

Guillermou

Junk food high in sugars, glyphosate and gluten, are a serious health hazard, causing most of the pathologies of the industrialized world where we must add environmental pollution, fluoridated water, drugs, vaccines, tobacco, alcohol, stress and sedentary life. A synergy of gluten and casein and sugar with glyphosate in causing intolerances and diseases. Stephanie Seneff believes that gluten, peanut, soybean and casein intolerance is related to glyphosate, says the evidence is overwhelming, and that almost any disease can be triggered by glyphosate. occupyhealth.com/dr-susan-on-radio/stephanie-seneff-glyphosate-the-sco..

The consumption of added sugars causes similar effects to consuming cocaine or opium, altering the mood, possibly due to its capacity to activate the reward system of the brain and pleasure centers, leading to a search for more sugar. (2017)

pdfs.semanticscholar.org/7c4c/d084eda9ecea850eddbd76445504e24c58f1.pdf .In 1960, high-fructose corn syrup was inserted into the food industry with advertising and corruption maneuvers, as Dr. Mercola points out, as a substitute for sugar. Fructose causes intestinal dysbiosis and irritable bowel syndrome (IBS), which can cause intestinal permeability origin of many pathologies as reported by Dr. Mercola journals.sagepub.com/.../2050640614521124 .

search.mercola.com/results.aspx?q=intestine%20and%20health#stq=intesti.. Fructose generates key bacterial products involved in the pathogenesis of non-alcoholic fatty liver EHNA are lipopolysaccharides, which are derived from gram-negative bacteria, able to cross the intestinal barrier and contribute critically to the processes related to inflammation and insulin resistance . The microbial composition differed between healthy individuals and patients with NAFLD. aasldpubs.onlinelibrary.wiley.com/.../hep.26319 .

Posted On 08/04/2018

Guillermou

In line, a diet enriched in fructose causes NAFLD, negatively affecting the intestinal barrier and the microbiota, leading to dysbiosis. Consistently, patients with NAFLD consumed more carbohydrates and in particular fructose www.ncbi.nlm.nih.gov/.../25736031

www.sciencedirect.com/science/article/pii/S0955286309001168?via%3Dihub .

The consumption of fructose causes dysbiosis in the microbiota, leading to an increase in the permeability of the intestinal barrier, hepatic inflammation, progressive development of the metabolic syndrome, and insulin resistance. Microbiota is greatly influenced by your host's diet and lifestyle and an important factor that influences the outcome of metabolic diseases.

www.ncbi.nlm.nih.gov/.../PMC4723014

Intake of dietary fiber, probiotics, prebiotics, physical activity, leads to the improvement of liver inflammation. During this microbial fermentation of fiber, resistant starches, FOS and GOS, they form fatty acids of short chain AGCC acetate, propionate and butyrate that influence the intestinal health, with epigenetic impact. Almost 10% of the human energy requirements per day is provided by SCFA formed by the colon microbiota. articles.mercola.com/sites/articles/archive/2018/01/03/gut-microbiome-..

www.ncbi.nlm.nih.gov/.../PMC3735932 .

In particular, butyrate strengthens the intestinal barrier and is the main source of energy for normal colonic epithelial cells, protection against colorectal cancer and inflammation. AGCC can influence the enteric nervous system, stimulating the activity of motility secretion and / or affecting immune cells, thus reducing inflammation and tumorigenesis. and acting as modulators in immune homeostasis and carcinogenesis. linkinghub.elsevier.com/.../S0899900708002827 .

dx.doi.org/.../j.1462-2920.2009.01931.x .

Posted On 08/04/2018

After eating fructose, 100 percent of the metabolic burden rests on your liver—ONLY your liver can break it down. This is much different than consuming glucose, in which your liver has to break down only 20 percent, and the remaining 80 percent is immediately metabolized and used by the rest of the cells in your body.

As far as weight gain, all sugars no matter the source will lead to weight gain, but only when used in excess. www.precisionnutrition.com/research-review-fructose-vs-glucose says eating 25% more calories in sugar than you normally eat for 10 weeks leads to weight gain: 1.55 kg (3.9 lb) in the glucose group and 1.20 kg (2.63 lb) in the fructose group. Total fat only increased by 1.0 kg and 0.8 kg in the glucose and fructose group, respectively from the 25% more calories in sugar intake. Both groups had an increase in abdominal fat, but total abdominal fat and visceral fat went up more in the fructose group (8.6% total and 14% visceral). Eating a lot of either sugar meant packing on the pounds. Its more about total quantity in regard to sugars rather than one form or drinking orange juice or coke or eating fruit.

