76 Ways Sugar Can Ruin Your Health

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In addition to throwing off the body's homeostasis, excess sugar may result in a number of other significant consequences. The following is a listing of some of sugar's metabolic consequences from a variety of medical journals and other scientific publications.

1. **Sugar can suppress your immune system and impair your defenses against infectious disease.**[1,2]
2. **Sugar upsets the mineral relationships in your body: causes chromium and copper deficiencies and interferes with absorption of calcium and magnesium.** [3,4,5,6]
3. **Sugar can cause can cause a rapid rise of adrenaline, hyperactivity, anxiety, difficulty concentrating, and crankiness in children.**[7,8]
4. **Sugar can produce a significant rise in total cholesterol, triglycerides and bad cholesterol and a decrease in good cholesterol.**[9,10,11,12]
5. **Sugar causes a loss of tissue elasticity and function.**[13]
6. **Sugar feeds cancer cells and has been connected with the development of cancer of the breast, ovaries, prostate, rectum, pancreas, biliary tract, lung, gallbladder and stomach.**[14,15,16,17,18,19,20]
7. **Sugar can increase fasting levels of glucose and can cause reactive hypoglycemia.**[21,22]
8. **Sugar can weaken eyesight.**[23]
9. **Sugar can cause many problems with the gastrointestinal tract including: an acidic digestive tract, indigestion, malabsorption in patients with functional bowel disease, increased risk of Crohn's disease, and ulcerative colitis.** [24,25,26,27,28]
10. **Sugar can cause premature aging.**[29]
11. **Sugar can lead to alcoholism.**[30]
12. **Sugar can cause your saliva to become acidic, tooth decay, and periodontal disease.**[31,32,33]
13. **Sugar contributes to obesity.**[34]
14. **Sugar can cause autoimmune diseases such as: arthritis, asthma, multiple sclerosis.** [35,36,37]
15. **Sugar greatly assists the uncontrolled growth of Candida Albicans (yeast infections)**[38]
16. **Sugar can cause gallstones.** [39]
17. **Sugar can cause appendicitis.** [40]
18. **Sugar can cause hemorrhoids.** [41]
19. **Sugar can cause varicose veins.** [42]
20. **Sugar can elevate glucose and insulin responses in oral contraceptive users.** [43]
21. **Sugar can contribute to osteoporosis.** [44]
22. **Sugar can cause a decrease in your insulin sensitivity thereby causing an abnormally high insulin levels and eventually diabetes.** [45,46,47]
23. **Sugar can lower your Vitamin E levels.** [48]
24. **Sugar can increase your systolic blood pressure.**[49]
25. **Sugar can cause drowsiness and decreased activity in children.**[50]
26. **High sugar intake increases advanced glycation end products (AGEs)(Sugar molecules attaching to and thereby damaging proteins in the body).**[51]
27. **Sugar can interfere with your absorption of protein.**[52]
28. **Sugar causes food allergies.** [53]
29. **Sugar can cause toxemia during pregnancy.**[54]
30. **Sugar can contribute to eczema in children.**[55]
31. **Sugar can cause atherosclerosis and cardiovascular disease.**[56,57]
32. **Sugar can impair the structure of your DNA.**[58]
33. **Sugar can change the structure of protein and cause a permanent alteration of the way the proteins act in your body.**[59,60]
34. **Sugar can make your skin age by changing the structure of collagen.**[61]
35. **Sugar can cause cataracts and nearsightedness.** [62,63]
36. **Sugar can cause emphysema.**[64]
37. **High sugar intake can impair the physiological homeostasis of many systems in your body.**[65]
38. **Sugar lowers the ability of enzymes to function.**[66]
39. **Sugar intake is higher in people with Parkinson's disease.**[67]

40. **Sugar can increase the size of your liver by making your liver cells divide and it can increase the amount of liver fat.**[68,69]
41. **Sugar can increase kidney size and produce pathological changes in the kidney such as the formation of kidney stones.**[70,71]
42. **Sugar can damage your pancreas.**[72]
43. **Sugar can increase your body's fluid retention.**[73]
44. **Sugar is enemy #1 of your bowel movement.**[74]
45. **Sugar can compromise the lining of your capillaries.**[75]
46. **Sugar can make your tendons more brittle.**[76]
47. **Sugar can cause headaches, including migraines.**[77]
48. **Sugar can reduce the learning capacity, adversely affect school children's grades and cause learning disorders.**[78,79]
49. **Sugar can cause an increase in delta, alpha, and theta brain waves which can alter your mind's ability to think clearly.**[80]
50. **Sugar can cause depression.**[81]
51. **Sugar can increase your risk of gout.**[82]
52. **Sugar can increase your risk of Alzheimer's disease.**[83]
53. **Sugar can cause hormonal imbalances such as: increasing estrogen in men, exacerbating PMS, and decreasing growth hormone.**[84,85,86,87]
54. **Sugar can lead to dizziness.**[88]
55. **Diets high in sugar will increase free radicals and oxidative stress.**[89]
56. **High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion.**[90]
57. **High sugar consumption of pregnant adolescents can lead to substantial decrease in gestation duration and is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.**[91,92]
58. **Sugar is an addictive substance.**[93]
59. **Sugar can be intoxicating, similar to alcohol.**[94]
60. **Sugar given to premature babies can affect the amount of carbon dioxide they produce.**[95]
61. **Decrease in sugar intake can increase emotional stability.**[96]
62. **Your body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.**[97]
63. **The rapid absorption of sugar promotes excessive food intake in obese subjects.**[98]
64. **Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).**[99]
65. **Sugar adversely affects urinary electrolyte composition.**[100]
66. **Sugar can slow down the ability of your adrenal glands to function.**[101]
67. **Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases.**[102]
68. **I.V.s (intravenous feedings) of sugar water can cut off oxygen to your brain.**[103]
69. **Sugar increases your risk of polio.**[104]
70. **High sugar intake can cause epileptic seizures.**[105]
71. **Sugar causes high blood pressure in obese people.**[106]
72. **In intensive care units: Limiting sugar saves lives.**[107]
73. **Sugar may induce cell death.**[108]
74. **In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44 percent drop in antisocial behavior.**[109]
75. **Sugar dehydrates newborns.**[110]
76. **Sugar can cause gum disease.**[111]

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