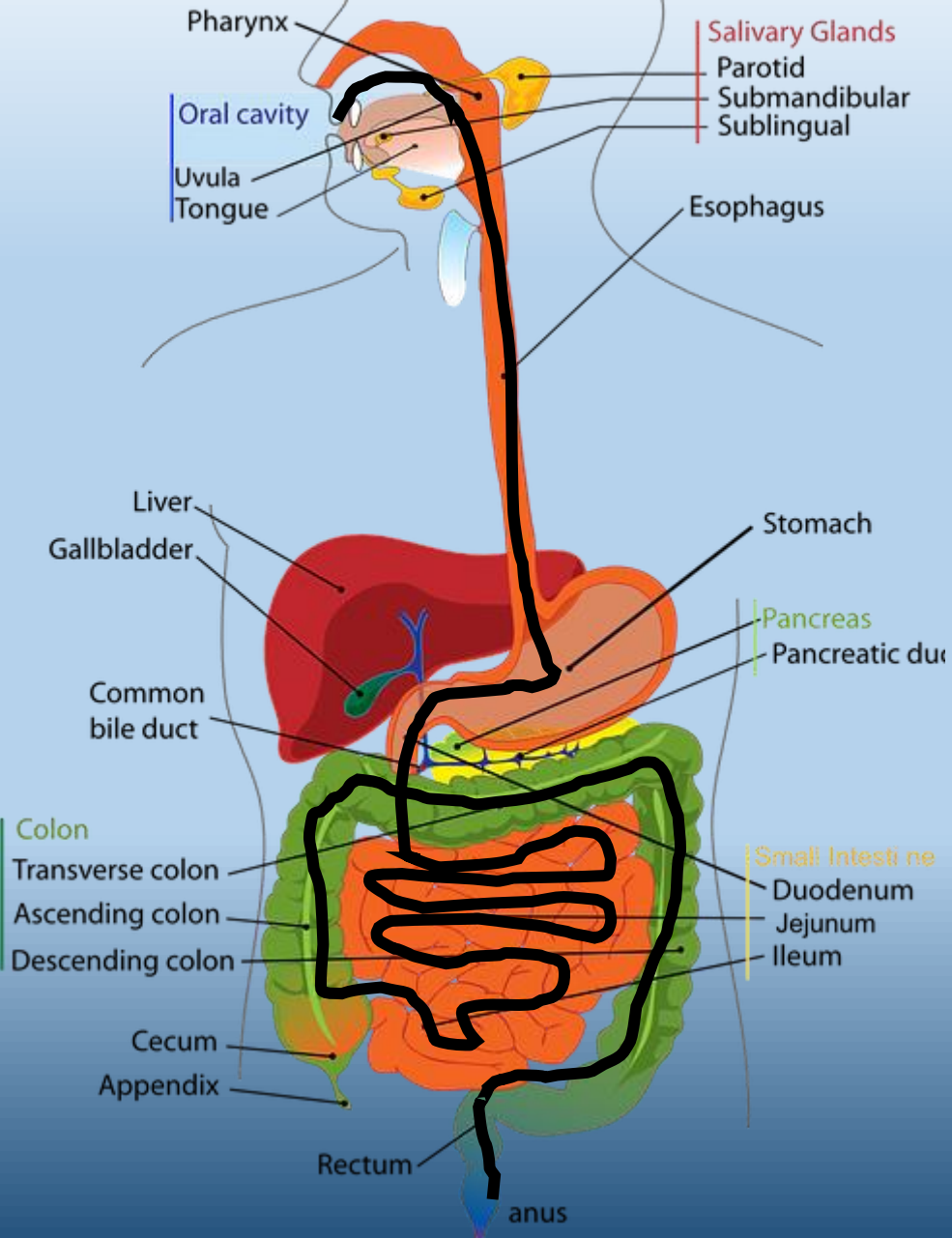
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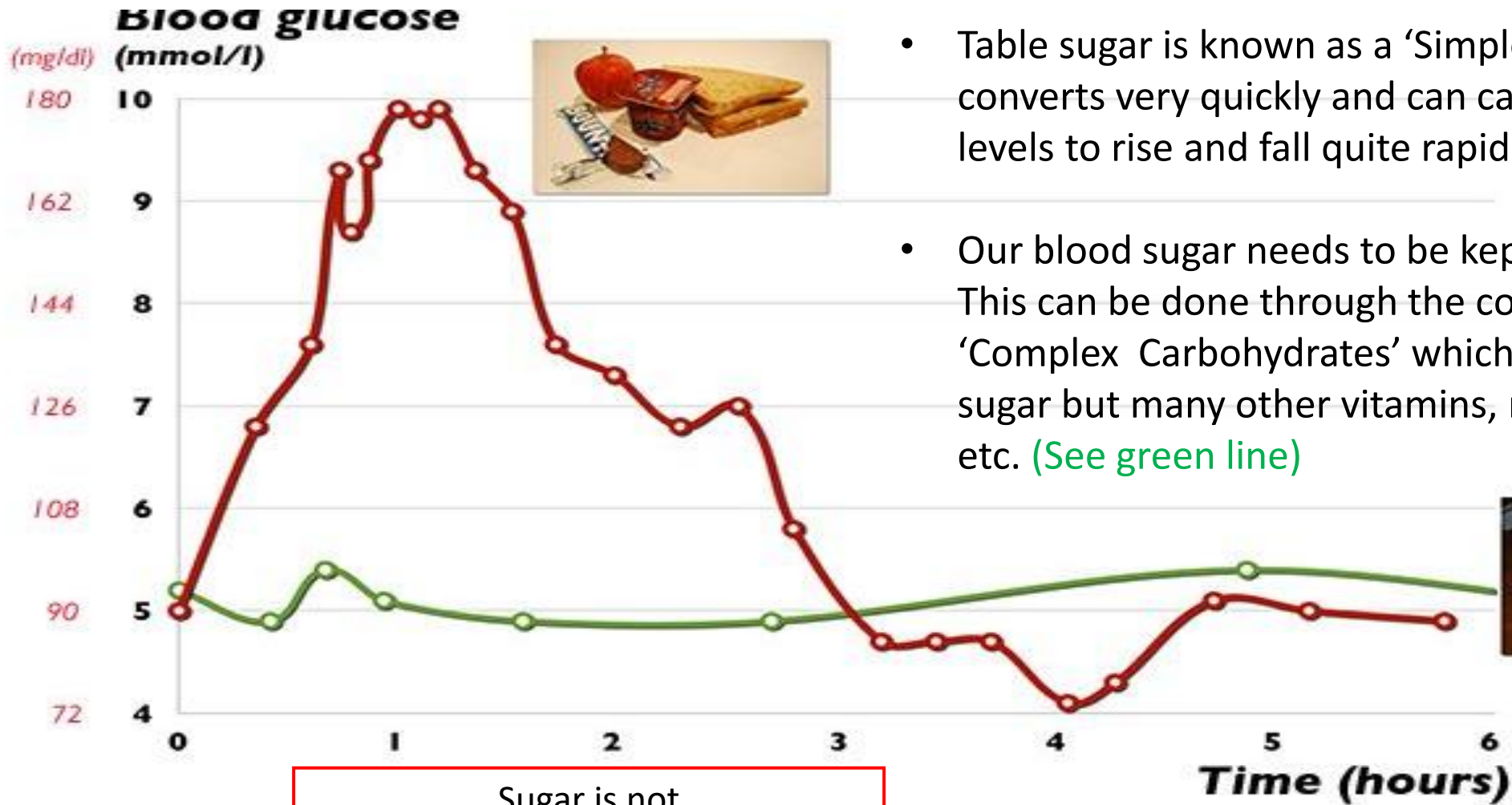
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Understanding the Role of Sugar - Digestion



