

Sugars are the enemy

How much sugar can you eat?

- **Women** need no more than 25 grams of sugar a day .
(6 teaspoons)
- **Men** need no more than 38 grams of sugar a day
(9 teaspoons)

That may seem like a lot of sugar, but the average American consumes 19.5 teaspoons a day!

Sugar makes you crave more sugar, which is why it's profitable to add it to packaged foods. In fact, sugar is ADDED to 74% of packaged foods you find at the grocery store.

One 12 oz can of soda has around 11 teaspoons of sugar (46.2 grams)

One can of soda a day can increase risk of dying from heart disease by almost 1/3

Leading yogurt brands have 7 teaspoons of sugar (29 grams). Not all yogurt is "healthy"

What happens next?

This is mostly dependent on your willingness to change your lifestyle choices.

Option A:

We recommend a healthy diet without added sugars. Since most packaged foods will have added sugar with hidden names, get familiar with them. There are at least 61 different names for sugar! It's best to avoid processed/packageged foods and keep things simple. A high nutrition / low calorie diet is the best. I recommend "Eat to Live" by Joel Fuhrman, MD as one of the best introductions to eating healthy. Weight loss is dramatic and you'll never feel better than on this diet. Better still, it can eliminate diabetes completely.

Option B:

Medications can help through methods that regulate insulin production, reduce insulin resistance, reduce appetite with nausea, reduce glucose production, and even make you urinate out the glucose you ate - believe it or not. These can all help, but nothing like diet. There may come a point where your body is too resistant to insulin or is exhausted from overproduction that is shuts down. In these instances you may require insulin injections to manage the disease.

Please don't get upset with us as we try to coach Option A. You come to our clinic to get well and this is clearly the best option. Other clinics can push pills and rush through your visits, but we are going to put you as our first priority.

Growing scientific evidence shows that eating too much added sugar over time is linked to health problems, including serious diseases.

SugarScience is the authoritative source for evidence-based, scientific information about sugar and its impact on health.

 **sugarscience.org**
the unsweetened truth

Too much fructose, a common type of

SUGAR,
can damage
your liver,
just like too much
ALCOHOL.

Too much
added sugar
doesn't just
make us fat.
It can also make us

SICK.

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