10 REASONS TO QUIT SUGAR

10 WAYS IN WHICH EATING TOO MUCH SUGAR CAN AFFECT YOUR HEALTH

SUGAR

#1 DIABETES
Until recently, researchers believed that obesity was the major cause of diabetes, not sugar. However, new research has shown that sugar has a contributory effect to diabetes, beyond simply the calories that it contains. An increase of roughly one can of soda per day was associated with a 1.1% increase in diabetes prevalence. [1]

#4 ASTHMA
In a 2012 Australian study, children who drank more than half a liter of soft drinks per day were significantly more likely to suffer from asthma or COPD. The greater the consumption of soft drinks, the more likely an individual is to suffer from one of these respiratory conditions. [13]

#6 IMBALANCED GUT FLORA
Research shows that switching to a high-sugar diet can alter the composition of your gut flora within 24 hours. [8] Imbalances in our gut flora can weaken immunity, impair digestion, increase inflammation, and much more.

#8 INCREASED RISK OF CANCER
Sugar consumption has been linked to increased risk for ovarian cancer [9], esophageal cancer [10], and endometrial cancer [11], among others. Sugar also leads to obesity, which has been linked to a longer list of cancers.

#2 IMPAIRED LEARNING & MEMORY
A UCLA study shows that a diet high in fructose can impair the ability to learn and remember. This is particularly concerning given the consumption of high-fructose corn syrup. A diet rich in omega-3 can reduce the damage. [5]

#3 TOOTH DECAY
The link between sugar and tooth decay is well-established. There is also significant evidence that maintaining your intake of excess sugars at below 5% of your diet will help to avoid cavities. [6]

#5 HEART DISEASE
A 2014 study examined sugar consumption and heart disease. Those individuals who consumed 25% of their calories in the form of sugar were found to have double the risk of heart disease vs those whose intake was 7%. [2]

#7 OBESITY
Studies in both adults and children have demonstrated a link between sugar sweetened beverages and weight gain. [3] In 2014 the Obesity Center revised its guidance and recommended that children minimize their intake of these drinks. [4]

#9 HIGHER CHOLESTEROL
Researchers at Emory University found that increased sugar consumption increased several risk factors for heart disease, including the amount of LDL cholesterol and the ratio between LDL ('bad') cholesterol and HDL ('good') cholesterol. [12]

#10 FASTER AGING
It has long been known that diabetics age faster than other people. Excess blood sugar leads to glycation, when sugar binds with amino acid molecules. The resulting "advanced glycation end products" prematurely age our skin, and are a factor in many age-related diseases. [7]

Cancer

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Table of Contents I Quit Sugar

1. Understanding the eBook I Quit Sugar
    - The Rise of Digital Reading I Quit Sugar
    - Advantages of eBooks Over Traditional Books
2. Identifying I Quit Sugar
    - Exploring Different Genres
    - Considering Fiction vs. Non-Fiction
    - Determining Your Reading Goals
3. Choosing the Right eBook Platform
    - Popular eBook Platforms
    - Features to Look for in an I Quit Sugar
    - User-Friendly Interface
4. Exploring eBook Recommendations from I Quit Sugar
    - Personalized Recommendations
    - I Quit Sugar User Reviews and Ratings
    - I Quit Sugar and Bestseller Lists
5. Accessing I Quit Sugar Free and Paid eBooks
    - I Quit Sugar Public Domain eBooks

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