It seems that those who gained weight over the following year in one study had 15x more erythritol than those who didnt and can even be used as a biomarker. The study showed that it is converted from glucose which shows higher weight gain above then fructose overall. Since Erythritol is NOT consumed and released from the body unchanged, it has an impact on the metabolism of the body and this was in contrast to all previous assumptions, it seems we also should avoid using that as a sweetener as well. news.cornell.edu/stories/2017/05/researchers-id-biomarker-weight-gain-.. A great book to read on the effects of fructose specifically which I'm sure is available for pennies now is The Sugar Fix by Richard J. Johnson, MD.

Posted On 08/04/2018

warriormom

When I was a practicing dental hygienist I use to show my patients a small Mason jar with 12 teaspoons of white sugar in it. I would ask them if they would ever consider eating this much white sugar with a meal. Most people said "no!" Then I would tell them that there was this amount of sugar in one soda, not to mention the phosphoric acid in a coke that would eat away the enamel on their teeth. I believe that because you can't see the sugar most people don't comprehend that they are ingesting the amounts they actually do. Young children are very receptive to learning about nutrition if you engage them in the process. Teaching them about the effects of sugar not just on their teeth but on their bodies will help them make better choices their whole lives.

Posted On 08/04/2018

JohnAPPLETON

Over here in Australia, successive federal and some state governments have "supported" the failing sugar industry by LEGISLATING which foods should contain MORE sugar. One of our chocolate manufacturers has admitted that the chocolate they manufacture for the Asian market contains "much less" (about half) the sugar than what is made for the domestic market. Mind you these moronic legislators also think the best way of getting rid of toxic industrial waste (fluoride) is to make us all drink it! After all if you dump it anywhere else it will contaminate the ground or sea water and poison the wildlife!

Posted On 08/03/2018

Guillermou

Hi John. Food fashion for light products in Spain is on the rise. The light beverage sector increased sales by 4% in 2017 compared to the previous year, reaching 30% of the market for low-calorie soft drinks. Manufacturers want to sell more and produce Donuts, sponge cake with chocolate, ice cream, chips, or low-fat light cheeses, deceiving the public that you can eat whatever you want without having to gain weight. A big lie, now some experts in nutrition, obesity and endocrinology are dismantling the myth that the light "is healthier and helps us keep the fat at bay.

Currently, any food has its light derivative, which has meant that the consumer is not deprived of these products. The problem is that the food qualified as "light" is not very healthy, since it contains more calories at the end without nutrients, with excess of industrial sugars and flavorings. The consequence is that light products are increasing the number of obese people. Words or phrases such as 'light', 'low in sugar' or 'suitable for diabetics', among others, within the nutrition labeling of food is deceiving people with diabetes, as it often does not include the amount of carbohydrates in the diet. food and may be loaded with sweeteners such as acesulfame K, aspartame, cyclamate, saccharin with serious effects on the intestinal microbiota and overall health.

Posted On 08/04/2018

Kitera

Being a label reader I have noticed that any processed meats, canned meats or even pickled herring contain a lot of sugar. It does not add anything to the taste and in fact pickled herring taste like a sugar treat - so you have to wonder if they are making all food taste like sugar to get people accustomed to eating huge amounts of sugar. I used to make pickled herring and can't remember ever putting any sugar in the brine.

Posted On 08/04/2018

blueberre

The sugar addiction is insidious. When my children were growing up, I felt I was providing good nourishment for them as we did not have sugary, processed treats in the house. Soda was only purchased if it were a summer holiday and we were having a cook out with guests. I baked and cooked from scratch. However, after the kids left home, I was with a friend. We had enjoyed a breakfast out and she commented, "Wow, that's a lot of sugar you are putting in your coffee!" I never realized how much sugar I was eating just by this action. I immediately stopped putting sugar in coffee and tea and noticed that 4 lb bag of "Pure Cane" sugar was lasting months instead of weeks! It took a while, but I can honestly say, I prefer tea and coffee sugarless now.

