

(5) SUGAR - NUMBER TWO CAUSE OF PHYSICAL PROBLEMS

In Health Tips #411 through #414, we established biblically and anatomically, that God designed man to be nourished with the LIVING plant foods that He God had created and placed in the Garden of Eden before the creation of man. Then last week, in Health Tip #415, we started a series of Health Tips revealing what happens when we place into the body, substances God never designed the body to ever have to deal with. You can read any or all of these Health Tips by going to <<http://www.hacres.com>> and clicking on "Hallelujah Health Tips" in the upper right corner of our Home Page. Next, click on "Go To Archives: at the top and access the year 2005 and click on Health Tip #411, #412, #413, #414 or #415".

In this week's Health Tip, we are going to continue examining what happens when we place into our physical bodies, foods (so-called), that God never designed our physical bodies to ever have to deal with or process. But before we get started, I want to refresh our memory with the closing words of Health Tip #414: "LIVING FOOD FOR A LIVING BODY! God had it right from the very beginning! See Genesis 1:29. Remember, it was God who created a LIVING organism (physical body), comprised of LIVING cells, that He designed to be nourished with LIVING food!"

Last week, in Health Tip #415, we looked at the horrible things that happen when we place into these physical bodies we each possess, foods of ANIMAL origin. Today, I want us to look at what happens within our physical bodies when we place REFINED SUGAR into them.

2. SUGAR

After animal products, which we took a long look at in last week's Health Tip #415, the next most popular DEAD, FIBERLESS, and good-for-nothing KILLER food of our day is refined SUGAR! However, it is not a food substance at all, but rather a dangerous poison. Yet it is consumed by almost everyone in America, on a daily basis, and it does horrible things within the body. It is also something God never intended our physical bodies to ever have to contend with.

The only sugar God designed our physical bodies to ever have to deal with were the natural sugars found in the LIVING, raw fruits and vegetables, that He, God, created and placed in the Garden!

Are you aware that a hundred years ago, the average annual intake of refined sugar was approximately 5 pounds per person per year? Today, the average annual intake of refined sugar is around 170 pounds per person per year. That means that if a person is consuming the Standard American Diet (SAD), that person is placing into their God made physical bodies, over 50 teaspoons of refined sugar each and every day of their life. Thus a person who lives to the age of 70 will have placed into their body, during their lifetime, some 12,000 pounds of refined sugar. Well, let's take a look at what all that sugar is doing within our beautiful, God designed, physical body?

(1) REFINED SUGAR IS A DEAD FOOD

Refined sugar originated in a living plant, which contained its complete complement of enzymes, but by the time it reaches the refined sugar stage, all life has been destroyed, and it has become a very DEAD food. Let's look for a moment at what they do with the original sugar cane or beet as they turn the living sugars found in the plant, into a refined, DEAD, product. The following information was taken from a newsletter written by Charlotte Gerson:

"Sugar is a basic element in starchy food, however, processed sugar is a completely different matter. The sugar we purchase in the supermarket for personal consumption is processed sugar. This kind of sugar is heated up in chalk- milk, so that calcium and protein are extracted. After the process, it becomes alkaloid, destroying all vitamin content. In the second phase the sugar is mixed with acid chalk, carbonic gas, sulfur dioxide and finally with natrium bicarbonate. The mixture is cooked and cooled off several times and thereafter crystallized and centrifuged.

The dead mass is then treated with strontium hydroxide. Subsequently it arrives at the refinery where it is passed over chalk carbon acid to clean it. Dark coloring is removed by adding sulfuric acid and then it is filtered with bone charcoal. Finally, it is colored with Indathrenblue or the highly toxic Ultramarine. This product's chemical composition is C12H22O11, which you can buy in shops as 'pure cane' sugar."

#### (2) REFINED SUGAR CONTAINS NO FIBER

Another important thing to understand about refined sugar is that just like we saw with foods of animal origin, sugar is devoid of all fiber. Let's remember here, that God designed our bodies to move food through a very extensive digestive tract through means of fiber, and foods containing no fiber create problems.

