

# Conditions that Sucrose can Cause, Complicate or Exacerbate

Each is fully referenced with hundreds of references as monographs and scholarly works.

1. Sugar can **suppress the immune system**.
2. Sugar **upsets the mineral relationships** in the body.
3. Sugar can cause **hyperactivity, anxiety**, difficulty concentrating and **crankiness** in children.
4. Sugar can produce a **significant rise in triglycerides**.
5. Sugar contributes to the reduction in defense against **infectious diseases**
6. Sugar causes a **loss of tissue elasticity and function**, the more sugar you eat the more elasticity and functionality you lose.
7. Sugar reduces high density **lipoproteins**.
8. Sugar leads to **chromium deficiency**.
9. Sugar leads to **cancer of the ovaries**.
10. Sugar can increase fasting levels of **glucose**.
11. Sugar causes **copper deficiency**.
12. Sugar interferes with **absorption of calcium and magnesium**.
13. Sugar can **weaken eyesight**.
14. Sugar raises the level of **dopamine, serotonin and norepinephrine**.
15. Sugar can cause **hypoglycemia**.
16. Sugar can produce an **acidic digestive tract**.
17. Sugar can cause a rapid rise of **adrenaline** levels in children.
18. Sugar **malabsorption** is frequent in patients with functional bowel disease.
19. Sugar can cause premature **aging**.
20. Sugar can lead to **alcoholism**.
21. Sugar can cause **tooth decay**.
22. Sugar contributes to **obesity**.
23. High sugar intake increases the risk of **Crohn's disease**, and **ulcerative colitis**.
24. Sugar can cause changes frequently found in persons with **gastric or duodenal ulcers**.
25. Sugar can cause **arthritis**.
26. Sugar can cause or be a factor in **asthma**.
27. Sugar greatly assists the uncontrolled growth of **Candida albicans (yeast infections)**.
28. Sugar can cause **gallstones**.
29. Sugar can cause **heart disease**.
30. Sugar can cause **appendicitis**.
31. Sugar can cause **multiple sclerosis**.
32. Sugar can cause **hemorrhoids**.
33. Sugar can cause **varicose veins**.
34. Sugar can elevate **glucose and insulin** responses in oral contraceptive users.
35. Sugar can lead to **periodontal disease**.
36. Sugar can contribute to **osteoporosis**.
37. Sugar contributes to **salivary acidity**.
38. Sugar can cause a **decrease in insulin sensitivity**.
39. Sugar can lower the amount of **vitamin E (alpha-tocopherol)** in the blood.
40. Sugar can **decrease growth hormone**.

41. Sugar can increase **cholesterol**.
42. Sugar can increase the **systolic blood pressure**.
43. Sugar can cause **drowsiness** and decreased activity in children.
44. High sugar intake increases **advanced glycation end products (AGEs)** (sugar bound non-enzymically to protein)
45. Sugar can interfere with the **absorption of protein**.
46. Sugar causes **food allergies**.
47. Sugar can contribute to **diabetes**.
48. Sugar can cause **toxemia** during pregnancy.
49. Sugar can contribute to **eczema** in children.
50. Sugar can cause **cardiovascular disease**.
51. Sugar can affect the function of **DNA (alter gene expression)**.
52. Sugar can **change the structure of protein**.
53. Sugar can make our **skin age by changing the structure of collagen**.
54. Sugar can cause **cataracts**.
55. Sugar can cause **emphysema**.
56. Sugar can cause **atherosclerosis**.
57. Sugar can promote an **elevation of low density lipoproteins (LDL)**.
58. High sugar intake can impair **physiological homeostasis**
59. Sugar lowers the ability of certain **enzymes** to function properly.
60. Sugar intake is higher in people with **Parkinson's disease**.
61. Sugar can cause a permanent alteration in the way certain **proteins** act in the body.
62. Sugar can increase the size of the **liver** by making the liver cells divide.
63. Sugar can increase the amount of **liver fat**.
64. Sugar can increase kidney size and produce pathological changes in the **kidney**.
65. Sugar can damage the **pancreas**.
66. Sugar can increase the body's **fluid retention**.
67. Sugar is enemy #1 of the **bowel** movement.
68. Sugar can cause **myopia** (nearsightedness).
69. Sugar can compromise the **lining of the capillaries**.
70. Sugar can make the **tendons** more brittle.
71. Sugar can cause **headaches**, including migraine.
72. Sugar plays a role in **pancreatic cancer** in women.
73. Sugar can adversely affect school children's grades and cause **learning disorders**.
74. Sugar can cause an **increase in delta, alpha, and theta brain waves**.
75. Sugar can cause **depression**.
76. Sugar increases the risk of **gastric cancer**.
77. Sugar and cause **dyspepsia** (indigestion).
78. Sugar can increase your risk of getting **gout**.
79. Sugar can **increase the levels of glucose** in an oral glucose tolerance test over the ingestion of complex carbohydrates.
80. Sugar can **increase the insulin responses** in humans consuming high-sugar diets compared to low sugar diets.
81. High refined sugar diet **reduces learning capacity**.
82. Sugar can cause **less effective functioning of albumin and lipoproteins**, which may reduce the body's ability to handle **fat and cholesterol**.

