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a16. Sugar

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Is it good or bad?

Answer: Neither

However, too much sugar is definitely bad. Sugar has empty calories, but does make foods taste better. Sugar does not cause diabetes, but if you already have diabetes then sugar needs to be regulated along with all other foods. Some nutritionists claim sugar is addicting. It is not addicting in the true sense of the word, but people who eat a lot of sugar tend to become dependent on that taste.

There are different kinds of sugars and the body turns most foods into Glucose (sugar) for energy. The brain uses almost exclusively glucose (sugar) for energy. Athletes on a training schedule should be very careful about their sugar intake. Sugar taken at the wrong time can interfere with performance.

High sugar content in foods or snacks can increase the pain from inflammation. Try to stay away from sugar as best you can.

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