

SUGAR AND THE CARBOHYDRATE CONNECTION

“According to brain scans, sugar is as addictive as cocaine.”

Refined sugar robs the body of vitamins, minerals, and nutrients.

In the 1800's the average American ate about 10 pounds of sugar per year. Today they eat about 174 pounds per year plus 63 pounds of high fructose corn syrup and 5 pounds of non-sugar sweeteners.

High sugar intake weakens the immune system.

Mental and emotional changes caused by high sugar intake include:

irritability manic-depressive tendencies

frequent bouts of depression difficulty concentrating

forgetfulness lack of motivation increasing un-
ability loss of enthusiasm for plans and projects

inconsistency in thoughts and actions personality changes

irrational thoughts emotional outbursts eating disorders

The increased use of high fructose corn syrup in the United States mirrors the rapid increase in obesity.

Excess sugar that is not needed for energy is stored as fat.

Diseases caused or worsened by high sugar intake include:

heart disease stroke cancer obesity
Hypoglycemia hyperactivity kidney damage liver
enlargement duodenal ulcers diabetes hyperactivity kidney
damage liver enlargement Increase in uric acid in blood
hindered breakdown of dietary protein cavities
weakened immune system yeast overgrowth gall stones

Ways to help break the sugar addiction include:

Retrain your taste buds Fill up on fiber Get exercise
Skip the 'Healthy' Sugars, Too Don't buy it Drink more
water Pray

Glucose is the primary fuel the body uses for energy.

Types of carbohydrates include glucose, starch,
resistant starch, fiber, and cellulose.

Starches and fiber are actually long chains of glucose molecules.

THE FUNCTION OF INSULIN AND LEPTIN

Insulin regulates __carbohydrate____ and __fat____ metabolism.

Insulin is a __food____ __storage____ hormone.

Both high and low insulin levels result in cellular __starvation____.

Exercising for 20 minutes immediately following each meal lowers
__insulin____ __levels____.

Leptin is a hormone that regulates __fat __storsge _in the body.

In leptin resistance the body thinks it is __starving____ even though there is an abundance of food.

The benefits of a high fiber diet include:

- _ Provides satiety
- _ Modulates sugar absorption
- _ Minimizes rebound hypoglycemia
- _ Reverses leptin resistance
- _ Holds moisture in bowel