



INTRODUCTION

Addiction

When I tell people that I'm writing a book on the addictive properties of sugar, they nearly all admit that they too are addicted to the white stuff. When I tell them that I'm comparing eating sugar to smoking cigarettes, they all laugh. "Surely," they say, "I'm addicted to sugar, but there is no way that sugar is as harmful as cigarettes." Sugar, I have to tell them, is not as harmful, but actually much *more* harmful than cigarettes.

Have you ever wondered why so many foods contain sugar? Addiction is a powerful way to sell a product. Cigarette manufacturers have proven this is a strategy that works. But while cigarette companies have been held responsible for adding addictive substances to their cigarettes to ensure that you are a customer for life, food companies have been doing the same thing for decades and getting away with it. The next time you are in a grocery store, read the food labels on products. You will realize that many of the foods you have purchased contain sugar or high fructose corn syrup. Chances are your favorite foods are either sugar-laden foods or foods that act like sugar in your body.

Sugar has a real impact on your life whether you know it or not. If you have ever struggled to lose weight or have a disease such as diabetes or heart disease, sugar has had an impact on your

life. If you find that you have extreme food cravings and have a tendency to binge on certain foods, sugar has had an impact on your life. If you have ever had an addiction, such as with cigarettes, alcohol, or other drugs, sugar has had an impact on your life. If you have felt weak and unable to change what you are eating, sugar has had an impact on your life.

When I began research for this book and discovered just how harmful sugar and foods that act like sugar can be, I decided to quit eating them, and, surprisingly, ran straight into my addiction. Most people who know me would say that I eat well and rarely eat table sugar, but the minute I stopped eating all sugar foods, something happened. I had intense cravings, felt ravenously hungry, would binge on all sorts of foods, and had bouts of grumpiness and a short temper. As you will learn throughout this book, these are the specific signs of an addiction and a withdrawal pattern seen so often with other equally addictive substances.

Sugar has a hold on us that is hard to break, but break it you must if you want to have a healthy and long life.

It has been suggested that we are on the verge of witnessing a generation of people who will have a shorter life span than their parents. Life expectancy, which slowly crept up from around forty years old in the 1900s to approximately seventy years old today, is appearing to be about to tumble backwards. Can this be possible? The next time you are at the store, the airport, a sporting event, or anywhere, take a look at the people around you. We just don't look so healthy.

The increase in obesity in the last few decades can only be called an epidemic. It doesn't seem like that long ago, but in 1990 less than ten percent of the people in the United States were considered obese. Today, that number is over thirty percent, with over sixty percent of the population who are not yet

obese, but still considered overweight. If you ask people why they think they are overweight, they often shrug their shoulders and say, "I don't know. I am eating what the doctor tells me to eat." That, as you will find out, is the problem.

Where are we to lay the blame for this downward spiral in our health? Let's take a look.

Where Are You?

Imagine that you are in a waiting room at a doctor's office. A mother is standing, talking with a friend. Her young daughter, grabbing at her knee, is making it difficult for the two women to talk. The only words out of the little girl's mouth are "mommy, mommy, mommy." Her mother finally acknowledges her child, telling her that they will be leaving soon and that she has to wait. This sends the little girl into a rage. Her face turns red as tears pour down her face and she soon is screaming at the top of her lungs.

"Okay... okay," her mother finally says. She apologizes to her friend and reaches into her purse to grab a pack of cigarettes. The child immediately becomes quiet and is now focused on everything her mother is doing.

The mother lights the cigarette and holds it as the toddler takes a puff. The mother lets her take a few draws off the cigarette. After a few puffs, the mother tells her that she has had enough and she can have the rest later. Now content, the toddler lets go of her mother and turns to play with the blocks and toys on the floor.

Her mother returns to the conversation with her friend and saying, "She gets so fussy when I don't give her a smoke." Her

friend nods knowingly and smiles, “Mine too, it is the only way I can force my kids to eat all their dinner. They know if they don’t finish the green beans, they don’t get their smoke.”

The other mother nods knowingly.

Can’t Happen Here

Imagine a whacky world where the above scene happens every day and no one notices. How strange it would be to live in that world. Imagine a Halloween where goblins and witches run door to door and shout “trick or treat” and people toss packages of cigarettes into their bags. Or what would Valentine’s Day be like when your sweetheart sends you roses and a case of clove or menthol cigarettes, all in a pretty box?

