

The 'Miracle Cure' everyone is seeking

Not a magic pill, but a *reduction in sugar consumption*

Sugar, and in particular fructose, is now widely recognised as not only the biggest single contributor to obesity in the western world but is actually considered a toxin to our delicate biochemistry, acting like alcohol in your liver and likely the major contributor to heart disease, hypertension, fatty liver, obesity, diabetes and insulin resistance; these are the components of 'the metabolic syndrome' and the cause of hundreds of thousands of deaths every year.



If this sounds familiar it's probably because we have been told something similar for a long time. However the villain was called 'saturated fat'. This movement in health beginning in the late 1970's came about because of ONE study, and ONE

man's interpretation of it. His highly incorrect conclusion was that fat caused all of the above chronic health problems. Well, we can take just about any study and make it appear as we wish. When properly analysed, along with another 3500 studies, we can easily discover the culprit in today's narrative to health is in fact *sugar*, not fat.

So how did this impact on the food available to us? It was this misinformation that spearheaded the entire 'low fat' craze of the 1980's, and one which we still see widely used in packaged foods. Here's the clincher; when you remove the fat from food, you often remove much of it's taste. So what do the manufacturers do, they add a whole bunch of sugar! And what did the low fat movement achieve? In the years since it's inception there has been a clear decrease in fat and corresponding increase in sugar consumption. The result is a dramatic increase in obesity, this should once and for all close the book on fat being the culprit. As fat goes down and sugar goes up, people get fatter!

Ok, now for a quick lesson. Sugar is a carbohydrate, but not all carbohydrates were created equally. The

form found in vegetables such as potato and grains such as rice for example are vastly different in molecular structure compared to fructose. These non-fructose sugars are taken into our bodies and can be utilised by every cell in our body, being absorbed directly through the gut and getting distributed where they are needed. Fructose however, is sent directly to the liver for immediate processing. When a substance bypasses normal digestion and is broken down by the liver, we call it a *toxin*.

"fructose is alcohol without the buzz"

This fact should be ringing enormous alarm bells! There is another common substance many people consume by choice that is processed this way, it's called alcohol. Now I assure you I'm not being dramatic with this comparison. In fact, fructose and alcohol share many metabolic similarities, the only difference is fructose is *not* an acute neurotoxin; Fructose is alcohol without the buzz. Both alcohol and fructose are metabolised the same way, and therefore cause similar long term problems such as hypertension, heart disease, addiction (habituation at the least), obesity, dyslipidemia (fatty blood), pancreatitis and liver dysfunction, to name a few.

Common table sugar is a molecule made up of two smaller molecules, one of glucose and one of fructose. Therefore, when we consume regular sugar, we are getting 50% fructose.

It's important to realise sugar consumption doesn't end at what we add to food ourselves. It is loaded into most processed foods for example soft drinks,

breakfast cereals, fast food, juices, sports drinks, and even baby formula contains as much sugar as a can of coca-cola!

“fructose doesn’t tell your brain you are full, so it’s easy to just keep eating”

Fructose has another little trick up it’s sleeve in the way it makes us over-consume. Those who struggle with willpower may be forgiven if sweetness is their vice. All other foods, when taken into our bodies to be metabolised, release hormones which tell our brain we are full. *Fructose doesn't do this*. So this leads to over-consumption of anything containing sugar, we simply don’t feel as full so we keep putting more in our mouths. This represents a major reason why the obesity epidemic is on the rise and fast.

At the core of many of the lifestyle diseases civilisation is plagued with presently is a phenomenon known as *insulin resistance*. This occurs when our body’s insulin receptors no longer respond the way they should to insulin. It’s as if the insulin isn’t even there. So your pancreas produces more and more insulin to compensate. The effect of these elevated levels of insulin in your blood have far reaching effects and are at the root of many of the health problems associated not only with sugar consumption but poor food and exercise choices generally.

Do you really need more reasons to reduce your sugar, if your answer is yes, perhaps this will sway you; cancer cells can readily metabolise fructose to increase their proliferation. What’s more, cancer cells thrive on the insulin spike that occurs with sugar consumption.

If you realise that food should be eaten in a form as close as possible to it’s original state found in nature, then you will be far better off. Sugar comes from the sugar cane, which is a thick fibrous plant with enzymes and minerals galore, this is a far stretch from the refined nutritionally devoid product added to our food.

“when God made the poison, he packaged it with the antidote”

So this begs the question, is fruit okay? Fruit’s sugar is comprised predominantly of fructose so what about fruit? Well the answer is relatively simple; by way of ratios, it has more fibre content than sugar content, so in general it is okay. But this leads me to the next vital thing to understand about fructose: *dosage*.

The more fructose that enters your body, the worse the results are for your metabolism. The idea of ‘everything in moderation’ applies much more to fructose than other foods simply by way of it’s effect

on our biochemistry. If we are able to keep the amount low, and therefore keep the liver only working slowly to process it, the harmful effects are lessened greatly.

Your recommended intake should not exceed 15-25 grams per day. This equates to about 3 slices of pineapple, or half a mango, or one and half apples, or 2 bananas, and this is in the absence of ANY other sugar in the diet for that day. A teaspoon of table sugar is about 3-4 grams of sugar. A 600mL bottle of Coke has 31.8g of fructose (62.6g sugar), that’s over double your daily allowance! Start looking at package labels specifically at the “sugar” content and then if you halve that amount, you are left with the total fructose that product contains.

Most of the foods we eat are comprised of molecules that have direct uses in our body, whether it be for energy production, growth, repair or healing, they are able to serve a purpose for which our bodies have evolved over time. Fructose has a grand total of *zero* functions in our body. It’s simply not needed or wanted, and this is why the liver takes over to detoxify it and remove it from our bodies. The argument of “well it’s natural so it’s good for us” is unscientific nonsense. We all know heroin and tobacco are natural and how much of those would you give to your children?

The solution is not complicated:

- Get rid of sugared liquids
- Eat your carbohydrates with fibre
- Wait at least 20 minutes before having seconds
- Spend equal time involved in physical activity minute for minute with computer and TV time

So, I urge you to consider this information and take heed of my advice. Sugar is poison. It should be restricted to the amounts I have recommended if you and your family want optimal health and want to avoid a host of chronic health problems that come with it’s over-consumption. Modern medical science is constantly on the search for a magic cure that will reverse and prevent the chronic illnesses which are the leading cause of death, but this philosophy will never work unless we address the reason these diseases occur in the first place.

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