- Our body contains a food pipe that begins in our mouth and ends at our “back door”! This is called the Alimentary Canal.
- Any food, fake food, toxin etc that is in the pipe is not actually ‘in’ our body... only in the pipe.
- To begin its journey into becoming a part of our body the food must go through a breaking down process first, dividing it into simpler compounds that can be then absorbed and assimilated into our body.
- This process is called digestion.



- Table sugar is known as a ‘Simple Sugar’ because it converts very quickly and can cause your blood sugar levels to rise and fall quite rapidly. (See red line)
- Our blood sugar needs to be kept on an even plane. This can be done through the consumption of ‘Complex Carbohydrates’ which contain not only sugar but many other vitamins, minerals, nutrients etc. (See green line)

Sugar is not ‘the root of all evil’ but **too much** sugar is a problem.


Understanding the Role of Sugar – Simple Sugar V Complex

What Sugar are we talking about?

- A great many foods contain sugar naturally.
- In its natural state the body metabolises sugar quite differently than refined sugar, as it comes with all the other ingredients contained within whole food.
- This means that not all sugar is bad for you... in fact, it forms an integral part of a very healthy diet when consumed in its whole form as part of a fruit, grain or vegetable.
- In this class we are talking about *refined* sugar that is *added* to many foods available for regular consumption.



Refined sugar is made up of
'empty calories'
and
contains **NO** nutrition.



Refined Sugar = Empty Calories

Sugar makes you Hungry!

- The empty calories in sugar cause your body to cry out for nutrition ... so it presses the 'hunger' button to make you hungry!
- When you eat, your body expects to receive **nutrients** and not empty calories that the high sugar foods provide.
- Then because you are still hungry you eat more high sugar containing foods... when instead, your body wants **nutrition!**



High Fructose Corn Syrup!

The Corny Truth About HIGH FRUCTOSE CORN SYRUP

Top 10 Foods with the Highest Quantity of HFCS:

- | | |
|---------------------|------------------------|
| 1) Yogurt | 6) Boxed Mac n Cheese |
| 2) Breads | 7) Salad Dressing |
| 3) Frozen Pizza | 8) Tomato-Based Sauces |
| 4) Cereal Bars | 9) Apple Sauce |
| 5) Cocktail Peanuts | 10) Canned Fruit |



*High Fructose Corn Syrup has been linked directly to obesity, diabetes and metabolic dysfunction

Image: healthy-holistic-living.com

According to Dr Axe, it's consumer beware!

Have you noticed 'corn sugar' as an ingredient?

It used to be called 'High Fructose Corn Syrup' but as consumers became more aware of it as a substance to be avoided, the corn refiners spent over \$50 million (US) trying to convince us that *corn sugar* is acceptable.

High Fructose Corn Syrup!

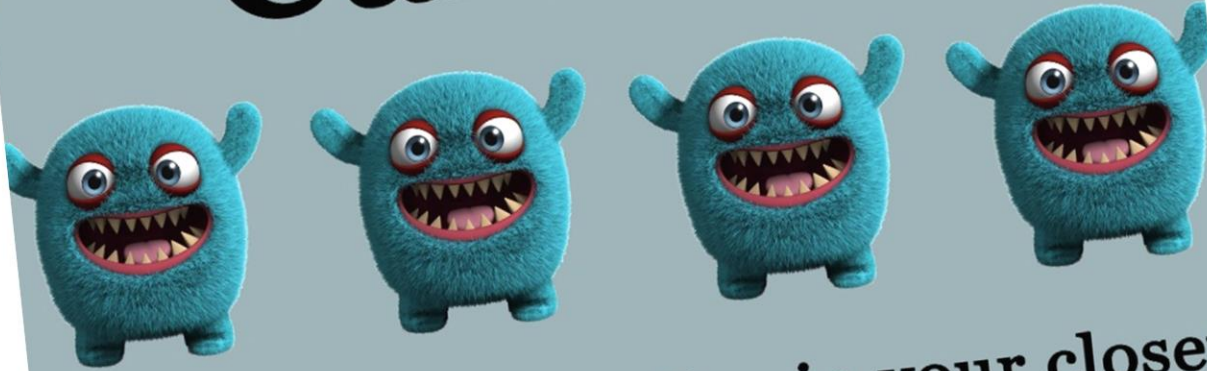


In Australia, it is estimated that 60% of processed foods contain genetically modified products. Unfortunately, corn is one of the crops that suffer this evil modification.

It can cause:

- Weight gain
- Cancer
- Fatty Liver and Liver stress
- Increased cholesterol levels
- Diabetes
- High Blood pressure
- Heart disease
- Leaky Gut Syndrome
- Increased Mercury intake

Calories



Evil creatures that live in your closet
and sew your clothes a little tighter
every night.

Image: teamtedfitness.com

HFCS doesn't contain any:

- Enzymes
- Vitamins
- Minerals etc.

But it does contain:

- Sugar
- Empty calories

It is both sweeter and cheaper than table sugar and extremely widely used in consumable products.

It is metabolised into fat in your body far more rapidly than any other sugar.

High Fructose Corn Syrup!

It is NOT available in the supermarket as it's only used by manufacturers in processing food.

What will you feed your body? The choice is yours!

Your body cries out for this...



...but too often receives this!