

By Dr Mercola

Eating too much sugar is detrimental to your brain.

Obesity, type 2 diabetes, weight and even heart disease are commonly known to be caused, in part, by a poor diet with excess sugar (including fructose and honey to a lesser degree). Brain problems are strongly linked to excess sugars, unbeknownst to many Americans and an increasing number of New Zealanders!

A study in mice, published in the journal Neuroscience, revealed that a high-sugar diet lead to changes in gut bacteria that were in turn related to a significant loss of cognitive flexibility, which is a measure of your brain's ability to adapt to changing situations and to remember.

For the last 17 years, I've warned that artificial sweeteners can wreck your health. Aspartame is among the worst of the bunch, and in general, people who consume aspartame tend to be in poorer health. They also tend to develop more of a sweet tooth.

I found the evidence against artificial sweeteners to be so compelling, and the hazards so disconcerting, I wrote an entire book on the subject called Sweet Deception, published in 2006. Now, years later, the research I presented in that book has been confirmed many times over, and the tide is finally beginning to turn against this toxic food additive.

Soda consumption is now in "free-fall," having dropped to its lowest point since 1995, according to Time Magazine, with diet sodas taking the greatest hit.

Sales of carbonated beverages in general fell three percent in 2013, while diet Coke and diet Pepsi both dropped by nearly seven percent. Sales of Diet Mountain Dew also fell more sharply than regular Mountain Dew.

One reason for the decline could be a growing awareness of the obesity epidemic in the US and growing health concerns surrounding sugar-sweetened beverages. According to Reuters, industry experts say the beverage industry is shrinking under the scrutiny. Even diet-branded drinks have suffered a loss of sales with concerns over artificial sweeteners.

It is very gratifying to see this turn of events, knowing we're making a difference. Also, quite frankly, I'm tired of writing about something this obviously harmful. I'll be happy to move on to other challenges that threaten your health.

One of the largest studies of its kind, which included nearly 60,000 post-menopausal women who were followed for about 10 years, found that drinking just two diet drinks a day can dramatically increase the risk of an early death from heart disease. The findings were presented at the American College of Cardiology's 63rd Annual Scientific Session in Washington, DC.

End

Sugars are carbohydrates composed of carbon, hydrogen and oxygen.

Sugars are found in most plants and even 5% in milk and in dairy products, but are only present in sufficient concentrations for efficient extraction in sugarcane and sugar beet.

Cane and sugar beet sugars made sugar available to the common people who had previously had to rely on honey to sweeten foods. Sugar beet is a root crop and is cultivated in cooler climates and became a major sweetener.

The brain needs sugar in slight regular amounts. If you get tired and yawn more frequently than you should, it could be from needing a little sugar which you can get from fruits and/or drinking water diluted fruit juice.

Mango and its juice help people slim. We both avoided mangoes because we had dropped to 54 and 49 kg while in hospitals last year and early this year, and are now happy with 66 and 59 kg. Leg lifting stopped it going onto my stomach.

Lactase (a member of the beta-galactosidase group of enzymes) splits milk sugar (lactose) into the two simple sugars glucose and galactose. Found exclusively in mammalian milk, lactose is only one sixth as sweet as cane or beet sugar (sucrose).

Many people lose the ability to make lactase as they mature, so they must either get it in their food or take supplements to avoid unpleasant side effects (lactose intolerance). Others from regions in Europe, Africa, India and the Middle East (cattle countries), through a helpful genetic mutation,

produce the enzyme in their intestinal tracts, even as adults. The lactase in raw milk, present from bacterial synthesis, is apparently inactivated by the pasteurisation/homogenisation processes.

People from countries that originally didn't have cattle until imported, suffer more from milk than those from 'cattle' countries.

Adding a little honey to milk helps tryptophan enter the brain to boost serotonin activity.

The accusation regarding lactose intolerance is often wrong. Studies on 827 young adults in Australia showed that many who blamed milk for digestive problems were suffering other problems. Hard cheeses are lactose-free and yogurt is well digested because of its natural bacteria.

Sugarcane (shown), is a giant grass grown in hot climates and harvested every 18 months.

The sugar is in the stems. To get rid of the leaves before harvesting, some spray the whole plant with a glyphosate such as Roundup, which then ends up in the sugar some people eat. I have had sugar measured and both white and brown contained Roundup. It has also been found in USA in several foods.

Statements about how safe and harmless glyphosates are, and how they become inert are completely wrong, and the manufacturers knew this from the beginning, but it was only exposed to the public in about 2014.



Vaughan Jones, ONZM Queen's honour 2013, for services to the farming industry.

Dairying 99% Honours 1948. Waikato Most Improved Dairy Farm Award 1959. M.Mkt.I.

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