

## **Sugar is Toxic**

**You MUST master sugar if you are to have a chance in today's sugar toxic world.**

Long ago I threw out my sugar bin, my sugar bowl and sugar spoon and I NEVER buy sugar, in any of it's thousands of forms.

Once you **COMPLETELY** understand just how bad sugar is for you in **HUNDREDS** of ways you will curse your sweet tooth and **NEVER** indulge it.

*I've said it before, and I hope you've listened: The only way to live a long and healthy life is to ditch the sugar in all its forms... forever and ever, no exceptions, period, amen."* **Doctor William Douglass MD**

*"What if you were to learn that every day, 25 percent of your calories came from a poison, disguised as a food? And what if you discovered that this chemical imposter was responsible for your insulin resistance and weight gain? And elevated blood pressure. And elevated triglycerides and LDL. And depletion of vitamins and minerals. And even gout, heart disease and liver damage? What if you were to discover that this toxic substance had been dumped into your food in gradually increasing quantities for the last thirty years, with the full knowledge and blessings of the American Heart Association, the American Medical Association, the USDA and the FDA? [Doctor Robert H. Lustig MD UCSF](#) [Start of series](#), **NOTE You MUST watch this nine part series** This video will help you kick the deadly sugar habit*

*"It appears that obesity is not the only thing controlled by the information in our food. So are stress response, mood, behavior, memory and brain function. That is why a fresh, whole food, organic, real-food diet is the foundation of health."* **Doctor Mark Hyman**

*"Food is powerful medicine. Eating more of certain foods and less of others can substantially boost the bodies ability to fight most illnesses from colds to cancer."* **Doctor Keith Block MD**

*“Four ounces of carbohydrates in the form of glucose, fructose, sucrose, honey or orange juice can reduce the ability of your white blood cells to destroy foreign invaders by up to 50%. This effect lasts about 5 hours.” Sanchez et al*

*“Since the average American consumes about 8 ounces of sugar a day the inescapable conclusion is most Americans have chronically compromised immune systems.” Murray & Pizzorno*

*“Short term fasting, one to two days, can improve immune response by lowering blood sugar levels since this results in a 50% increase in the ability of the white blood cells to destroy microorganisms.” Sanchez*

*“In 1938, the only laboratory animal that could contract polio by experimental inoculation was the monkey. All other laboratory animals were completely resistant to the polio virus, including the rabbit. The researchers could not infect these rabbits with polio -- that is, until they lowered their blood sugar in a way that also occurs in humans after they eat sugar. So the take-home message is that if you want to avoid the flu, avoid sugar like the plague. **Avoiding sugar is the single most important physical factor that you can address to avoid the flu.**”  
Doctor Joseph Mercola*

*“Patients on vitamin-D therapy report a wide range of beneficial results including increased energy and strength, resolution of hormonal problems, weight loss, an end to sugar cravings, blood sugar normalization and improvement of nervous system disorders.”  
Krispin Sullivan, CN*

*“Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children.” Goldman J et al*

*“Sugar causes a loss of tissue elasticity and function, the more sugar you eat the more elasticity and function you lose.” Cerami et al*

*“Sugar leads to chromium deficiency.” Kozlovsky et al*

*“Sugar causes copper deficiency.” Fields et al*

*“Sugar interferes with absorption of calcium and magnesium.”  
Lemann*

*“Sugar can cause varicose veins.” Cleave*

*“It is thought the negative effects of sugar result from the elevation of insulin levels and the competition with vitamin C for metabolism transport sites.”* **Mann**

*“Excessive sugar intake can also contribute to free radical damage. White and brown sugars, and even sugar from so-called natural sources, such as fruit and fruit juices, maple syrup and honey, get converted into triglycerides by the liver and are subject to free radical damage. These damaged fats then promptly attack your arteries and directly contribute to cardiovascular disease. Additionally, cancer and tumor cells feed off of sugar. It is for this reason that excessive sugar intake correlates very strongly with heart disease, cancer and a host of other ailments.”* **Stephen Byrnes**

*“The least complex of all carbs are the simple sugars which require virtually no digestion to metabolize. This means after consumption in quantity they flood the bloodstream with unnecessary burdens of glucose and insulin.”* **Whiting 1989**

*“The REAL problem is what’s causing the damage in the first place, such as having chronically elevated blood sugar. The sugar molecule, in fact, causes far more damage than any other molecule.”* **Doctor Joseph Mercola MD**

