Why White Sugar is Bad for You

Here are a few thoughts to ponder . . . White Sugar:
- depresses your immune system
- contributes to infertility
- increases blood glucose levels - bad for blood vessels and heart disease
- increases the risk of some cancer
- contributes to candida - yeast overgrowth
- negative impact on obesity and type II diabetes
- it is ADDICTIVE - acts like a drug instead of a natural food in your body, which throws blood sugar, hormones and neurotransmitters out of balance

If you are going to use white sugar sparingly . . . Beet Sugar vs Cane Sugar:
- makeup is only about 0.5% different
- beet sugar doesn’t caramelize properly (won’t impact most recipes other than creme brule)
- beet sugar is made in the USA (positive) BUT . . .
  . . . it’s almost 100% GMO (huge disadvantage because of unknown ramifications of GMOs)

Bottom line is this: either sugar is an empty food that gives us nothing healthy (therefore, why bother - except for taste, and certainly in moderation) OR sugar is a toxic poison causing any number of physical and emotional diseases and ailments. Either way, it’s worth cutting down on in your diet.

Good thing Naturally Sweetened Treats only uses RAW HONEY, REAL MAPLE SUGAR/SYRUP, FRUITS, PALM/COCONUT SUGAR, SUCANUT, STEVIA and other non-sugary ways to make desserts seem sweet!

To read more and follow sources for facts read this post from Kitchen Stewardship