Can’t happen here? Right?

The reason it wouldn’t happen here is because the dangers associated with smoking cigarettes are well known. This is true, but has it always been so?



The answer is no; cigarettes were once considered not only not bad, but actually healthy. Incredible as it may seem today, family doctors and the prime-time 1960s cartoons, such as *The Flintstones*, used to promote cigarettes. It was only after decades of cigarette smoking and careful scientific research that the medical profession concluded cigarette smoking was something bad.

The reason doctors and *The Flintstones* thought cigarettes were healthy was because they made people feel good, alert, and calm: Of course they were good for you.

But don’t jump to blame the doctors too much; it was actually difficult to make the connection between smoking and lung cancer. There are good reasons why it was difficult to make this connection, but the most significant was the fact that smoking and the onset of lung cancer were separated by a large distance in time. It can take twenty or more years from that first puff to the dreaded diagnosis.

It took thousands of people “experimenting” with cigarettes until doctors and scientists came to the conclusion that cigarettes were bad for you. Hopefully, as a society, we’ve learned an important lesson. We know enough not to give cigarettes to children in waiting rooms, on Halloween, or to our sweetheart, but we may not have learned all that we need to learn to be as healthy as we should be. Let’s look at our other big addiction and see where it has taken us.

Shocking Sugar Stats

By tracking the amount of sugar people consume, it becomes clear that something dramatic has happened over the last one hundred years.

Sugar consumption at the beginning of the 1900s was very low; estimates suggest that people consumed about one pound of sugar per year. Astoundingly, today that number has risen to half a pound of sugar every day. This means that if you are typical, you eat more sugar in a week than your grandmother or great-grandmother did in an entire year.

When many people hear this statistic, they simply can't imagine that they eat such an incredible amount of sugar. One half pound of sugar a day; are you sure? It's surprising, but true. If you consider all of the foods that contain sugar, you will see how easy it is to consume half a pound a day.

For example, $\frac{1}{4}$ pound of sugar is equal to around twenty-seven teaspoons. A typical twelve-ounce soda contains about ten teaspoons of sugar. If you drink two or three sodas each day, you have just consumed $\frac{1}{4}$ pound of sugar. And remember, those are small sodas (twelve ounce); many restaurants and gas station mini-marts serve much larger sodas. Now, add your soda sugar intake to any other candies, cookies, or other sweets that you eat. When you add in all the rest of the foods you eat that contain hidden sugar – including crackers, breads, ketchup, salad dressing, and so on – you can see how easy it is to meet your half a pound a day quota.

Sugar used to be expensive and hard to come by. It was like gold. In fact, during wartime, it was rationed. Now sugar is common and cheap. And because sugar is addictive, it is intentionally added to foods to keep you coming back for more.

Deadly Connection

It may come as a surprise, but sugar may cause as many deaths as cigarette smoking, perhaps even more. Let's start counting.

If you consider that sugar is connected to diabetes (and not everyone does), the deaths caused by sugar and cigarettes are roughly the same. According to the World Health Organization, four million deaths a year are attributable to diabetes while smoking causes around five million deaths. But, as I will illustrate, sugar may be responsible for far more than four million diabetes deaths. Sugar may have links to obesity, heart disease, cancer, and other diseases. Factoring in all the deaths from these sugar-related illnesses, the damage cigarettes cause is relatively small compared to sugar.

Yet, we ban cigarettes and allow soda and sugar-stocked vending machines in our schools.

Perhaps you are reacting the same way I did when I first began uncovering the truth about sugar. There was a disbelieving voice in the back of my head saying, "Oh, come on... eating sugar cannot possibly be as harmful as smoking cigarettes." Sugar is so safe that we *do* give it to little kids. It is in everything that we eat. It is natural, isn't it? How could it cause that much harm?

You are not alone in thinking this way. The medical community agrees with you; outside of dental problems, they don't think that sugar causes any harm at all. And that is what is really shocking; there is no one telling you the true harm that sugar can cause.

The doctors who first realized that there may be a connection between smoking and lung cancer were alone in their opinion. After all, everyone knew that smoking wasn't harmful. Were they crazy? Slowly, though, over time, the truth was revealed. Sugar sits at the same crossroads. Studies are beginning to show the link between sugar and obesity, diabetes, and heart disease. These studies are not enough to convince the medical

community, but that will change. Despite sugar's overwhelming prevalence in our lives, human beings and sugar do not make very good bedfellows.

