

Too Much Fructose Is Poison

Of all the types of sugar you could consume, refined fructose is by far the most damaging. Research as shown [high fructose corn syrup \(HFCS\)](#) is more toxic than table sugar (sucrose). [Mice fed a high-HFCS diet had nearly twice the death rate of mice fed a diet high in sucrose.](#)

Table sugar consists of two molecules, which separate in your gut: fructose and glucose. Glucose travels throughout your body and fuels your muscles and brain. But fructose goes straight to your liver, where all sorts of problems result. Your liver turns this fructose into liver fat, which causes a slew of metabolic problems. For starters, excess fructose shuts down the part of your brain that tells you when you're full, making overeating likely.

The resulting insulin resistance is at the core of a long list of serious health problems, including cancer, **Alzheimer's, and heart disease**. And the list seems to grow longer by the day. Research published in *The Journal of the American Medical Association (JAMA)*³ shows your risk of dying from heart disease nearly triples if 25 percent or more of your daily calories come from sugar.

How much sugar are people consuming? On average, sugar represents 15 percent of the total calories consumed by Americans. ***America's use of high fructose corn sweeteners octupled between 1950 and 2000.***²

The reason for this excess is that Americans rely heavily on processed food, which is simply loaded with sugar, especially fructose—sweetening the sugar industry's profits. The food industry sees nearly one trillion dollars in sales per year, and they couldn't do it without sugar.

Americans the media has been relatively silent about sugar, in spite of the country's rising rates of obesity and failing health have been warned for years about the dangers of eating too much fat or salt, but.

Copious research have been published about the many ways excess sugar can damage your health, yet industry continues to defend it—*science be damned*.

They want you to continue believing the outdated [myth that saturated fat is to blame](#), instead of sugar. Nevertheless, the wheels of progress continue to turn

Sugar May Be Cancer's Best Friend

According to the latest World Cancer Report issued by the World Health Organization (WHO), [cancer is often preventable](#) through lifestyle choices. Sugar is cancer's favorite food—at least some forms of cancer. Cornell University Professor Lewis Cantley believes dietary sugar not only increases your chances of developing cancer, but also worsens the outcome if you already have it. Elevated insulin gives cancer tumors a boost by directing cancer cells to consume glucose.

Some cancer cells actually contain insulin receptors, harnessing glucose to grow and spread. If you have this type of cancer, eating sugar is like pouring gasoline on a fire. Knowing how cancer responds to sugar, you can probably see how [obesity can be a marker for increased cancer risk](#). Obesity has been linked to increased risk for many types of cancer—colon, esophageal, kidney, breast, and pancreatic—as well as raising your risk of dying from the disease.

To Avoid Chronic Disease, Say NO to Big Sugar

Evidence clearly shows that refined sugar and processed fructose are important factors underlying obesity and chronic disease. If you want to normalize your weight and dramatically reduce your risk of diseases such as heart disease, cancer, diabetes, and Alzheimer's, you need to address your processed food consumption. Refined sugar and fructose, grains, and other sugar-forming starchy carbohydrates are largely responsible for your body's adverse insulin and leptin reactions, and this metabolic dysregulation is responsible for many of the chronic diseases seen today.

If you're insulin/leptin resistant, have diabetes, high blood pressure, heart disease, or are overweight, you'd be wise to limit your total sugar/fructose intake to 15 grams per day until your insulin/leptin resistance has resolved. This applies to at least half of all Americans. For all others, I recommend limiting your daily [fructose consumption](#) to 25 grams or less. The easiest way to accomplish this is by swapping processed foods for whole, ideally organic foods, which means cooking from scratch with fresh ingredients.