*“When we take in excessive sugar and once the body sense that there is too much, insulin is released to take the excess sugar out of the bloodstream and store it by converting it into glycogen. The amount of glycogen stored in the liver is small. The entire reserve cannot last more than a day of activity. Excess sugar above and beyond what can be stored as glycogen is then stored as palmitic acid, a saturated fatty acid. Now you see how excessive sugar (calorie) intake leads to extra fat in the body.”* **Doctor Michael Lam MD**

*“Furthermore, the body can survive very well without simple refined carbohydrate provided that adequate protein and fat is on board to provide the calories required for metabolic functions. Our body is designed to run on fats as a fuel and not sugar. In fact, excess sugar is stored as fat because fat is the preferred source of fuel. The body can store a lot of fat but only limited amount of sugar.”* **Doctor Michael Lam MD**

*“If you decide to take cholesterol-lowering drugs instead of addressing the underlying problem of excess sugar in your blood stream, you are not only stopping your body’s natural healing process, you are also exposing yourself to drugs that are loaded with side effects and can deteriorate your health even further.”* **Doctor Joseph Mercola MD**

*“Doctor Price studied their diets carefully. He found they varied greatly, but the one thing they had in common was that they ate whole, unrefined foods. With absolutely no access to tooth brushes, floss, fluoridated water or tooth paste, the primitive peoples studied were almost 100% free of tooth decay. Further - and not unrelated - they were also almost 100% free of all the degenerative diseases we suffer - problems with the heart, lungs, kidneys, liver, joints, skin (allergies), and the whole gamut of illnesses that plague Mankind. No one food proved to be magic as a preventive food. I believe we can thrive best by eating a wide variety of whole foods; **and no sugar or white flour**. These are (and always have been) the first culprits. Tragically, when the primitives were introduced to sugar and white flour their superior level of health deteriorated rapidly. This has been demonstrated time and again. During the last sixty or more years we have added in increasing amounts, highly refined and fabricated cereals and boxed mixes of all kinds, soft drinks, refined vegetable oils and a whole host of other foodless "foods". It is also during those same years that we as a nation have installed more and more root canal fillings - and degenerative diseases have become rampant. I believe - and Dr. Price certainly proved to my satisfaction - that these simultaneous factors are NOT coincidences.”* **GEORGE MEINIG, D.D.S.**  
author **“Root Canal Cover-Up EXPOSED - Many Illnesses Result”**

**“Nutrition and Physical degeneration remains, I believe, the single most important treatise on human nutrition and dietary health ever written. It is the only book which clearly shows the basics of what a healthy diet truly encompasses. This information remains both correct and unchanging; it is mostly unknown by the general public and the medical profession. I am continually asked, as my patient’s health improves and their lives turn back to how they felt before their problems occurred, why so few people understand this information. The only answer I can give is that money and politics not facts and unbiased research, such as Doctor Price’s, determine what the public and medical professions are taught.”** **David J. Getoff, Naturopath**

*“A critical examination of these groups revealed a high immunity to many of our serious affections as long as they were sufficiently isolated from our modern civilization. When individuals of the same racial stock who had lost this isolation and who had adopted the foods and food habits of our modern civilization were examined there was an early loss of the high immunity characteristics of the isolated group.”* **Doctor Weston Price DDS, Note since the natives losing**

immunity often lived in the same physical environment as the immune natives IMO we can blame much of their problems on food alone.

*“Sugar Blues by William Dufty was a classic book of the mid 1970s. In a compelling, informal fashion, the book provides a broad historical and political sketch of sugar economics from the 15th century to the present. Dufty draws interesting parallels between opium and sugar, as both were things we don't really need, both became sources of huge revenues and taxes, both have some dark history involving immense human suffering, and both can cause physical degeneration and death after a long period of dependence.”* [The Doctor Within](#)

*“In a normal bloodstream, which is about 5 liters, approximately 2 teaspoons of glucose should be circulating at any one time. That means that one coke raises the blood sugar to 5x its normal level, for at least four hours. Now stop here a minute. This is one soft drink. Do you know anyone who drinks more than one soft drink per day? How about per hour? Do the math. To that, add the sugar in desserts, ice cream, jams, jello, artificial fruit drinks, and candy. This is not even mentioning hidden sugar found in ketchup, processed meats, baby food, condiments, cereals, and most other processed foods whose label you may chance to read.”* [The Doctor Within](#)