#### (3) REFINED SUGAR IS FRAGMENTED

Through heating and mechanical and chemical processing, all vitamins, proteins, fats, enzymes - indeed - every single nutrient is removed until nothing but pure white sugar, pure 'naked calories,' pure refined carbohydrate remains. Sixty-four food elements are destroyed in the processing. Fragmented foods set up nutritional imbalances that precipitate health problems galore.

#### (4) REFINED SUGAR IS HIGHLY ACIDIC

Like animal source foods, refined sugar is also 'acid forming.' This means that the body must take vital alkaline minerals, calcium being the most plentiful, from the body's cells to metabolize refined sugar. This high sugar use, along with the consumption of animal products, causes the body to take so much calcium from our bones and teeth that the bones become osteoporotic and teeth decay.

#### (5) REFINED SUGAR CREATES BLOOD SUGAR DISORDERS

One pound of apples contains 263 calories, whereas, one pound of candy has 1800 calories. Refined sugar in junk foods is concentrated far beyond what the human body was ever designed by God to ever have to process at one time. Thus the body has to somehow deal with this incredible large amount of sugar if it is going to survive. The body does deal with it, but in doing so, it often results in physical problems called DIABETES and HYPOGLYCEMIA.

DIABETES - In Health Tip #415 we learned that the primary cause of diabetes was the fat contained in animal products.

But when a diabetic consumes refined sugar, the pancreas has difficulty producing adequate insulin when the blood sugar rises. Concentrated amounts of sugar cause a rapid rise in blood sugar. Chronic intake of sugar eventually exhausts the pancreas as it tries to compensate. Thus the diabetic is condemned to having to take ever-increasing amounts of insulin to compensate. Diabetes is the 'Number Three Killer Disease,' in America, preceded only by cardiovascular related diseases and cancer.

HYPOGLYCEMIA - is the flip side of diabetes. Hypoglycemia occurs when the body still has a fairly strong pancreas.

The body overreacts to a concentrated sugar intake and releases too much insulin from the pancreas. Blood sugar levels then plummet far below the normal stable level. The suffering Hypoglycemic often experiences fatigue; headaches; mental depression, and irritability. These symptoms are often dealt with by the intake of some more refined sugar, and so the Hypoglycemic is often caught in an endless cycle that often causes the pancreas to wear out from all of the constant over stimulation - which often results in Diabetes, because now the sufferer cannot produce sufficient insulin for normal metabolic activities.

#### (6) REFINED SUGAR PROMOTES EMOTIONAL INSTABILITY

After a "sugarholic" has consumed a box of candy, or bag of cookies, or any large amount of refined sugar, they know how self-abused and depressed they feel. Sadly, studies reveal a strong link between juvenile and adult criminal offenses and sugar addiction. Similar research reveals a link between mental illness and sugar abuse. And hypoglycemic reactions, for the very sensitive consumer, promote extreme irrationality, emotional instability, and oftentimes aggressiveness. Recent studies are revealing that sugar may be as involved in mental illness, divorce, and crime as alcohol has been found to be. Depression is also one of the most rapidly growing problems in our society today, and refined sugar is one of the major contributing factors! ADD and ADHD are running rampant among our children and even some adults! It is a problem doctors are trying to treat with drugs, such as Ritalin.

Isn't it a sad commentary, that these emotional problems, that were caused by the very toxic and poisonous, addictive drug (poison) called refined sugar, are then treated with another poison, a doctor prescribed drug! How sad! You mother's who are having a problem with your child's behavior might consider removing all sugar from their diet.

#### (7) REFINED SUGAR CONTRIBUTES TO HEART DISEASE

Fat is not the only contributing factor in heart disease. Large amounts of refined sugar cause the insulin in the body to convert blood glucose (sugar) into fatty acids and triglycerides. Those on a high-sugar diet show significantly higher levels of fat in their blood than those who eat no refined sugar. This high fat content in the blood is directly related to the development of plaque build-up within the arteries, and ultimately, to hardening of the arteries.

