

Sugar paralyzes the fluttering fringe (cilia) that carry the mucus out of the lungs.  
Sugar increases the mucus production which is now an excellent place for bacteria to grow.



Glucose resembles and displaces vitamin C which is essential for white blood cell's ability to gobble up bacteria.

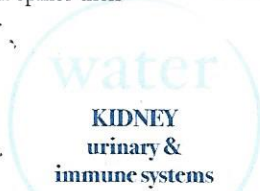
Sugar concentrates in the skin leading to rashes.

Depletion of B12 and minerals leads to increased homocysteine and inflammation in the vessels.

Inflammation in the vessels leads to blood pressure rising and damage to the vessels where cholesterol acts as a patch.

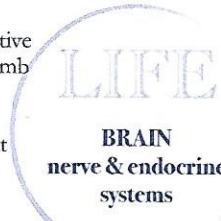
Sugar is a simple chemical that stimulates the stress handling glands – the adrenals. Blood sugar spikes then falls.

Sugar impairs hormones and induces water retention.



Adaptogen herbs: Spikenard, shiitake, turkey tail, maca, gynostemma, schisandra, ashwaganda, and others like Nettle, parsley and oat straw

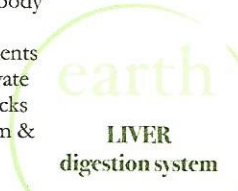
Sugar is more addictive than cocaine. To numb our overwhelming feelings, we turn to mood changers that go on to become a compulsive need.



Sugar is a mood killer. Eating sugar or drinking alcohol stimulates a big dopamine release – the “high” – followed by resistance to dopamine – the “low.”

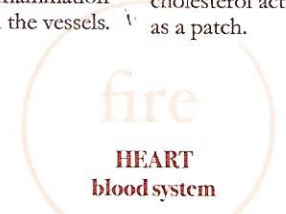
California poppy, chamomile ginkgo, gotu kola, baked licorice, rosemary, seaweeds; EXERCISE

Sugar draws nutrients to be processed, leaving the body depleted of B12 and minerals, the very nutrients that are needed to activate the energy pathway. Kicks out calcium, magnesium & copper.



Sugar binds to proteins and fats making AGE's which are inflaming. Insulin resistance plus inflammation leads to diabetes, fatty liver and many other diseases.

Bitter foods and herbs - greens, green tea, FIBER: beans, green leafy vegetables; True cinnamon (Ceylon), fennel, B complex, chromium GYMNEMA with meals quells craving



Omega-3 oils as in calamari oil, flax, chia, salmon and the small fishes.

Hawthorn, buckwheat sprouts, butcher's broom, cayenne, turmeric frankincense, myrrh

Blood sugar is balanced by the liver and adrenals and the pancreas.

Sugar feeds bacteria, fungi, candida, yeast, upsetting the gut flora and promotes viruses & cancer.