*“Refined sugar has lost its minerals and will pick up minerals right out of the tooth...you can take a freshly extracted tooth and soak it in raw sugar solution, and it will have no effect. You soak it in the refined sugar and you will eat it full of holes.”* [Royal Lee](#)

*“Dufty tells of a much more important discovery that occurred the year after insulin was discovered, which was kept quiet. In 1924 a top researcher named Dr. Seale Harris discovered the connection between too much insulin in the blood and hypoglycemia. He found out the obvious: all that daily white sugar called up too much insulin. Too much insulin in the blood got rid of too much glucose in the blood, making the patient weak and dizzy when the blood sugar got too low. But what sentenced Dr. Harris to the Hall of Obscurity for all time is that his solution was not some manmade pill that would make billions for the drug companies. No, Harris's solution to hypoglycemia was obvious: stop overloading on white sugar, and thus normalize natural insulin production. No Nobel Prize for Harris. The medical*

***approach is always the same: if an imbalance cannot be corrected by a new drug, any natural remedy, like sensible eating, is called "unscientific." [The Doctor Within](#)***

***"In reality, oxidative stress from a **high sugar environment** is the biggest trigger factor for increased cholesterol production in the body. Simple logic dictates that control of oxidative stress and sugar imbalances will automatically normalize the blood cholesterol level. And indeed it does. Looking at the broader picture, one can easily surmise that the culprit of many degenerative diseases, including high cholesterol, premature aging, and atherosclerosis, rest with the imbalance of two simple elements - oxygen and **sugar**. Oxidative stress, from excessive free radical damage in the oxygen respiratory chain, damages vascular walls. This leads to the excessive production of LDL cholesterol by the liver as the body tries to repair the "damaged vessels" which are undetectable by current laboratory measurements." [Doctor Michael Lam MD](#)***

***"Elevated cholesterol is a symptom and not a disease. The real disease is oxidative damage from excessive free radical damage caused by excessive metabolism of oxygen and sugar. Humans lack the endogenous capacity to produce vitamin C, a natural anti-oxidant. Instead, the body produces cholesterol as a surrogate. If you understand this concept, it is easy to appreciate that high cholesterol and a host of other age-related diseases, such as atherosclerosis, are nothing more than a series of symptoms reflective of the body's response to imbalanced oxygen and sugar metabolism. This may be a simplistic concept, but it drives home an important concept. To normalize cholesterol levels permanently, proper control of your oxygen load (through reduction of oxidative stress by taking anti-oxidants) and sugar load (by avoiding foods that are high in sugar and concentrate on low glycemic index food) is the first and most important step." [Doctor Michael Lam MD](#)***

***"When you take a high carbohydrate diet such as pasta, the carbohydrate changes into sugar inside our body. Our blood sugar goes up quickly. The body does not welcome this rush. It panics. The pancreas is immediately signaled to release insulin in order to facilitate the movement of sugar away from the blood stream into the cell, thereby lowering the blood sugar. This reaction is a back up plan for something that should not happen too often in our body, as our body***

*was never designed to process sugar in large quantities in a short time. The pancreas tries to do its best to lower sugar through the release of the hormone insulin. But it generally overcompensates and secretes more than we need at times, especially when the pancreas is chronically stressed. The result - your blood sugar goes down excessively.” [Doctor Michael Lam MD](#)*

*“Acetaldehyde a product of fermented sugar binds to the walls of red blood cells like molecular glue making them less flexible and therefore less able to get into and through the capillaries. That leads to starvation and oxygen deprivation in the tissues.” [Robert O. Young PhD](#)*

*"According to research by [Doctor Abram Hoffer](#), a psychiatrist with a lifetime of work and practice in the field of mental health, many people with schizophrenia have low blood sugar (hypoglycemia) and allergies. The most common food allergies found in individuals with schizophrenia are sugars, dairy products and wheat. Hoffer believes orthomolecular treatment is effective in 80 per cent or more of schizophrenia patients and is the best treatment developed so far. An orthomolecular approach to treating schizophrenia looks at a person's individual biochemistry, nutrient deficiency, and diet, as well as allergies and toxins."*

*"Patients are also told to avoid all refined carbohydrates/sugar, which totally disable the immune system including eliminating all active phagocytosis for at least six hours after the ingestion of a simple coke or even three teaspoons of sugar hidden in any food. They must read labels. We are working with the body and they cannot destroy the body's ability to defend itself and expect this program to work well." [Doctor Garry Gordon](#)*

