

SUGAR HAS 56 NAMES AND IS A CARBOHYDRATE

Glucose, fructose, sucrose, dextrose, lactose, maltose, corn and is a carbohydrate syrup, high fructose corn syrup, xylitol, sorbitol = **sugar**

SUGAR increases the risk of many diseases and illnesses, including cancer, high blood pressure, GI issues, mineral imbalances, migraines, obesity, depression, ADHD, and more.

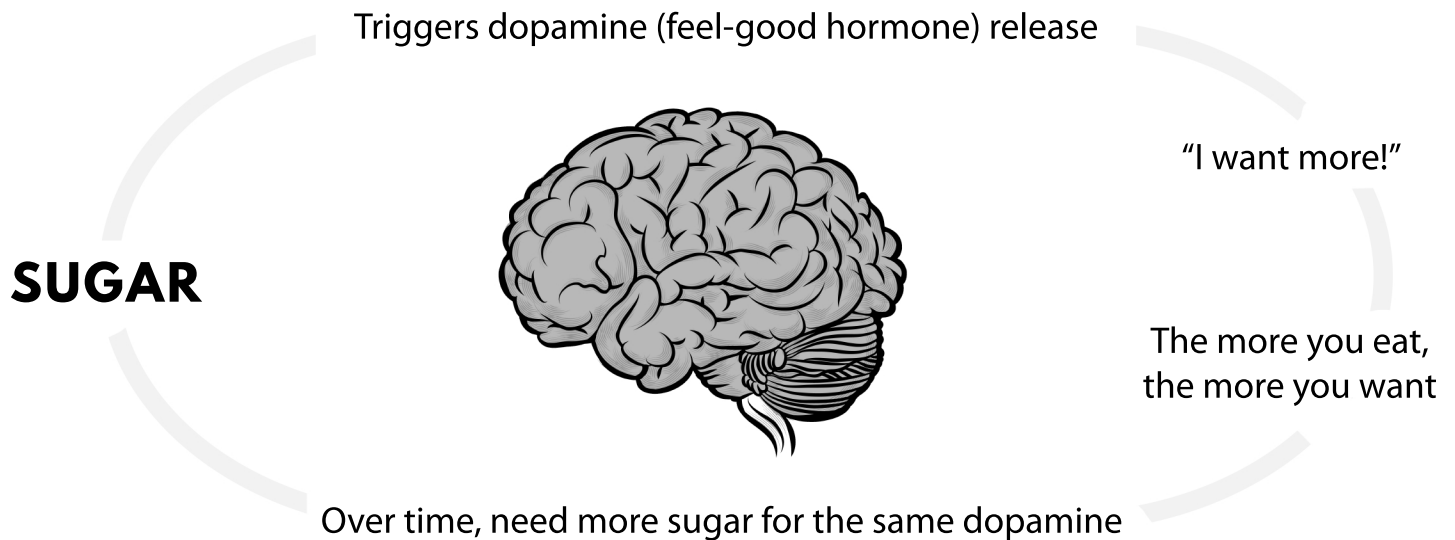
ADDICTION:

- **Sugar** causes a neurochemical reaction in the cerebral cortex, much like nicotine, cocaine, and heroin.
- Recommended **sugar** intakes are 20-32 grams a day for people 9-19 years old. For reference, a can of soda has about 39 grams. 1 soda per day = 15 lbs gained per year.
- Foods high in **sugar** stimulate Lipoprotein Lipase, the enzyme that encourages the body to store fat.
- Leptin is a hormone, created in fat, that regulates energy use and signals in the brain by saying when you're full. Too much **sugar** makes the body leptin-resistant and the signal to "stop" no longer happens.

YOUR BODY ON SUGAR



YOUR BRAIN ON SUGAR



LEPTIN RESISTANCE:

- Your pancreas makes insulin, which "pairs" with glucose in the bloodstream.
- Insulin is necessary to bring glucose into cells for fuel.
- When you run out of insulin, glucose builds up and is stored as fat.
- Leptin (the "I'm full!" signal) is produced in fat cells.
- If your leptin levels get too high, the signal malfunctions and you never feel full!
- High levels of leptin lead to cravings, hunger, weight gain, low energy, and obesity.

WATCH:

1. <http://ed.ted.com/lessons/sugar-hiding-in-plain-sight-robert-lustig>
2. <http://ed.ted.com/lessons/how-sugar-affects-the-brain-nicole-avena>