

Why *White Sugar* is Bad for You

empty food OR toxic poison

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 brulee)
- 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*