

# Sugar Addiction

*Society's Worst Malady*

**Sugar Addiction and Diseases © 1989 James W. McAfee**

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## Notice

This newsletter is designed for educational purposes only. Any individual suffering from health problems which are mentioned or discussed should consult a physician for proper diagnosis and treatment.

## A Little Quiz

Let's take a little quiz. Check any of the following which apply to you.

- I find certain things very irritating.
- I experience frequent times of extreme fatigue and weariness.
- I occasionally have difficulty with concentration.
- I am very restless.
- Muscles twitch occasionally.
- I drink cola and other soft drinks daily.
- Sometimes ravenously hungry.
- I feel very tense.
- I drink soft drinks daily.
- I lose my temper easily.
- At times mind goes blank.<sup>1</sup>

### Less Frequent (More Severe)

- Sunlight hurts my eyes.
- I have crying spells.
- I have muscle cramps.
- I have aching joints.
- I have bad headaches.
- Stiff shoulders or neck.

## Low Blood Sugar

All of these are highly correlated with a disease called low blood sugar or hypoglycemia. Marilyn Light, Executive Director of the Adrenal Me-

tabolic Research Society of the Hypoglycemic Foundation reports that 49.2 percent of the American population suffers from bouts of low blood sugar.<sup>2</sup> Another eleven percent of the population is estimated to be diabetic!

### References:

1. *Nutrition and Mental Health* Hearing before the Select Committee on Nutrition and Human Needs of the United States Senate, Berkeley, Ca.: Parker House, 1977, p.47.
2. Paul Stitt, *Fighting the Food Giants*, Manitowoc, Wisconsin: Natural Press, 1981, p. 157.

## Causes of Low Blood Sugar

Blood sugar problems are most often created by excessive consumption of refined sugar. When sugar is rapidly absorbed into the bloodstream, as it is when consumed in a beverage or easily digestible food, it causes a very rapid production of in-

sulin in the body. This insulin drives the blood sugar very low. When the blood sugar falls too rapidly or too low, the brain and nervous system lose their fuel and cease to function properly. The adrenal gland is then activated in a mad attempt to restore glucose to the blood by extracting it from liver stores. Repeated ingestion of large quantities of refined sugar must inevitably result in exhaustion of both the pancreas and the adrenal gland.

Some medications and drugs can aggravate blood sugar problems. Rodale writes, "Salicylates (aspirin and similar compounds)...have been found ...to lower the blood sugar level of children and inhibit the ability of the children to convert carbohydrate to glucose. Some drugs such as propranolol (used to treat heart irregularities) can also lower blood sugar."<sup>1</sup>

### Reference:

1. Rodale, J. I., *Natural Health, Sugar and the Criminal Mind*, New York: Pyramid, 1968, p. 96.



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## Is Sugar Harmful?

Sugar belongs to a list of substances called GRAS (Generally Recognized as Safe). Sugar is on this list because it has been around so long and used so widely. Piteously little study has been done on the long term effects of use of large quantities of sugar such as those found in the human diet.

One man who has studied sugar for many years is Dr. John Yudkin. He has concluded that "...if only a small fraction of what is already known about the effects of sugar were to be revealed in relation to any other material used as a food additive, that material would promptly be banned."<sup>1</sup>

Yudkin found that prolonged feeding with large amounts of sugar induced diabetes in rats. When fed normal diets, blood sugar returned to normal. Subsequently, however, it would take only a few days of high sugar intake to cause the diabetic response to recur.<sup>2</sup>

High sugar intake also alters secretion of the hydrochloric acid and pepsin by the stomach. Only two weeks of a high sugar intake caused a 20% increase in stomach acid and nearly a threefold increase in enzyme activity. This contributes to indigestion and very probably ulcers. The small size of the sugar molecule is responsible for this as it alters osmotic pressure in the stomach lining and literally pulls digestive substances from the stomach lining.<sup>3</sup>

Yudkin also found that both dogs and hamsters given diets with sugar were prone to develop gallstones.<sup>4</sup> This is a common human malady.

Yudkin feels that if sugar induces low blood sugar the result can be far

sightedness. If the sugar results in a diabetic response, as it does in rats, the result is nearsightedness.<sup>5</sup> Damage to the eyes as a result of sugar intake is much more severe if the protein intake is low. Adequate protein intake appears to protect from many of the harmful effects of sugar intake. This is possibly due to the fact that protein aids liver function, which sugar tends to damage.