The Shoe-Toe Cancer Problem

You may wonder why no one in the medical community is sounding the alarm that sugar is harmful. The reasons are many and uncovering the link between sugar and the diseases it causes is much more difficult than finding the link between cigarettes and lung cancer.

There are two significant problems that make it difficult to pinpoint the harm done by sugar. The first is the same as the cigarette problem. It takes years for sugar-related health problems to make their presence known. If you drink a strong poison and end up in the emergency room, it is easy to connect the two. But if you are forty years old and forty pounds overweight and are sitting in front of your doctor with heart disease and diabetes, it is a tough task to pin this on the soda you have been drinking every day of your life.

The other difficulty has to do with finding a non-user's group. With cigarettes, it was relatively easy to find a group of people who didn't smoke. Naturally, some people smoke and others don't. All researchers had to do was compare smokers with non-smokers and wait. Decades later, it became a simple exercise to accurately predict who – between the two groups – was more likely to be diagnosed with lung cancer.

Finding a group of individuals who don't eat sugar is much more difficult. As we shall see, the challenge of finding a group of non-sugar eaters is further complicated by the fact that many foods (like breads and other starches) act exactly like sugar in

the blood stream. Finding people who don't eat any sugar or food that acts like sugar is a nearly impossible task in today's modern world.

To understand the enormity of this research problem, imagine what it would be like if wearing shoes caused toe cancer (this isn't true). How would we discover the truth? Most everyone in the world wears some type of foot covering, such as a sandal or a shoe. It would be very difficult to find a non-shoe-wearing population that we could compare to our shoe-wearing society.

If there was an epidemic of people with toe cancer, scientists may start by thinking that the cancer could be caused by shoes but not sandals or by high-heeled shoes, but not tennis shoes. It would be a big step to think that toe cancer may be caused by something almost everyone does: wearing shoes. Scientists suffer from the same blindness we all have; it is hard to question something that everyone is doing.

This is the exact problem we face when trying to determine whether or not sugar foods cause health problems. Most people in the world eat sugar or foods that act like sugar, or both. This makes finding a non-user's group very difficult.

Our medical professionals are not sounding the alarm about sugar; they have yet to compare the sugary foods that we eat with the foods that humans should be eating. They typically compare sugar to sugar foods (bread and other starches) and see no difference in how these foods affect our blood sugar, our diseases, and our health. No wonder! They are comparing shoe-wearing to sandal-wearing and not seeing any difference in the rates of toe cancer. What they really need to find is a group of bare-footed people and see how many of them have toe cancer. This book is about finding those bare-footed

people, those who don't eat sugar or foods that act like sugar. To do this, though, we have some traveling to do.

Let's start our journey to uncover the truth about sugar by taking a short detour to uncover how our attitudes toward cigarettes have changed over time.

