

Let's look at  
how  
Sugar  
destroys  
your Health?

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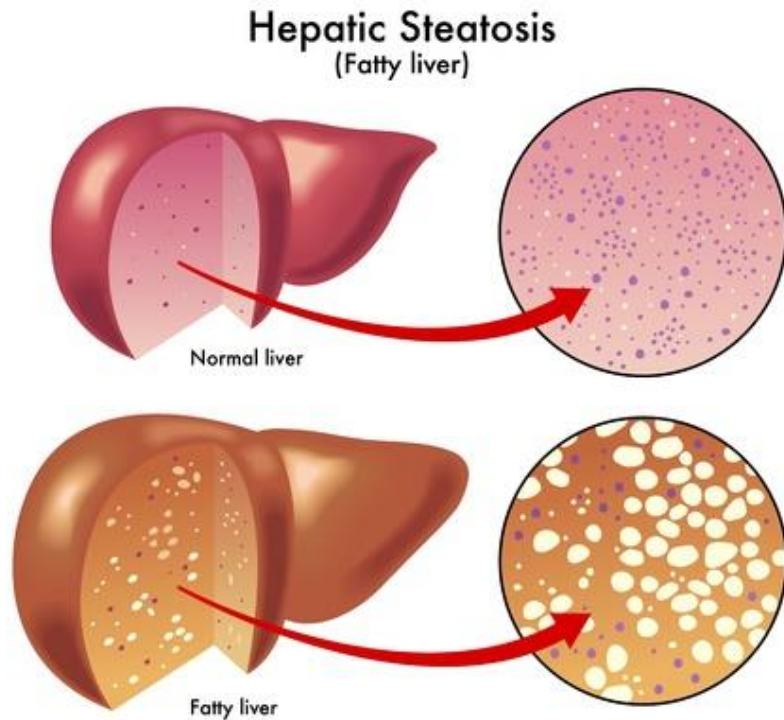
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- Most blame fat for heart attacks... trans fats do cause heart attacks, but sugar is the real culprit.
- Excess sugar in your blood means you have high Blood Sugar
- This causes inflammation which begins to damage the arteries.
- The liver produces cholesterol to patch the damaged area which can cause cholesterol to build up over time.
- In 2016, researchers unearthed a huge sugar industry scandal which proved that sugar lobbying sponsored phony Harvard research in the 1960's. They threw our attention over onto fats as the culprit of heart disease.
- We now know that Sugar is the #1 cause of:
  - Heart Disease
  - High Cholesterol
  - High Blood Pressure etc. (1)