There is little doubt that sugar causes tooth decay. He notes that more than one third of British adults over sixteen have had every one of their teeth extracted!<sup>6</sup>

Sugar also has a drastic effect upon the liver and kidneys. The cells of these organs both increase in number and also in size when excess sugar is eaten. Sugar also results in an insulin level 50% higher than normal in fasting blood and a rise of 300-400% in the level of adrenal hormones. Yudkin writes, "...the one property of sucrose that today most seriously calls into question the general assumption that it is a completely innocuous component of our diet is its effects on hormone levels."<sup>7</sup> Sugar has also been associated with tooth decay, gout, and heart disease.

### References:

1. Yudkin, John, *Sweet and Dangerous*, New York: Bantam Books, 1979, p.5.
2. *Ibid.*, p. 119.
3. *Ibid.*, p. 130, p. 160.
4. *Ibid.*, p. 131.
5. *Ibid.*, p. 133.
6. *Ibid.*, p. 135.
7. Yudkin, John, *Sugar and Disease*, *Nature*, September 22, 1972.

## Mental Symptoms

It is the ability of sugar to alter adrenal hormones and insulin levels that results in a tendency to develop blood sugar problems. The digestive disturbances induced by sugar and other undesirable foodstuffs further aggravates the problem by creating difficulty in breakdown of nutrients and delivery to the tissues of the body.

Low blood sugar, hypoglycemia, or hyperinsulinism was identified by Seale Harris in 1924. M.S. Buehler noted symptoms which included headaches and neckaches (75%), nervousness and tension (85%), and

malaise or fatigue (55%). Less frequent symptoms include seizures and blackout spells, memory loss, disorientation, slow thinking, loss of coordination, and speech difficulties.<sup>1,2</sup>

Michael Lesser, M.D., writes, "Blood sugar abnormality occurs so commonly in neurosis (89 of 97 cases 92%) that it should be considered as always present when there are neurotic complaints. Low blood sugar may imitate nearly any neuropsychiatric symptom."

## Hitler

Hitler may be an example of what unrestrained hypoglycemia can do to the mind of a man. Rodale writes, "Hitler was a 'sugar drunkard'....Hitler must have suffered from low blood sugar due to an overconsumption of sugar....Hitler could never get enough of his favorite whipped-cream cakes. There was always a box of candy near him. He could not drink wine unless he put sugar in it. In the early days of his career, when Hitler was in jail, his friends deluged him with boxes of candy, knowing of his predilection for it."<sup>4</sup>

### References:

1. Buehler, M.S. (1962) "Relative Hypoglycemia," *The Journal Lancet* 82: p. 289-292.
2. *Nutrition and Mental Health* Hearing before the Select Committee on Nutrition and Human Needs of the United States Senate, Berkeley, Ca.: Parker House, 1977, p. 199.
3. *Ibid.*, p. 325.
4. Rodale, J. I., *Natural Health, Sugar and the Criminal Mind*, New York: Pyramid, 1968, p. 15

## Sugar and Addiction

Consumption of large amounts of sugar can result in severe addiction. Hoffer writes, "Refined sugar is particularly insidious since it produces addiction as severe as any addiction. The only difference between heroin addiction and sugar addiction is that sugar doesn't need injection, is readily consumable because of its availability, and isn't considered a social evil. However, the strength of sugar addiction is just as strong as heroin addiction. One of my patients, a seven-year-old boy, exemplifies sugar addiction. He would sneak into the kitchen at three a.m. to steal handfuls

of white crystalline sugar. Many adolescents grab for sweets even though they notice their behavior is normal when they avoid sugar and pathological when they consume it. Another of my patients drank three forty-ounce bottles of sweetened soft drink daily just to keep herself going. Otherwise acute onset of hypoglycemia would drop her into depression and despair if even thirty minutes passed without a drink of sugar water.

Sugar addiction provides typical addiction withdrawal symptoms as severe as those accompanying withdrawal from drugs. During the withdrawal any food could activate symptoms. Too quick a withdrawal will see the patient develop severe depression or anxiety....my treatment includes assessment of the degree of addiction and if it is great, I taper off the patient from sugar slowly."

It is the opinion of this writer that severe addiction to sugar early in life may contribute to problems with alcohol, marijuana, cocaine, heroin, crank, and other drugs later in life. With a societal consumption of over 120 pounds of sugar per person per year, it is little wonder that the drug problem is as severe as it is.