#### (8) REFINED SUGAR LEADS TO ADDICTION AND WEIGHT GAIN

Sugar is highly caloric in its pure form, but then it is often combined with something containing high fat, like shortening, along with some salt, producing a tempting goodie like candy, fudge, or a donut. Often these high sugar foods are consumed with a high sugar drink, like soda pop. All of this sugar contributes to weight gain. Recently I read that if a person consumes just one 12-ounce can of soda pop a day, the 11-teaspoons of sugar in that soda pop could add 12 pounds to their weight in just one year. Furthermore, because of the way it plays havoc with emotions, refined sugar is highly addicting - it works exactly like a protoplasmic poison, a drug. This means that once a sugarholic sufferer has given into this crystalline sweetness, they can't stop the addiction. And if they dare face withdrawal, the 'sugar blues' give them no peace until they return to the sugar, and resign themselves to remain fat.

Refined sugar is every bit as addictive as nicotine and alcohol! We have found that when a person decides to adopt The Hallelujah Diet, they usually do not have a great deal of difficulty eliminating the animal products, white flour products, table salt, or even caffeine (which is another addictive drug), but many find that the most difficult substance to eliminate is refined sugar. Sugar has a powerful addictive influence upon many people. Have you ever noticed that children, who are allowed to have candy, are always asking for more, while never being satisfied no matter how

much you give them? It is because their bodies have become addicted to sugar and their bodies are screaming for a fix.

#### (9) REFINED SUGAR COMPROMISES THE IMMUNE SYSTEM

Let's remember that the immune system is what God built into each of our physical bodies to protect us from the germs, viruses, and bacteria of this world. It is our first line of defense! Refined sugar is an immune system suppressant! In other words, refined sugar cripples and can even knock out this first line of defense. Does that not give us a clue as to why so many people experience infections, colds, the flu, along with other flu like symptoms, and more? This editor hasn't experienced a cold or the flu, since eliminating refined sugar, and adopting a basically living plant source diet 30 years ago!

#### (10) SUGAR CONTRIBUTES TO A MYRIAD OF OTHER PHYSICAL PROBLEMS

Refined sugar is associated with malnutrition and decreased resistance to disease. Refined sugar impacts quality of life as it increases the severity of PMS; decreases cognitive or intellectual function, especially in children; sugar also contributes to our current epidemic of heart disease, and so much more.

Following is just a partial list of other health problems related to the intake of refined sugar: Acne, addiction to drugs and caffeine, alcoholism, allergies, anxiety, behavior problems, binge eating, bloating, bone loss, Candidiasis, depression, difficulty concentrating, eczema, edema, emotional problems, fatigue, food cravings, hormonal problems, hyperactivity, insomnia, menstrual difficulties, mental illness, mood swings, premature aging, psoriasis, and the list goes on and on.

To summarize, refined sugar and products made with it, are the second most often cause or contributing cause of the physical problems being experienced today. Refined sugar products are all DEAD, and FIBERLESS, and following animal source foods, the second most popular of the deadly, KILLER foods of our day. No wonder God says: "My people are destroyed for lack of knowledge." Isn't it a sad commentary, that instead of dealing with our physical problems by dealing with their causes, and eliminating those causes, we deal with their causes and symptoms, with the consumption of other poisonous drugs! All because we have failed to nourish our physical bodies the way that God designed in Genesis 1:29!

To be continued...

Hallelujah Acres is a Christian Ministry that teaches health from a Biblical perspective! Hallelujah Acres is trying to help the Christian community (as well as anyone else who will listen) realize that God's ORIGINAL diet, as given by God in the Bible, in Genesis 1:29, was God's perfect plan for the proper nourishment of his human creation. Multitudes have made this diet change that we teach here at Hallelujah Acres, and experienced normalization of weight, as well as the elimination of almost all their physical problems.