

SUGAR SMARTS

Types of Sugar

- **Glucose:** Simple sugar. Major source of energy for living cells. Cells cannot use glucose without the help of insulin.
- **Fructose:** Naturally occurring sugar found in fruits and honey. It is what makes everything taste sweet
- **Sucrose:** Known as table sugar, it's the 50/50 combination of glucose and fructose molecules
- **High Fructose** 55% fructose/45% glucose; initially used in soft drinks and portrayed as a "healthy & cheaper alternative"
- **Corn Syrup:**

Bottom line - Our gut treats all sugar equally

Too Much Sugar!

Too much sugar can cause many health issues and symptoms outside of what should be considered normal

- Insulin Resistance
- Diabetes II
- Metabolic Syndrome
- Vasodilation; leads to High Blood Pressure
- General Inflammation
- Liver Inflammation/Toxicity

Did You Know?

- Sugar is **8x** as addictive as cocaine.
- Sugar in liquid form is harder for your liver than for example, eating an apple
- Metabolic Syndrome is the major risk factor for heart disease and diabetes
- Diabetes II is due to "pancreatic exhaustion". Your pancreas stop producing insulin and can no longer control blood sugar
- There may be a link to high insulin levels and malignant tumors/cancer

Excess Sugar --> Fatty Liver --> Insulin Resistance --> Metabolic Syndrome