Reference:

Hoffer, Abram, and Walker, Morton, *Orthomolecular Nutrition*, New Canaan, Conn.: Keats Publishing, 1978, p. 100.

## Breaking the Addiction

Breaking an addiction to sugar is one of the most desirable tasks any individual could undertake. Unfortunately, the task is not as easy one as the quote by Abram Hoffer indicates. It is also illustrated by the young woman who in seeking health advice was told that she would experience major health improvement if she would stop drinking giant bottles of soda pop all day long. She arrogantly stomped out of the office saying, if that is all I have to do I can do it on my own! She came back a week later in humiliation and total defeat—having come to realize that she did not control her sugar habit—it controlled her!

Here are some important suggestions for breaking sugar addiction:

1. Know where sugar is found. Otherwise you will substitute one kind of sugar for another. For example, an 8 oz. glass of orange juice will have more sugar than a doughnut or two brownies and the same sugar content as a Coca Cola (6 teaspoons). A cup of dried raisins or peaches is on a par with a candy bar in sugar content and almost twice that of a piece of pie.

2. Obtain sufficient carbohydrate intake to maintain adequate blood sugar levels. A sugar addict acquires the habit of maintaining blood sugar by consuming rapidly absorbed sugars. In order to break this habit an effort must be made to provide sugars for the brain and nervous system to operate on from a more slowly absorbed source. Intake of beans and lentils, and whole grains (rice, millet, barley) and potatoes of different types aid greatly in this endeavor.

3. Cravings for sweets should be met with whole fruits. Fruit juices must be avoided because of their high sugar content.

Adequate protein intake helps curb the appetite for sweets, helps break the addiction, and also helps the body metabolize sugars. Yudkin suggests that "sucrose reduces the utilization of protein." Rats given a low-protein high-sugar diet become nearsighted.

4. Consume as much raw fruits and vegetables as possible. Physicians have reported that raw foods can help stabilize erratic blood sugar in diabetics.

4. Often people with blood sugar problems develop digestive problems, particularly as they become older. Use of digestive aids for the stomach and the intestines can facilitate the breakdown of foods and help the body extract much needed sugars from complex carbohydrate.

5. Supplement the diet to aid in use of sugars. A broad spectrum supplement should be used which contains glucose tolerance factor, magnesium, zinc, manganese, and vitamin B complex from natural sources. These and many other nutrients are necessary to properly handle sugars in the body.

## Strengthening Key Organs

In order to competently recover from damage done to the body by sugar one must strengthen the functioning of the pancreas, adrenal gland, and liver.

### The Liver

The liver is seriously damaged by refined sugar and alcohol as well as excessive fat intake. Nutritional support for the liver includes getting to bed early at night and a high quality defatted liver supplement. A high quality lipotropic adjunct can help the liver handle fat better. Citrus based bioflavonoids can also aid liver function, particularly in detoxifying many harmful substances.

An internationally acclaimed scientist once shared an anecdote with me which illustrates the importance of protein for liver function, especially where the consumption of

### Sugar Content of Selected Foods

Food .....	Sugar (tsp.)
Apricot Nectar (8 oz) .....	7
Orange Juice (8 oz) .....	6
Grape Juice (8 oz) .....	7.5
Cranberry Juice Cocktail ..	4.8
Coca Cola (8 oz) .....	6
Tang (8 oz) .....	8
Doughnut .....	5
Apple Pie .....	12
Brownie .....	3
Snickers (2 oz) .....	7.3
M&M's (1.7 oz) .....	6.8
Trix (8 oz) .....	24
Raisin Bran (8 oz) .....	18
Nature Valley Gran. (8 oz)	16
Dates (10) .....	12

References:

"Refined Sweeteners in Foods and Beverages," *Nutrition Action*, October 1984, p. 11.

Kirschmann, John, *Nutrition Almanac*, New York: McGraw Hill, 1984.

Note: The total amount of glucose in the blood is normally about 1-3 teaspoons. Massive infusions of sugar can easily overwhelm the mechanism which maintains a stable blood sugar. (5 liters of blood with 100 mg. glucose per 100 ml. = 5 grams, (approximately 1-2 tsp.)

refined carbohydrates is concerned. This individual was involved in the space program. One of the projects he was involved in was reclaiming waste products for consumption on the flight. They were winding up with refined carbohydrate in this particular work. The refined carbohydrates killed laboratory rats by destroying their livers. Supplemental protein made it possible for the bodies of these animals to handle the refined carbohydrate without death ensuing.