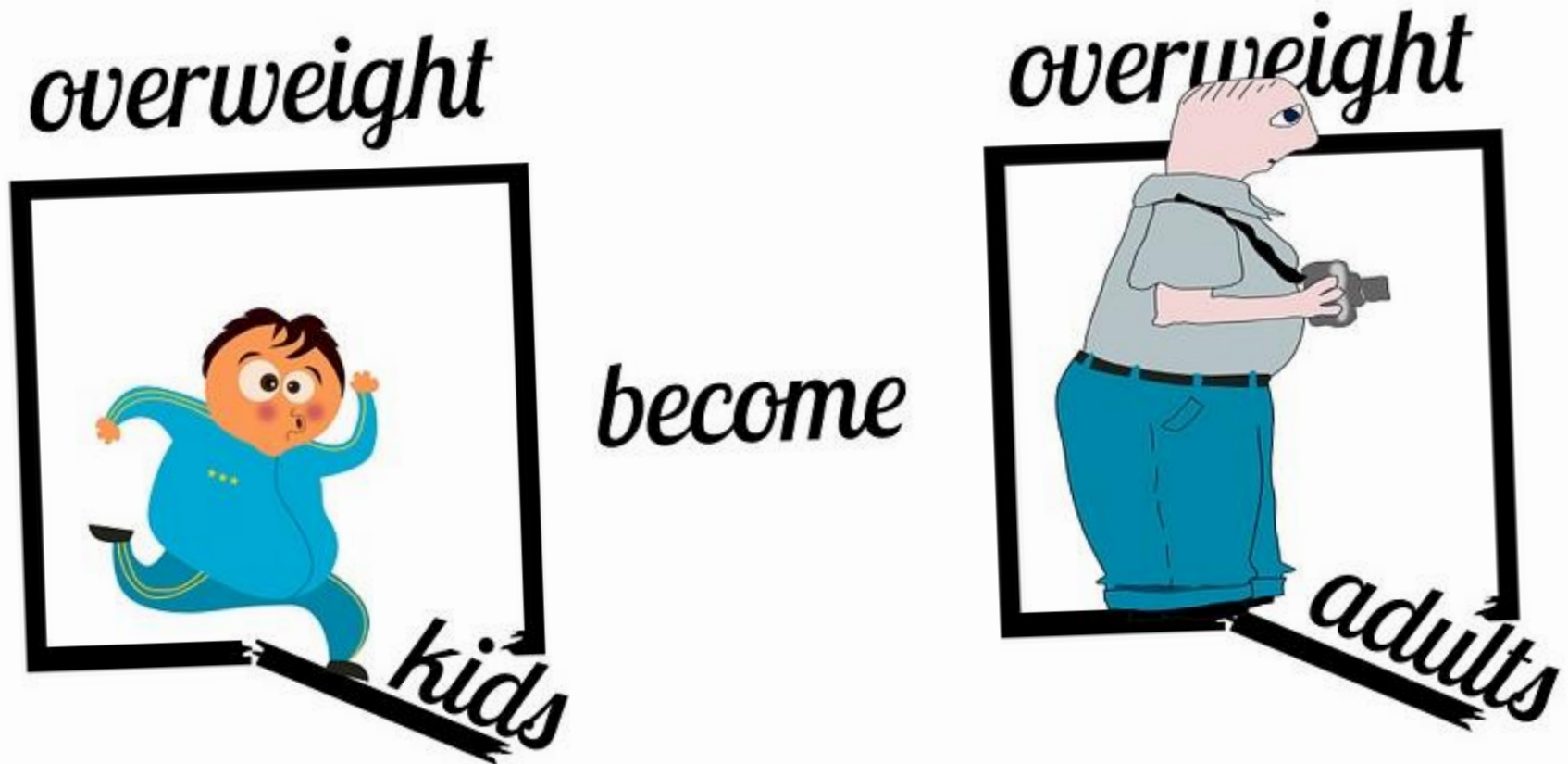
1. Heart Attacks

## 2. Non-Alcoholic Fatty Liver Disease



- The liver has difficulty breaking down fats which causes a buildup in the liver tissue.
- When the liver is 10% fat, it is referred to as NAFL.
- Many 'sugars' are interpreted by the body as being toxins, so the liver has to deal with them besides all the heavy metals, chemicals and other toxins it works on every day.
- This causes inflammation of your liver and a build-up of fat around it.

### 3. Obesity



Sugar is a leading contributor to obesity in both Children and Adults

## 4. Highly Addictive

It causes a massive Dopamine Release in the brain, which makes sugar highly addictive.

- The word 'addiction' is derived from a Latin term for 'enslaved'.
- Dopamine is a chemical which has many complex roles to play within our body, one of its roles is to give pleasure (love, sex etc. etc.)



## 5. A number of Cancers

- Studies have found that added sugars increase the risk of oesophageal cancer.
- Added fructose (think high-fructose corn syrup) appeared to increase the risk of cancer in the small intestine.
- Potential connection between high intake of added sugars and colon cancer.
- Increases risk of breast cancer which can metastasize to the lungs.



## 6. Depression

- One of the best things you can do for depression is simply go sugar free.

# How Sugar destroys your Health?

## 7. A Diabetes-Prone Body





## How does Sugar destroy your Health?

Sugar has unique **fat-promoting effects** on hormones and the brain.  
And... it's **bad for your teeth!**