

SUGAR... OFTEN BAD, BUT CAN BE GOOD

The ‘normal’ sugars, found in virtually all non-organic (and 90% of organic packaged) food, are highly destructive to health on every level. These “normal” sugars are not really normal at all, but creations of modern chemical manufacturing – designed to make, and keep, you addicted, weak and sick. By name, these evils are known as SUGAR, CANE SUGAR, CORN SYRUP, (NON-ORGANIC) HONEY, and HIGH FRUCTOSE CORN SYRUP. Artificial chemical sweeteners (aspartame, sucralose, saccharin, etc.) are no help at all; they are not healthy alternatives to sugar.

THE WELL-KNOWN DESTRUCTIVE EFFECTS OF REFINED SUGAR INCLUDE:

1. Makes you fat (obese); both organ fat and external fat (occ. makes you too thin)
2. Drastically increases your likelihood of getting type II diabetes
3. Stops your ability to think clearly or accurately
4. Makes you depressed, anxious and irritable
5. Makes you crave more sugar (and refined grains)
6. Makes you despise real, un-refined, foods
7. Makes you fatigued, weak, tired, unmotivated, heavy, etc.
8. Increases your likelihood of dementia and Alzheimer’s disease
9. Increases your likelihood of many kinds of cancer

THE BETTER SUGARS:

The *granulated* sugars can be substituted for sugar 1:1 in any recipe!

1. Fruit (organic) [if buying in any form of package – read the ingredients!]
2. Berries (organic) [if buying in any form of package – read the ingredients!]
3. Dark maple syrup
4. Organic barley malt syrup
5. Organic honey
6. Organic dark (blue) agave syrup
7. Maple sugar (granulated)
8. Organic coconut sugar (granulated)
9. Organic coconut flower nectar (granulated)
10. Organic cane sugar (granulated) - darker is better
11. Xylitol (a small amount daily is good for teeth)