The History of Cigarettes

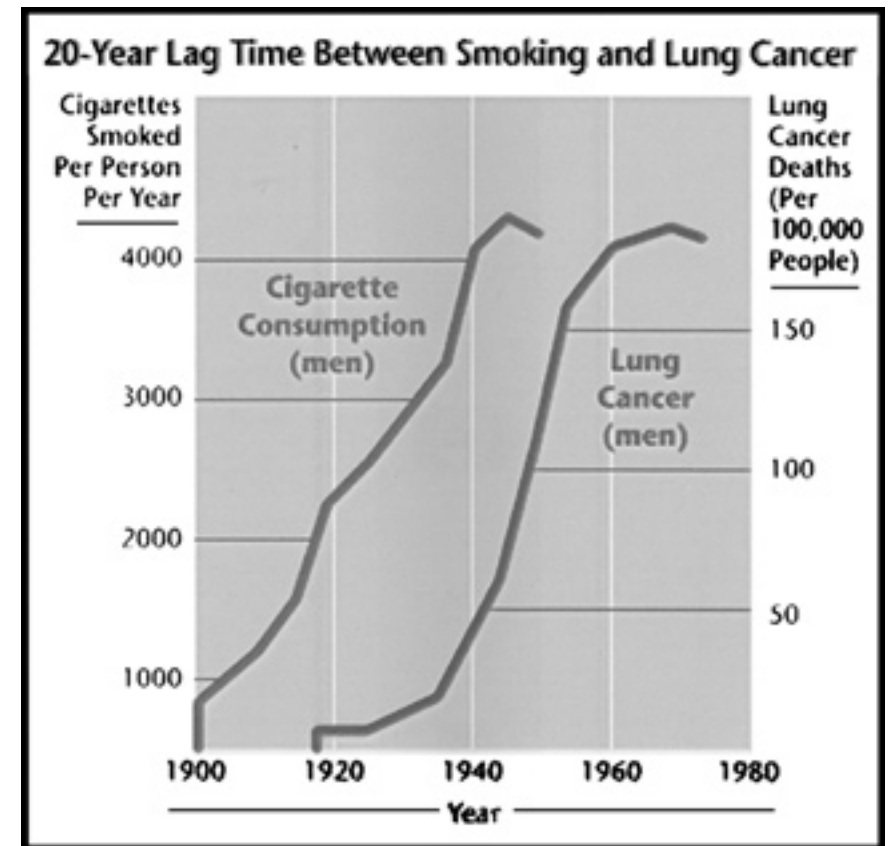
Cigarettes, of course, are made from tobacco. As far as scientists can determine, tobacco is native to the Americas and was smoked long before the Europeans arrived. It wasn't long after tobacco was "discovered" that it spread throughout the entire world. At first, people smoked whole leaf tobacco in a pipe; eventually it was packaged and sold in cigarette form for convenience.

Remember, cigarettes were originally thought to be healthy. Think about that; not neutral like drinking water, but actually good for our health. We thought that cigarettes were healthy because they produce mental and physical changes. People feel more alert, calmer, and get a boost of energy when they smoke.

Hmm...sound familiar? Doesn't sugar give you energy?

The good feelings that smoking cigarettes create belies the hidden destruction occurring in smokers' lungs. Cigarette companies donated cigarettes to World War I soldiers for free. Cigarettes were also included in World War II rations. Many soldiers returned from war addicted to cigarettes and were the first large population to embrace the habit. Around 1930 (20 years after World War I), doctors began to notice a dramatic

rise in people with lung cancer and pondered what was causing the increase.



The older doctors could remember a time when lung cancer was rare; in fact, it was an almost non-existent disease before 1900. An extremely rare disease was now becoming commonplace. Something had changed, but what?

Studies started to suggest that cigarettes may be the cause of the rising lung cancer rates, but it was not until twenty years later, in 1950, that the definitive studies blaming the rise in lung cancer on cigarettes began to appear.

Now we look back and feel silly; of course, cigarettes cause lung cancer. Today we can blame lung cancer, emphysema, heart disease, stroke, and other diseases squarely on cigarette smoking.

Still, the connection between diseases and smoking was difficult to make. What cigarettes had going for them was that lung cancer was rare. Once enough time had passed, it was easy to connect lung cancer to cigarette smoking. But think about this; even though it was a rare disease *and* there was a clear non-user's group, it still took almost fifty years to connect smoking to disease.

As we shall see, the number of people who are overweight has grown dramatically in the past decades, along with the number of people with diabetes and heart disease. But no one is blaming anything for these increases; at least not yet.

No Disease Connection

This is the point in the book where I show you that there is absolutely no connection between sugar and any disease (well, except for dental cavities, and that can be solved by brushing). That is, there is no connection if you believe the current medical wisdom.

Understand what I am saying: There is no major medical association, scientific body, or governmental group that states there is anything wrong with sugar in our diet. A few health agencies may issue warnings about the *amount* of sugar in our diet, but no one is saying that you should stop eating sugar. None of these groups are connecting sugar to any disease. Obviously, the sugar industry couldn't be happier with what the medical community has to say about sugar. To get an idea of how strong the evidence is against the connection between

diseases and sugar, let's take a peek at the sugar industry's website (www.sugar.org):

Starting with its 1986 review of 1000 scientific papers, the Food and Drug Administration's (FDA) Sugars Task Force in their report on "Evaluation of Health Aspects of Sugars contained in Carbohydrate Sweeteners" reported that "with the exception of dental caries [cavities], the scientific evidence clears sugars of links with other diseases including diabetes, hypertension, behavior and obesity."¹

This seems like pretty definitive evidence: Over 1000 scientific papers and a special task force in the Food and Drug Administration concluded that there is no link between sugar and diabetes, hypertension, behavior, or obesity. Sounds like it is okay to eat sugar, don't you think? The sugar industry is also happy to report that there is no such thing as a sugar "high" or a sugar "crash" despite how you feel after you eat a lot of sugar. They also report that children do not experience mood shifts or become hyperactive when they eat sugar, even though any parent would tell you differently.