Posted On 08/04/2018

stanleybecker

the Sugar Industry built out of SLAVERY is at the same time an ENSLAVING agent - sugar addiction is the key element in the marketing conspiracy that sees market penetration and profits as the human vulnerability to SUGAR ADDICTION - sugar cravings are the outward sign of successful ADDICTION strategy - the main allies of sugar addiction are the lobbied/ bribed legislators/ politicians that are so IGNORANT that they believe that sugar addiction is "good for business" - and it is!! - the ultimate result becomes "Business against Health" - who gives a damn about health if there is money to be made - health is a PERSONAL responsibility - take care of your OWN health by BIG reductions in sugar consumption

Posted On 08/04/2018

Guillermou

Yes Stan, the world has never been so inundated with sugar, due to the main allies of sugar addiction: legislators, corrupt politicians run by the big food corporations. We hope that the sugar faces a battle similar to that of tobacco at the time: regulations. From undisputed king to vilified. In this context, the sinazucar.org campaign is framed, an artistic project that aims to show through photography the amount of free sugar that many of the foods we consume habitually have in its composition. Learn more about the project <https://www.sinazucar.org/> .

The cane harvests grow in India and Thailand, the farmers of Brazil, the largest producer in the world. World prices, which have already dropped by 50% in three years, reducing costs for large buyers such as Krispy, Kreme Donuts, the manufacturer of Cadbury chocolates, etc. For chocolate manufacturers, the reduction in the price of sugar only partially compensates for the increase in the price of other raw materials, such as cocoa or milk. That is, we will see more sugar in food products and less cocoa.

www.reuters.com/article/us-brazil-sugar-trade/brazil-cane-industry-bla.. .

www.statista.com/statistics/249681/total-consumption-of-sugar-worldwid.. .

In this link a map of the consumption of sugar in the different countries of the world and the average consumption per day that is headed by the USA, Germany, the Netherlands and Ireland.

www.worldatlas.com/articles/top-sugar-consuming-nations-in-the-world.h.. .

www.hcs.harvard.edu/~hghr/wp-content/uploads/2012/10/Global-sugar-glug.. . In Spain in the Ministry of Health, through the Spanish Agency for Consumer Affairs, Food Safety and Nutrition, however, surveys show that in the child and adolescent population the intake is 95.1 g / day, which is 21, 5% of the total daily energy.

Posted On 08/04/2018

Lester628

Sugar also kills the good bacteria in you gut which can lead to all kinds of diseases. To find out some excellent information on new research on gut health, go to CBN.com and search on "Better Gut" You will have the opportunity to download their booklet "Build A Better Gut." You can also find the videos of the doctors in the booklet talking about their new research. This is not old stuff, it is new and worth taking a look at.

Posted On 08/03/2018

Guillermou

Yes Lerter, as Dr. Mercola reports, it has been shown that a diet high in added sugar leads to obesity, insulin resistance, dysbiosis, with increased intestinal permeability and the production of AGE, LDL cholesterol, inflammatory markers such as PCR and NF- κ B, metabolic and cardiac diseases. The feeding with fructose have more potential to induce host metabolic alterations of the intestine compared to glucose, mainly by promoting deconjugation of bile acids and taurine release and compromising the integrity of the intestinal barrier Intestinal Microbial and Metabolic Profiling of Mice Fed with High-Glucose and High-Fructose Diets (2018) pubs.acs.org/.../acs.jproteome.8b00354

Gut Microbiota, Intestinal Permeability, Obesity-Induced Inflammation, and Liver Injury

onlinelibrary.wiley.com/.../0148607111413772 Acute effects of feeding fructose, glucose and sucrose on blood lipid levels and systemic inflammation www.ncbi.nlm.nih.gov/.../PMC4290803

Cellular receptors for advanced glycation end products. Implications for induction of oxidant stress and cellular dysfunction in the pathogenesis

pdfs.semanticscholar.org/37bf/1dd75a70538c78657d7f15cb596906fe8b5f.pdf

The increased permeability of the intestine: Bacteria, toxins and particles of undigested food can move more easily out of the intestine and into the bloodstream, which can lead to inflammation the development of several chronic diseases, such as diabetes, diseases autoimmune of the heart, obesity and cancer. Causality of small and large intestinal microbiota in weight regulation and insulin resistance. www.sciencedirect.com/.../S2212877816300552 Carbohydrate nutrition and inflammatory disease mortality in older adults <https://academic.oup.com/ajcn/article/92/3/634/4597464>

Posted On 08/04/2018

rrealrose

The above movie is so politically correct! Nearly toppled over when the nutritionist was standing in a packaged food aisle saying its better to chose the low sugar option. Absolutely takes a lot longer time to shop when you need reading glasses to check each boxed option on the shelves...and the reduced sugar version still contained a fair amount anyway. Wondering when they would say something about staying to the outside of the store, where fresh produce and meats and fish are found. They either never got round to it, or edited that part out. Meanwhile, the featured family seems to have gotten the message about eating whole fruits, not fruit juices. A lot of this hinges on the fiber consumed, yes?

Posted On 08/04/2018