The immune system cages viruses that attack us with antibodies. The liver filters out the caged viruses from the blood, keeping the blood clean and pure. The longer viruses and other enemies of the body circulate in the blood, the more antibodies they acquire. This has two harmful effects. Firstly, large immune complexes can lodge in the kidney and damage it permanently. Secondly, antibodies can be drained from the blood weakening total resistance to disease by poor or sluggish removal of caged invaders. The result is a person who says, "I am always getting sick."

Reference:

Stoff, Jesse A., and Pellegrino, Charles, *Chronic Fatigue Syndrome*, New York: Random House, 1988, p. 45.

### The Adrenal Gland

When blood sugar falls too low, it falls on the shoulders of the adrenal glands to stimulate the liver and raise blood sugar again. Nutrients which aid functioning of the adrenal gland

include grain oil concentrates, vitamin C, and the B complex.

### The Pancreas

The pancreas is the body's primary shock organ assuring breakdown of food so that it does not cause allergic responses. An easily digestible protein is extremely important for proper functioning of the pancreas. Without the amino acids a protein supplement provides, digestive enzymes can not be produced. This leads to inability to break down foods, allergic responses, and rapid deterioration of the immune system.

Reference:

Philpott, William, and Kalita, Dwight, *Brain Allergies*, New Canaan, Conn.: Keats Publishing, 1980, p. 71.

Yudkin, John, "Sugar and Disease," *Nature*, Vol. 239, Sept. 22, 1972.

### Drug Addiction

Addiction to sugar early in life is the natural doorway to other kinds of addiction later on. Other common addictions are caffeine, nicotine, alcohol, marijuana, heroin, speed, and cocaine.

In 1977, a crucial report on treatment of drug addiction appeared in the *Journal of Orthomolecular Psychiatry*. Libby and Stone wrote in this article, "Drug addicts suffer from severe metabolic dysfunctions and are very sick people. Any attempted solution to the drug addiction problem which fails to bring total health back to the addict is doomed to failure."

They point out that drug addiction often begins at an early age with

weekend "highs." It progresses from marijuana and alcohol to barbiturates, PCP, LSD, and then on to heroin.

The significant point is that, "On drugs, the addicts lose their appetite for food. Food deprivation or restriction leads to severe protein and vitamin malnutrition." All the addicts Libby and Stone tested were deficient in amino acids.

Treatment consisted of very high levels of vitamin C and protein with broad spectrum vitamin and mineral supplementation as well. The authors write, "we are able to take the addicts off heroin or methadone, without the appearance of withdrawal symptoms."

Reference:

Libby, Alfred, and Stone, Irwin, "The Hypoascorbemia-Kwashiorkor Approach to Drug Addiction Therapy: A Pilot Study," *The Journal of Orthomolecular Psychiatry*, Vol. 6, No. 4, 1977, pp. 300-308.

### Substitutes

Almost every alternative to sugar which has arisen in the last generation has been subjected to exhaustive testing and withering criticism. After commenting on the certitude of the damage that sugar does to the bodies of both animals and men, Yudkin writes, "Think of all this the next time you read of an experiment suggesting that another sugar substitute...may be harmful; and the blaze of publicity encouraged by the busy men and women who run such organizations as Sugar Information, Inc., or the British Sugar Bureau."

Cyclamates were banned and warning posters made mandatory on any store that carried saccharine with far less evidence of harm than Yudkin has demonstrated sugar creates for men and animals in his own laboratory.

Reference:

7. Yudkin, John, *Sweet and Dangerous*, New York: Bantam, 1979, pp. 5-6.

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## Neo-Life Protein and Stress 30

- Protein is partially broken down at body temperature (*Protoguard Process*) to make it easier to use by the body.
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- *Threshold Control vitamins* to saturate the tissues of the body for a day.
- *Chelated Minerals* to improve absorption, use, and to decrease digestive problems.

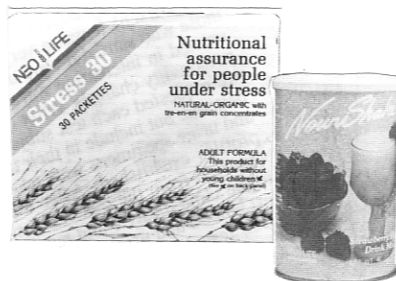


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