

# SUGAR IS POISON

Written by Administrator

Saturday, 09 December 2017 09:12 - Last Updated Saturday, 09 December 2017 09:32

---

## TOXIC EFFECTS OF SUGAR

- Speeds aging process
- Suppresses immunity
- Disturbs mineral balance
- Raises cholesterol & triglycerides
- Increased risk of Alzheimer's
- Diabetes & hyperglycaemia
- Tooth decay / periodontal disease
- Weight gain & obesity
- Candidiasis – yeast infections
- Kidney disease
- Hyperactivity
- Depression & anxiety
- Several types of cancer
- Weakened eyesight
- Osteoporosis
- Coronary heart disease
- Crohn's disease and ulcerative colitis
- Asthma
- Arthritis
- Gallstones and kidney stones
- Hormonal imbalances
- Appendicitis
- Multiple sclerosis exacerbation
- Decreased growth hormone
- Emphysema
- Fatty liver
- Constipation
- Fluid retention
- Headaches & migraines

Source: [edibleharmony.com](http://edibleharmony.com)

## **SUGAR IS POISON**

Written by Administrator

Saturday, 09 December 2017 09:12 - Last Updated Saturday, 09 December 2017 09:32

---

*19 Rabiyyul Awwal 1439 - 8 December 2017*