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## **Sugar Industry Secrets Exposed July 25, 2015 | By Dr. Mercola**

Americans have been warned for years about the dangers of eating too much fat or salt, but the media has been relatively silent about sugar, in spite of the country's rising rates of obesity and failing health. Copious research have been published about the many ways excess sugar can damage your health, yet industry continues to defend it—*science be damned*. They want you to continue believing the outdated myth that saturated fat is to blame, instead of sugar. Nevertheless, the wheels of progress continue to turn.

An influential group of medical researchers has been relentless in spreading the word about the strong associations between sugar consumption and the rising rates of obesity and major diseases, such as cancer, heart disease, and Alzheimer's. This is not “news” to the food industry. They've actually been hiding the real science about sugar for decades—devising ways to get you even MORE addicted to their products, regardless of the consequences to your health. It's time for everyone to know the truth about the sugar industry's deceptions. In 2012, science journalist and author Gary Taubes partnered with Cristin Kearns Couzens to write “Big Sugar's Sweet Little Lies.” In their exposé, featured in Mother Jones, they write:

*“For 40 years, the sugar industry's priority has been to shed doubt on studies suggesting its product makes people sick. On federal panels, industry-funded scientists cited industry-funded studies to dismiss sugar as a culprit.”*

### **Research Proves Causation: Sugar Increases Chronic Disease Risk**

It's estimated 100 million North Americans are now diabetic or pre-diabetic. Evidence is clear that refined sugar is a primary factor *causing* obesity and chronic disease, thanks largely to the work of pediatric endocrinologist Dr. Robert Lustig. Dr. Lustig makes a strong case that sugar could be an important factor in today's chronic disease epidemic. Overloading your liver with more sugar than it can metabolize often creates serious metabolic issues over time. How much sugar are people consuming? On average, sugar represents 15 percent of the total calories consumed by Americans. America's use of high fructose corn sweeteners octupled between 1950 and 2000. The reason for this excess is that Americans rely heavily on processed food, which is simply loaded with sugar, especially fructose—sweetening the sugar industry's profits. The food industry sees nearly one trillion dollars in sales per year, and they couldn't do it without sugar.

### **Too Much Fructose Is Poison**

Of all the types of sugar you could consume, refined fructose is by far the most damaging. Research as shown high fructose corn syrup (HFCS) is more toxic than table sugar (sucrose).

Mice fed a high-HFCS diet had nearly twice the death rate of mice fed a diet high in sucrose. Table sugar consists of two molecules, which separate in your gut: fructose and glucose. Glucose travels throughout your body and fuels your muscles and brain. But fructose goes straight to your liver, where all sorts of problems result. Your liver turns this fructose into liver fat, which causes a slew of metabolic problems. For starters, excess fructose shuts down the part of your brain that tells you when you're full, making overeating likely.

The resulting insulin resistance is at the core of a long list of serious health problems, including cancer, Alzheimer's, and heart disease. And the list seems to grow longer by the day. Research published in *The Journal of the American Medical Association (JAMA)* shows your risk of dying from heart disease nearly triples if 25 percent or more of your daily calories come from sugar. You may not realize that insulin resistance affects each organ differently. For example, insulin resistance may be the first step toward the development of hyperlipidemia and cardiovascular disease. Added sugars, especially fructose, may play more of a role than salt in high blood pressure. When certain organs experience insulin resistance, specific diseases may develop. A few examples are provided in the table below.

<b>Organ or System Developing Insulin Resistance</b>	<b>Disease</b>
Muscles	Type 2 diabetes
Liver	Nonalcoholic fatty liver disease
Brain	Alzheimer's disease
Ovaries	Polycystic ovary disease
Peripheral Nervous System	Neuropathy

### **Sugar May Be Cancer's Best Friend**

According to the latest World Cancer Report issued by the World Health Organization (WHO), cancer is often preventable through lifestyle choices. Sugar is cancer's favorite food—at least some forms of cancer. Cornell University Professor Lewis Cantley believes dietary sugar not only increases your chances of developing cancer, but also worsens the outcome if you already have it. Elevated insulin gives cancer tumors a boost by directing cancer cells to consume glucose. Some cancer cells actually contain insulin receptors, harnessing glucose to grow and spread. If you have this type of cancer, eating sugar is like pouring gasoline on a fire. Knowing how cancer responds to sugar, you can probably see how obesity can be a marker for increased cancer risk. Obesity has been linked to increased risk for many types of cancer—colon, esophageal, kidney, breast, and pancreatic—as well as raising your risk of dying from the disease.

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