The sugar industry also has a lot to say about the connection between sugar and diabetes. Here, on their website, they quote from the American Diabetes Association:

Does Sugar Cause Diabetes?

There is no reason to be concerned that if your child eats sugar it will lead to diabetes.

Normally, carbohydrates in the foods we eat are digested and changed into glucose, the sugar that circulates in the blood and is one of the body's major sources of

energy. Before the body can use glucose as energy, insulin (a hormone produced by the pancreas) must be present to allow body tissue to convert glucose to energy.

A person with diabetes either does not produce enough insulin or cannot properly use the insulin the pancreas does produce. According to the **American Diabetes Association**, sugar does not cause diabetes.

Not only does sugar not cause diabetes but individuals with diabetes do not have to strictly avoid eating sugar according to the **American Diabetes Association**:

“The available evidence from clinical studies demonstrates that dietary sucrose does not increase glycemia more than isocaloric amounts of starch. Thus, intake of sucrose and sucrose containing foods by people with diabetes does not need to be restricted because of concern about aggravating hyperglycemia. Sucrose should be substituted for other carbohydrate sources in the food/meal plan or, if added to the food/meal plan, adequately covered with insulin or other glucose-lowering medication.”²

In truth, there is no blaming the sugar industry or the American Diabetes Association. After all, it is scientific study that guides their decisions and there is currently not enough scientific research to change their minds. The reason there is not enough research to change minds of the American Diabetes Association is that scientists doing the research are still not asking the right questions (remember the toe cancer problem?). Scientists, for the most part, are comparing sugar to other carbohydrates and seeing no difference in what happens to our blood sugar or the amount of disease these foods cause.

The research connecting sugar foods to diseases is growing and may soon be enough to change even the minds of the medical community. But let's take a closer look at the above quote on the sugar industry website to see exactly what they are saying. They say, “*The available evidence from clinical studies demonstrates that dietary sucrose does not increase glycemia more than isocaloric amounts of starch.*” In layman's terms, this means that table sugar does not increase glycemia (blood sugar) more than isocaloric amounts of starch (identical amounts of calories from other starches). What this means is that sugar does not raise your blood sugar more than eating, say, white bread.

This is absolutely true, but what the sugar industry and American Diabetes Association don't admit is that there are two conclusions to be drawn from noticing that white bread and sugar act identically in the body. The first is the conclusion that they made: Since table sugar and other starches act the same in the body, there is no need to avoid sugar. The question that the sugar industry and medical community are not asking, however, is this: Should these foods be in our bodies at all? Is there a problem with both sugar and sugar foods that can lead to disease in humans? As we shall see, comparing table sugar to these isocaloric starches is exactly like asking if there is any difference between tennis shoes and sandals for our people with toe cancer. Of course there is no difference between the two – sugars and many starches act identically in your body. I will explain exactly what “isocaloric starches” are later and discuss the important role they play in obesity, diabetes, and your general health.

It is good to remember that when people first started using cigarettes, no one questioned the alleged health benefits of smoking, even though it now seems absurd to think that tobacco could provide health benefits. It was decades before the connection between cigarettes and lung cancer was made. There

was an explosion of research once that connection was made. Today, the dangers of smoking are common knowledge. This is where I think we are headed with sugar. We are just beginning to question the relationship between what goes into our mouths and the current pandemic of chronic diseases.

Sugar is harmful and it is addictive. While the research to support this fact is just beginning to surface, it continues to grow in strength. As with any new area of study, the evidence from current study outcomes may not always be convincing on its own. But when you string together the pieces from many different studies, an obvious pattern is beginning to emerge and take shape. You and sugar foods need to part ways.

Diabetes Leads the Way

I'll use the rise in the number of people with diabetes throughout this book as a marker for evidence of the harmful effects of sugar on human beings, just as we now use the statistics on lung cancer as a marker for the harmful effects of smoking. While this is sure to be controversial, there is good reason to think that sugar and foods that act like sugar can lead to diabetes.

