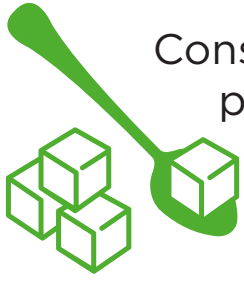


Why is Too Much Sugar Bad for Your Health?

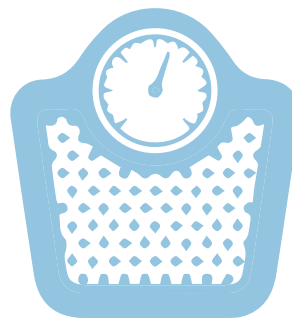


Consuming too much sugar can cause weight gain or diseases like diabetes. Many people believe sugar gives you energy, however, sugar DRAINS your energy quickly after it is consumed. Sugar can also wear away at the enamel that protects your teeth. Think before you drink.

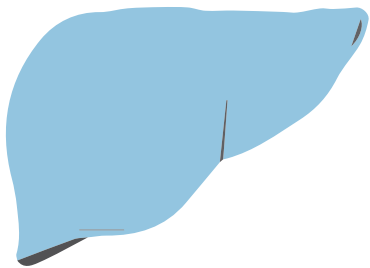
Effects of consuming too much sugar:



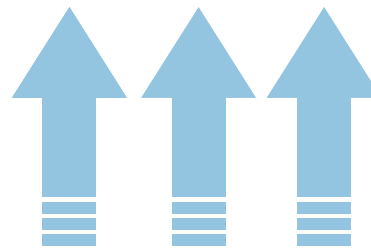
Sugar tells your body you are hungry. This causes you to eat more and develop an insulin resistance.



Eating too much sugar causes metabolic syndrome. This includes weight gain, abdominal obesity, high blood pressure and high blood sugar.



Sugar is processed by your liver. Eating too much sugar can cause liver damage.



It increases your uric acid levels, which could cause heart and kidney disease.

How to manage your sugar consumption:



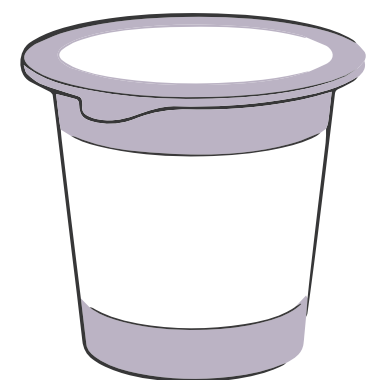
Increase your consumption of healthy fats.

Examples include: raw nuts, coconut oil, free-range eggs, and salmon.



Drink water!

Avoid sugary drinks and focus on drinking more water.



Eat more fermented foods.

Examples of these include, yogurt and vegetables.