



Paula M. Youmell, RN, MS, CHC
Certified Holistic Health, Nutrition & Fitness Counselor

(315) 265-0961 pyoumell@gmail.com

20 Reasons Why Sugar Ruins Your Health

1. Sugar can suppress the immune system.
2. Sugar interferes with absorption of calcium and magnesium.
3. Sugar can weaken eyesight.
4. Sugar can cause hypoglycemia.
5. Sugar can cause a rapid rise of adrenaline levels in children, ADHD.
6. Sugar contributes to obesity.
7. Sugar can cause arthritis.
8. Sugar can cause heart disease and emphysema.
9. Sugar can contribute to osteoporosis.
10. Sugar can increase cholesterol.
11. Sugar can lead to both prostate cancer, ovarian cancer and other forms of cancer. Remember sugar suppresses your immune system. A healthy immune system is required to seek out and eliminate cells that have replicated abnormally.
12. Sugar can contribute to diabetes.
13. Sugar can cause cardiovascular disease.
14. Sugar can make our skin age by changing the structure of collagen.
15. Sugar can produce a significant rise in triglycerides.
16. Sugar can increase the body's fluid retention.
17. Sugar can cause headaches, including migraines.
18. Sugar can cause depression.
19. Sugar can contribute to Alzheimer's disease.
20. In intensive care units, limiting sugar saves lives.

Adapted from *146 Reasons Why Sugar Is Ruining Your Health* by Nancy Appleton, Ph.D.