*"In a study Fifty-five percent of participants decreased their sugar intake equal to the sugar in one can of soda and 59 percent increased their fiber intake by an average of 5 grams per day, or one-half cup of beans across all intervention groups, including controls. Conclusion: participants who decreased their sugar intake had an average 33 percent decrease in insulin secretion and those who increased their fiber intake had an average 10 percent reduction in visceral adipose tissue volume." [Archives of Pediatrics & Adolescent Medicine, Note WOW one can of pop less equals 33% less insulin, outstanding!](#)*

***"So-called "diet" drinks do nothing to foster weight loss. In fact, the evidence clearly shows that they increase weight. How might that happen? When you drink something that tastes sweet, your pancreas responds by making insulin in preparation for a natural load of sugar. No sugar comes. So your blood sugar drops and you get hungry. You eat more and gain weight. Furthermore, "diet drinks" are loaded with aspartame. Aspartame is 10% methanol, a horrible neurotoxin. Aspartame causes a large number of neurological abnormalities. I consulted with my own dentist today for his take on it. He would prefer his patients to drink sodas containing sugar rather than the poison. At least your body recognizes sugar, even if not good for you. Aspartame and other sweetening chemicals are foreign to your body." Doctor Robert Rowen MD, Note we need not choose the bad in preference to the worst, reject BOTH poisons***

***"Doctor Price's research proved conclusively that dental decay is caused primarily by nutritional deficiencies and that those conditions that promote decay also promote disease. Healthy native diets were diverse. Some were based on sea food, some on domestic animals some on wild game some on dairy products. Some contained almost no plant food while others contained a variety of fruits, vegetables, grains and legumes. In some mostly cooked foods were eaten in others many foods were eaten raw including animal foods. None contained any refined or devitalized foods such as white sugar and flour, canned foods, pasteurized or skimmed milk and refined and hydrogenated vegetable oils. All the diets contained animal products and all included some salt. Preservation methods included drying, salting and fermenting. Doctor Price found these diets contained almost ten times the fat soluble vitamins as our current diet. These include vitamins A, D, K and the CLA found in dairy products from milk cows fed on spring green grass. The foods which supplied these fat soluble nutrients included butterfat, marine oils, organ meats, fish and shellfish, eggs and animal tallows. Foods considered sacred included liver and other organ meats, fish liver oils, fresh eggs and CLA rich butter. The implications of Doctor Price's research are profound. If civilized man is to survive he must somehow incorporate the fundamentals of primitive nutritional wisdom into his modern lifestyle. He must turn his back on the allure of civilized foodstuffs that line his supermarket shelves and return to the whole, nutrient-dense foods of his ancestors." Health and Healing Wisdom***

***"All sugars, including manuka honey and molasses are acid forming and can cause cancerous body cells. All sugars are acidic waste products from fermenting matter. Braggs aminos is also acidic and should not be ingested when in a cancerous state. Sea salt is alkalizing and should be included in any plan to prevent or reverse a cancerous condition. Sea salt is also foundational in helping the body create the alkaline buffer of sodium bicarbonate." Doctor Robert Young MD***

***"Americas staggering weight problem can be boiled down to three things; excess sugar, fat and salt in our food." The End of Overeating 2009, Note make that BAD fat, there are good fats, and PROCESSED salt***

***"Ounce for ounce, some chocolate milk drinks contain MORE sugar and calories than soda. Your kid can pork up on the 30 grams of sugar and 200 calories in eight ounces of Nesquik reduced-fat chocolate milk... while a 12-ounce can of Coke – pretty much the worst drink I can think of – has 140 calories and 27 grams of sugar. That's right – chocolate milk can actually make Coke look good! And don't forget that plenty of kids drink both." Doctor William Douglass MD***

***"At HFA we believe there are a lot reasons to avoid soda. High Fructose Corn Syrup comes to mind. But now there is a new reason to it. A new study shows there could be a link between soda and pancreatic cancer. Enjoying a sugary soft drink just twice a week could almost double the risk of pancreatic cancer, according to a new study." [Does Sugary Pop Double Pancreatic Cancer Risk?](#)***

***"Sugar will rot your brain, not save it. Aside from eating raw sugar, the quickest way to fill your belly with this junk is juice -- even the pricey "all- natural" garbage. So don't buy into the latest study from the Department of Nonsense, which found that downing glass after glass of blueberry juice could protect your memory. Even the healthiest fruits become little more than liquid sugar once you turn them into juice. Blueberry juice, for example, has roughly a teaspoon of sugar in every ounce. Most juices -- even the expensive stuff with fancy labels -- are heated, treated and pasteurized, sucking the***

