

# **Family** Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



## **10 reasons to avoid sugar**

Sugar feeds cancer cells and has been connected with the development of cancer of the breast, ovaries, prostate, rectum, pancreas, biliary tract, lung, gallbladder and stomach.

Sugar can suppress your immune system and impair your defenses against infectious disease.

Sugar can cause many problems with the gastrointestinal tract including: an acidic digestive tract, indigestion, malabsorption in patients with functional bowel disease, increased risk of Crohn's disease, and ulcerative colitis.

Sugar can cause premature aging.

Sugar can cause your saliva to become acidic, increasing tooth decay, and periodontal disease.

Sugar contributes to obesity.

Sugar can cause autoimmune diseases such as: arthritis, asthma, multiple sclerosis.

Sugar greatly assists the uncontrolled growth of *Candida Albicans* (yeast infections)

Sugar is enemy #1 of your bowel movement.

High sugar consumption of pregnant adolescents can lead to substantial decrease in gestation duration and is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.

There is endless research in the nutritional and medical fields confirming the above reasons to avoid sugar. As I have stated before, when in doubt about your dietary decisions, always try to choose raw whole healthy foods over anything processed or containing natural or artificial sweeteners.