

## **ANDERSON UPPER CERVICAL**

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### **What Happens to Your Body When You Eat Too Much Sugar?**

Sugar is something many people add to their food & drinks but it also lurks in almost all processed foods, including breads, meats and even condiments like Worcestershire sauce & ketchup. Although tasty, **sugar can also be toxic, addictive & deadly.**

An average American consumes about 17.4 teaspoons of sugar per day. People are consuming excessive sugar in the form of fructose or high-fructose corn syrup (HFCS). HFCS is found in almost all types of processed foods & drinks today.

### **Effects of Consuming Too Much Sugar**

Most Americans are consuming about 3x's of the amount that can be safely metabolized. **A majority of excess sugar becomes metabolized into body fat,** leading to debilitating chronic metabolic diseases.

#### **Excessive sugar intake can:**

- **Overload & damage your liver**
- **Cause metabolic dysfunction** — Fructose fools your metabolism by turning off your body's appetite-control system causing increased hunger.
- **Increase your uric acid levels** — a risk factor for heart & kidney disease.

**Fructose is used by cancer cells to increase their growth,  
Which allows the cancer to spread faster.**

A powerful connection exists between a high-fructose diet & the risk of developing Alzheimer's disease & dementia, through the same pathway that causes Type 2 diabetes.

### **How to Manage or Limit Your Sugar Consumption**

- ✓ Avoid all sources of fructose, particularly processed foods & beverages like soda.
- ✓ Spend 90% of your food budget on whole foods & 10% or less on processed foods.
  - Limit consumption of refined carbohydrates (waffles, cereals, bagels, etc) & grain.
- ✓ Keep total fructose consumption below 25 grams per day.
- ✓ Avoid artificial sweeteners like aspartame & sucralose.
- ✓ Increase your consumption of healthy fats, such as **omega-3**, saturated & monounsaturated fats. **Ex:** organic butter from raw milk, (unheated) virgin olive oil, coconut oil, raw nuts like pecans & macadamia, free-range eggs, avocado & wild Alaskan salmon.
- ✓ Add fermented foods to your meals — The beneficial bacteria in these healthful foods can support digestion & detoxification. **Ex:** Kimchi, organic yogurt & fermented vegetables.