***nutrients right out.” Doctor William Douglass MD, Note I love a straight unhedged opinion don’t you***

***"The only way to control candida is to stop eating sugar. If you continue to eat sugar all the anti-fungals in the world won't help you." Doctor Nan Fuchs PhD***

***"Stevia is being used to successfully to fight diabetes, obesity, hypertension, fatigue, depression, infections and sweet cravings. Several studies on rats with type 2 diabetes strongly suggest that stevia could become a new anti-diabetic drug because it stimulates insulin secretion and lowers blood sugar." Doctor Nan Fuchs PhD***

***"Fructose and trans fat are known to increase your LDL levels, while lowering your levels of HDL, which, of course is the complete opposite of what you need in order to maintain good heart health. It can also cause major clogging of arteries, type 2 diabetes and other serious health problems.” Doctor Joseph Mercola MD***

***"It’s hard to imagine, but a vast array of modern processed foods contain more sugar than a glazed doughnut! Sugar in some form is present in nearly every packaged product, from spaghetti sauce, salad dressing, and peanut butter, to mayonnaise and ketchup, just to name a few. This outrageously excessive sugar consumption has caused people’s appetite regulation system to go awry. Leptin, the hormone responsible for satiety, isn’t working properly anymore in a majority of people. It has now become clear that limiting sugar – and fructose in particular -- in your diet is a key to longevity for a number of reasons.” Doctor Joseph Mercola MD***

***"One of the puzzle pieces you need to understand in order to really see the correlation between heart disease and sugar consumption is that dietary sugar raises your small, dense LDL cholesterol levels. This is the type of cholesterol that correlates with heart disease. Dietary fat, on the other hand, raises your large, buoyant LDL, which is harmless. Turns out the “conventional wisdom” to avoid dietary fat to avoid heart disease has led millions astray by focusing on the entirely wrong food. If you want to reduce your risk of heart disease, you simply must curb your sugar consumption. And today, this dietary vigilance needs to begin more or less from birth. Even infant***

***formulas and jarred baby food contains excessive amounts of sugar and high fructose corn syrup!"*** [Doctor Joseph Mercola MD](#)

***"If you really want to save your body, kiss the sweets goodbye. I don't care if they use corn syrup, beet syrup, sugar or fairy dust -- if it's got any kind of sweetener at all, it's anything but sweet. HFCS is making us fat, diabetic and dead. And plain old sugar would do the same exact thing -- if, like those corn sweeteners, it was in every single product. The problem isn't one or the other, it's all sweeteners. They lack nutrition, have no health role inside the body and WILL make you fat and sick -- end of story."*** [Doctor William Douglass MD](#)

***"Sugar and bread are two of the worst things to give your body. Yeast, fungus, and countless "bad" bacteria thrive on sugar and high-carb ingredients. It's like throwing gas on a fire."*** [Doctor Al Sears MD](#)

***"In four weeks, a high-glucose diet was found to shut down the gene that creates digestive enzymes. Food wouldn't move through the digestive tract, and it couldn't be absorbed."*** [Molecular Biology Reports. 2010 Apr; 37\(4\):1867-1874.](#) Note this is a great example of epigenetics in action, simply avoid the sugar and your epigenome will not be rearranged negatively

***"You probably already know what sugar does to you. It gives you cravings and makes you hungry all the time. You gain weight and become depressed. Sugar throws off your hormones and gives you diabetes. It feeds cancer cells and increases your chance of having a heart attack."*** [Doctor Al Sears MD](#)

## **Refined Sugar is 50% Fructose**

***"It turns out that one of the most profound ways to raise uric acid is by consuming the simple sugar fructose. fructose breaks down into a variety of waste products that are bad for your body, one of which is uric acid. As it turns out, uric acid drives up your blood pressure."*** [Doctor Richard Johnson MD](#)

Source Doctor Mercola MD

***"Fructose causes insulin resistance. In just TWO weeks of a high fructose diet people developed insulin resistance, the good thing is***

***this insulin resistance was reversed with a low fructose diet. We now have data that fructose is injuring the pancreas itself. You can induce diabetes in animals over time with fructose.*** **Doctor Richard Johnson MD**

***"Fructose is the number one factor in obesity. We believe beer is the second most important factor in obesity."*** **Doctor Richard Johnson MD**

Refined sugar, table sugar, sucrose, is half glucose and half fructose. The glucose half can be bad but not as bad as fructose as your body can handle glucose. What is often bad about the glucose is the sudden flood of glucose from simple carbs that requires [too much insulin production](#). A slow release of glucose such as occurs from complex carbs is fine in moderation.

