

Sugar and Its Many Negative Side Effects

Dr. Mary Ruth Swope

Nancy Appleton, PhD., lists 59 reasons why white sugar ruins your health. Her book, THE SUGAR HABIT, lists the bibliographical reference for each reason given. For my purpose in this presentation, I have selected eight very important reasons why your intake of sugar should be controlled:

- 1. Sugar suppresses the immune system.**
American Journal of clinical Nutrition,
November, 1973, pp. 1180-84.
- 2. Sugar causes hyperactivity, anxiety, difficulty in concentration and crankiness in children.**
Appleton, Nancy, LICK THE SUGAR HABIT, 1968, p.16.
- 3. Sugar can cause arthritis.**
Lancet, February 6, 1986, pp. 236-238.
- 4. Sugar can cause kidney damage.**
British Journal of Medicine, November 22, 1980, 281-1396.
- 5. Sugar can produce an acid stomach.**
Duffy, W., SUGAR BLUES, N.Y., Warner Books, 1976.
- 6. Sugar can cause hypoglycemia**
Duffy, W., SUGAR BLUES, N.Y., Warner Books, 1976.
- 7. Sugar can cause migraine headaches.**
Lancet, 1:955-957, (1979).
- 8. Sugar can cause hunger pains and overeating.**
Science 218. No. 4571 (October, 1982) 490-491.

Keep in mind that Dr. Appleton lists an additional 51 symptoms caused by the consumption of too much white sugar!

* * * * *