

# Sweet Trooth Yeh kya ho raha hai?!

DIABETES  
CAVITIES  
HEART ATTACKS  
COLD, COUGHS

*"I've got diabetes. So my doctor has told me to stop eating sweets altogether"*

**WHAT'S HAPPENING:** A high dose of sugar introduced into the system sends the body into shock from the rapid rise in blood sugar level. The pancreas eventually wears out from overwork, leading to diabetes.

*"These dentists are millionaires. I'm going to make my son a dentist! I thought I'd just have a some cavities, but I have a full set of false teeth now. And my gums ache too."*

**WHAT'S HAPPENING:** When you eat something, the teeth's bacteria breaks down the sugar and secretes chemicals, which dissolve tooth enamel. Sugar also makes the blood thicker, affecting the flow of vital nutrients to teeth and gums.

*"My doctor says I'm prone to a heart attack. But I have no family history of the disease!"*

**WHAT'S HAPPENING:** Sucrose increases blood levels of cholesterol, insulin and the stress hormone cortisol. All these increase the risk of heart disease. It is also known to increase blood pressure.

*"My colds and coughs have become more frequent."*

**WHAT'S HAPPENING:** Sugar is often called an anti-nutrient as eating more of it leads the body to use up its supplies of potassium, thiamin and chromium. All sugars, even natural ones, appear to compete with Vitamin C for transportation into white blood cells. Without adequate amounts of Vitamin C, the immune system becomes severely affected.

Hi! I'm Sugar Puff papa. I just luuuvvvv anything that is sugary. Sweets, pastries, soft drinks....yummy yum. I thought sugar would just kill my teeth and I was ready to live with that but...



*"These wretched headaches! Aspirins work no more on me. This definitely can't be because of sweets."*

**WHAT'S HAPPENING:** As you eat more sugar, cells are destroyed as a consequence of being robbed of Vitamin B. Insulin production is inhibited leading to a very high sugar level in the bloodstream. Surveys show that this can lead to a confused mental state or unsound mind.

*"My bones ache all the time. My doctor tells me that I've got osteoporosis."*

**WHAT'S HAPPENING:** Our blood becomes acidic with the excess consumption of sugary foods. To balance this, nutrients like calcium are borrowed from the bones. High consumption of sugar means that this calcium is not replaced. And that leads to the long-term deterioration of bones, osteoporosis.

*"I'm not as strong as I used to be. I guess it's old age."*

**WHAT'S HAPPENING:** High sugar intake also corrupts muscle performance and impedes strength development dramatically.

*"Gallstones from sugar? Not possible!"*

**WHAT'S HAPPENING:** In 1984, the British Medical Journal reported that refined sugar may be one of the major dietary risk factors in gallstone disease.

HEADACHES  
OSTEOPOROSIS  
WEAKNESS  
GALLSTONES