I wish I could show you a chart created by a reputable organization showing the relationship between sugar consumption and the rate of diabetes. No one has created this chart yet because the connection is not believed to be real. There is, however, a National Health Interview Surveys graph that clearly illustrates the dramatic rise in the number of people with diabetes over the last fifty years.



The graph illustrates that diabetes has been steadily increasing for five decades, from less than one percent of the population to nearly four percent of the population.

Hmm...diabetes has been increasing for the last fifty years. Remember, the rate of sugar consumption was very low around 1900 and then began to rise until we now have people today eating around 150 pounds of sugar a year. Is it merely a coincidence that both diabetes and sugar consumption have skyrocketed in the last fifty years?

Powerful Combination

The problem with sugar and cigarettes is that they are both highly addictive as well as harmful. This is a powerful, and potentially devastating, combination for anything you want to put into your body.

Remember the first scene of this book? Do you remember the mother and her child in the doctor's office? Try replacing the cigarettes in that setting with some sugar food, like a lollipop or a soda. That scene is so common that you have probably

witnessed something like it every day and don't even notice. We use sugar as a reward and a celebration, not only for our children but for ourselves. Sugar is our most common mood-altering substance. How often have you felt down, tired, or cranky and reached for a soda or a chocolate bar? It is clear that we use sugar in ways that we don't use other foods. Can you imagine reaching for broccoli to make you feel better when you are sad?

While proving that sugar is an addiction can be a difficult task, try asking yourself these questions:

- Have you ever used sugar as a reward for something?
- Have you ever used sugar to change your mood, like when you felt sad, tired, or when you needed a lift?
- Have you ever eaten sugar even when you weren't hungry?
- Have you ever tried to stop eating sugar and couldn't?
- Have you ever taken a small bite of something sweet and felt compelled to finish the whole thing?
- Have you ever banished sugar and carbohydrates from your diet, but began eating them again because you couldn't resist the pull they had on you?
- Have you ever quit eating sugar and when you started eating it again, couldn't stop binging?

If you answered no to all of the above questions, you can put this book down and walk away. If not, read on. I have a lot to tell you about your relationship with sugar and what to do to make that relationship not so harmful. This book is about understanding how and why sugar has a strange grip on us. It is about how you can reduce or eliminate sugar from your life or,

at the very least – if you can't kick the sugar habit – how you can reduce the impact it may have on your health.

Thinking the Next Thought

Imagine how surprised you would be if you walked into a pet store, as I did a few years ago, and found a nutritional genius! My family and I were choosing our first dog and the clerk who was helping us mentioned that the breed of dog we had chosen was especially susceptible to diabetes. She looked at us in a scolding manner and said, "You do know how to keep this dog from getting diabetes, don't you?" She paused, waiting for us to answer.

Even though I had studied health and nutrition all my life and had recently graduated from naturopathic school,¹ I was, for once, speechless on the subject of health. I shrugged my shoulders and waited in anticipation. What secret knowledge did she have; some miracle cure?

After waiting for us to answer, she finally said, "Keep your dog away from people food and she will never get diabetes."

This cashier at the pet store, with no formal training in nutrition, appeared to know more about human nutrition than most medical doctors, scientists, and nutritionists (including me). While the girl in the pet store knew definitively that human food caused diabetes in dogs, she didn't take the time to think the next thought: *that she isn't all that different from a dog*. She was young, but she was very overweight, had an extra-large soda sitting on the counter next to the cash register.

¹ FOR MORE ABOUT WHAT A NATUROPATHIC DOCTOR IS, SEE THE END OF THE BOOK

Thinking the next thought is hard, but it is also an essential tool for your health. For example, you may know that sugar is bad for your teeth, but, somehow, it is still okay to eat. How can this be? Shouldn't we get the hint that sugar isn't the best food to put in our bodies if it is responsible for destroying our teeth (one of the hardest substances in the human body)? If we were meant to eat sugars, shouldn't our teeth be able to handle them?

The scientific community, of course, does admit that sugar causes cavities. Scientists are now grudgingly starting to think that there may be a connection between the sugar we eat and obesity. But thinking that sugar is actually the cause of diseases, such as diabetes, heart disease, or cancer is much too great a leap for them to make.