83. Sugar can contribute to **Alzheimer's disease**.
84. Sugar can increase **platelet adhesiveness**.
85. Sugar can cause **hormonal imbalance**; some hormones become underactive and others become overactive.
86. Sugar can lead to the formation of **kidney stones**.
87. Sugar can lead to the **hypothalamus** to become highly sensitive to many stimuli.
88. Sugar can lead to **dizziness**.
89. High sugar intake can elevate levels of **free radicals** and **oxidative stress**.
90. High sucrose diets of subjects with **peripheral vascular disease** significantly increase **platelet adhesion**.
91. High-sugar diet can lead to **biliary tract cancer**.
92. Sugar feeds **cancer**.
93. High-sugar consumption of pregnant adolescents is associated with a **two-fold increased risk for delivering a small-for-gestational age (SGA) infant**.
94. High-sugar consumption can lead to substantial **decrease in gestation** duration among adolescents.
95. Sugar **slows food's travel time through the gastrointestinal tract**.
96. Sugar increases the concentration of **bile acids in stools** and **bacterial enzymes in the colon**. This can modify bile to produce cancer-causing compounds and **colon cancer**.
97. Sugar increases **estradiol** (the most potent form of naturally occurring **estrogen**) **in men**.
98. Sugar combines and **destroys alkaline phosphatase**, an enzyme, which makes the process of digestion more difficult.
99. Sugar can be a risk factor for **gallbladder cancer**.
100. Sugar is an **addictive** substance.
101. Sugar can be **intoxicating**, similar to **alcohol**.
102. Sugar can **exacerbate PMS**.
103. Sugar given to premature babies can affect the amount of **carbon dioxide** they produce.
104. Decrease in sugar intake can increase **emotional stability**.
105. The body changes sugar into 2 to 5 times more **fat in the bloodstream** than it does starch.
106. The rapid absorption of sugar **promotes excessive food intake in obese** subjects.
107. Sugar can worsen the symptoms of children with **attention deficit hyperactivity disorder (ADHD)**
108. Sugar adversely affects urinary **electrolyte** composition.
109. Sugar can slow down the ability of the **adrenal glands to function**.
110. Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote **chronic degenerative diseases**.
111. Intravenous feedings of sugar water can **cut off oxygen to the brain**.
112. High sucrose intake could be an important risk factor in **lung cancer**.
113. Sugar increases the risk of **polio**.
114. High-sugar intake can cause **epileptic seizures**.
115. Sugar causes **high blood pressure** in obese people.
116. In Intensive Care Units, **limiting sugar** saves lives.
117. Sugar may induce **cell death**.

118. Sugar can increase the amount of food that you eat (**craving**).
119. In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a **44%** drop in **antisocial behavior**.
120. Sugar can lead to **prostate cancer**.
121. Sugar **dehydrates** newborns.
122. Sugar increases the **estradiol** in young men.
123. Sugar can cause **low birth weight** babies.
124. Greater consumption of refined sugar is associated with a worse outcome of **schizophrenia**.
125. Sugar can raise **homocysteine** levels in the bloodstream.
126. Sweet food items increase the risk of **breast cancer**.
127. Sugar is a risk factor in **cancer of the small intestine**.
128. Sugar may cause **laryngeal cancer**.
129. Sugar induces **salt and water retention**.
130. Sugar may contribute to **mild memory loss**.
131. As sugar increases in the diet of 10 year-olds, there is a **linear 210**. (See Glossary.)
132. Exposing a newborn to sugar results in a heightened preference for sucrose relative to water at 6 months and 2 years of age. (**addiction**)
133. Sugar causes **constipation**.
134. Sugar can cause **brain impairment in prediabetic and diabetic women**.
135. Sugar can increase the risk of **stomach cancer**.
136. Sugar can cause **metabolic syndrome**.
137. Sugar ingestion by pregnant women increases **neural tube defects in embryos**.
138. The higher the sugar consumption, the more chances of getting **irritable bowel syndrome (IBS)**.
139. Sugar could **affect central reward systems** stimulating over-eating
140. Sugar can cause **cancer of the rectum**.
141. Sugar can cause **endometrial cancer**.
142. Sugar can cause renal (kidney) cell **carcinoma**.
143. Sugar can cause **liver tumors**.
144. The more soft drinks, fruit juice and sugary snacks a person eats, the **lower the high density lipoproteins (HDL)**
145. Sugar consumption can cause **myocardial infarction**