But unbound, free, fructose ([See Fructose Protocol](#)) is a toxin in all but trace amounts. The fructose found in fruit is mostly bound. Watch [Doctor Robert H. Lustig MD UCSF](#) excellent video on the dangers of fructose and I guarantee you will view both sugar and HFCS as poisons to be avoided at all costs.

## **Sugar Consumption in the USA is [INSANE](#)**

***"In 1980 the average person ate 39 pounds of fructose and 84 pounds of sucrose. In 1994 the average person ate 66 pounds of sucrose and 83 pounds of fructose, providing 19 percent of total caloric energy.<sup>3</sup> Today approximately 25 percent of our average caloric intake comes from sugars, with the larger fraction as fructose."*** **Weston A. Price Foundation**

In 1776 the per capita consumption of sugar in the US was about six pounds. Today it is about 175 pounds. About 70 pounds of current annual sugar consumption is [a particularly bad form HFCS](#). Today approximately 25 percent of our average caloric intake comes from sugars, with the larger fraction as fructose. **IMO this massive consumption of sugar is a prime cause of the obesity, diabetes and other epidemics we are experiencing.** Ladies you may wish to know excess blood sugar and its AGE ([See Glycation Protocol](#)) by products are a known cause of wrinkles and sagging skin ([See Skin Protection Protocol](#)). Heck I am glad I know.

## Death By Sugar

*Death by sugar may not be an overstatement—evidence is mounting that sugar is THE MAJOR FACTOR causing obesity and chronic disease. Science has now shown us, beyond any shadow of a doubt, that sugar in your food, in all its myriad of forms, is taking a devastating toll on your health.”* [Doctor Joseph Mercola MD](#)

It may be a slow death; it may take 30 years for sugar to kill you.

## Cancer feeds on Sugar

*“A study of more than 1,800 women in Mexico found that those who got 57 percent or more of their total energy intake from refined carbohydrates had a 220 percent higher risk of breast cancer than women who ate more balanced diets.”* [Cancer Epidemiology Journal](#)

**Cancer feeds on sugar in fact it REQUIRES vast amounts of sugar to fuel its rapid growth requirements.** Sugar also will reduce your immune response to newly created cancer cells. IMO sugar may be a key factor in our rapid increase in cancer rates which parallels our rapid increase in sugar consumption. IMO if you are worried about any cancer you MUST eliminate sugar from your diet. A dangerous body aging process known as glycation ([See Glycation Protocol](#)) increases when blood sugar levels are elevated.

## Just a FEW of Refined Sugar’s Hundreds of Known Problems

*”Sugar cannot be digested. Sugar inactivates digestive enzymes. It remains in the tract, fermenting. Some of the toxic mass gradually seeps into the bloodstream where it acidifies the blood. The body tries desperate measures to maintain the normal pH of the blood. The problem list shows the end-results of those efforts, the signs of their failure, or else the degeneration of a tissue that has become the final resting place for fermenting debris in an overloaded system.”* [The Doctor Within](#)

## Sugar Hazards

Inhibits your immune system by as much as 50%  
Increases Adrenaline production by as much as 400%  
Increases Triglyceride production by as much as 600% **CVD, diabetes here we come**  
Completely empty negative calories, no vitamins, minerals or nutrients  
Induces Obesity, many mechanisms  
Causes Hyperactivity especially in children  
Causes Kidney damage  
Induces Glycation  
Strips minerals especially chromium, copper, calcium and magnesium  
Dehydrating **that soda you drink when you are thirsty strips water from your body**  
Makes your blood acidic  
Feeds Candida albicans and other fungi  
Can help cause arthritis, asthma, digestive disorders, eczema, food allergies, osteoporosis,  
Increases risk of CVD, Cancer, Aging and other major forms of death  
If you are not worried about death what about saggy skin? (Joke)  
**MANY other problems**  
**Many, many more problems**  
Many, many, many other problems  
Need I go on?

## [The Extreme Dangers of Fructose](#)

**Continuation of Sugar Protocol** ([See Sugar Protocol Continuation](#))

Also See ([Obesity Protocol](#))