The large rise in blood sugar that occurs when we eat sugar and foods that act like sugar is not natural for human beings. To understand why this is so, we would have to go back in time. Think about what would happen if you were suddenly dropped into a time machine and ended up in a field 10,000 years ago. No farms, no large cities; just you, your bare hands, and the world around you. What would you eat? No processed foods, no concentrated sugars (unless you want to fight the bees for their honey), no preservatives, and no packaged anything.

While your mind may be confused by this trip into the past, your body would rejoice. This is the world that your body understands: whole foods, clean air, and fresh water. I am in no way advocating that we all go back to the caveman's world – there are too many advantages to the world we live in – but we need to appreciate and understand what our bodies need as we attempt to navigate our contemporary world.

Research

S. Boyd Eaton, MD, a researcher who has studied how human diets have changed over time, describes the dilemma we all face:

As a rule, organisms are healthiest when their life circumstances most closely approximate the conditions for which their genes were selected.³

Seems simple enough, but the problem is that we live far from the life circumstances for which our genes were selected. Most of the foods that we put into our mouths are very different from the way that they are found in nature. This is no small point. What you put into your mouth does matter. Instead of giving our bodies the foods we need, we eat what is convenient, fast, and tasty. Eating this way is a recipe for obesity and disease. While the foods that we eat have indeed changed since we dwelled in caves, the most dramatic change in our diets has happened fairly recently, during the last 100 years. The foods we eat have changed from locally produced home-cooked meals to a marketed product that is designed for taste and shelf life.

Other researchers have started looking for those “shoeless” people in our “toe cancer” example and believe they have found them. There are still people on this planet who live what we would call a traditional hunter-gatherer existence. Upon examination, these traditional peoples are free of many of the diseases that we find so common in our modern world. High blood pressure, obesity, high cholesterol, and blood sugar problems are almost non-existent in hunter-gatherer societies.⁴ We have a lot to learn.

There is a new type of dietary thinking developing that suggests that our bodies have evolved over millions of years along *with* and *next to* the foods we eat. The minute we planted grains, though, we changed the game. As you will see, agriculture equals processed foods; after all, how long would you survive eating the grains we grow straight from the field? Whether we are simply grinding the grains to make bread or using them to create Chocolate Yoo-Hoos, grains must somehow be processed in order for us to eat them. Eating processed grains and sugars ensures that your blood sugar will rise to a level that can be harmful to your body.

The overall problem is that we have modified and processed our foods faster than our genes have been able to adapt. We still have the bodies of our cave-dwelling ancestors, but we are eating foods that are far from the foods they ate. The result is that we live in a world surrounded by diseases that we assume are a normal part of human life, when the reality is, many of these diseases are a result of what we choose to put on our dinner plates. You now know from my friend at the pet shop to keep human food away from your dog if you want to keep your pet healthy, but what are you going to do about the food you choose to put into your own mouth?

The Road Ahead

This book will trace the history of sugar and how it evolved from a luxury to a common food additive. We will see what happens when sugar enters our bloodstream and how our body reacts to it. We will also look at the addictive properties of sugars and foods that act like sugar, as well as the diseases these sugar foods may cause. Sugar addiction not only explains why we consume as much sugar as we do, but also why we have

a hard time giving up sugar and even why we have a difficult time losing weight.

This book is not strictly a health book. I'm not going to give you recipes or a meal plan. I will, however, give you suggestions about how you can eliminate sugar and foods that act like sugar in your body from your diet. If this is too great a step for you, I can also show you ways to minimize the damage of sugar without giving it up completely.

Your body is wondrous. When you give your body what it needs, it responds with good health. If you implement the suggestions outlined in this book, you will feel better, sleep more deeply, have more energy, and even look better. And, yes, if you want to lose weight, adapting my program will help you with that too.

The reason sugar is much more harmful than cigarettes is that no one is sounding the alarm. People know that cigarettes are bad, so they can choose to avoid them. Public education about the harm that cigarettes cause is what has accounted for the dramatic drop in lung cancer rates, especially in Western countries. My hope is that sugar takes its place alongside cigarettes and is considered to be a major risk to your good health. Sugar is a powerfully concentrated food that ought to be understood as potentially harmful and should be consumed with caution, rather than something to be had with every meal.

Today, as in no other time in the history of humanity, we have the means to provide our body with exactly what it needs to truly thrive. Don't miss this opportunity to make the most out of your life.