

White sugar why you should not use it?



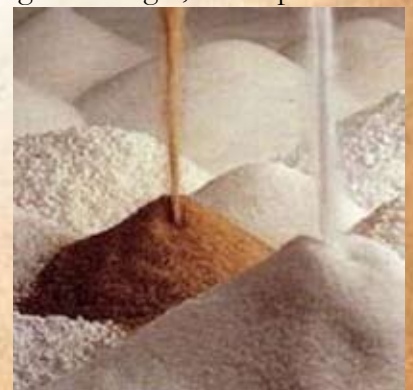
For thousands of years, honey and fresh or dried fruits, have satisfied the man's desire for sweetness. These natural foods contain not only sugar, but also minerals, vitamins, enzymes, organic acids, proteins, water, etc. However, refined and crystallized sugar has replaced natural sources of sugar today. The food industry uses it in great amounts. Using sucrose is so psychologically rooted that the average family uses it every single day. White sugar has become a sort of drug. Over 90% of people have developed an addiction to sugar in some form. Sugar, by its chemical composition, is pure sucrose - a simple carbohydrate, a combination of glucose (grape sugar) and fructose (fruit sugar). It is obtained from sugar cane or sugar beet. Although the processes of obtaining sugar vary, the final product is identical. The initial use of sugar cane is thought to originate in Polynesia from where it spread to India. In Egyptian, Greek and Roman civilizations, sugar was used in such small amounts that the Greeks, who had a word for almost everything, had no word for sugar!

In ancient Persia, sugar cane processing was guarded as a secret, because of the large profits involved, until the 7th century Arab conquest of Persia. Crusades brought sugar to Europe by conquering Arabian territories. In the early 14th century London, it was sold for \$ 100 per kilo, at today's prices. Today, the annual consumption of sugar has reached 120 million tons, with an increase of 2 million tons, recorded each year. Largest producers are India and the European Union. The average American uses over 50 kg of sugar per year.

Based on decades of research on white sugar, the conclusion has been made that this chemical substance is capable of creating a true addiction, similar to nicotine, alcohol or coffee addictions. White sugar, not only does not have any use to our body and no nutritional value, but is in fact harmful. It is the true danger to human health because it is a direct or indirect source of modern diseases such as cavity, the acidity of the blood, arteriosclerosis, loss of calcium in the bones, heart attacks, diabetes, obesity, acne, stomach ulcer, high cholesterol levels, problems with circulation, hypersensitivity, liver degeneration, nervous tension, etc. It is suspected that nearly 80% of all today's diseases are caused by excessive use of white sugar.

Many will ask how a derivate of sugar cane can damage human health. The answer is simple. The substance we know today as sugar, has very little to do with the plant itself. It is a pure sucrose, without impurities, vitamins, minerals, enzymes and all the vital elements. This is a completely artificial chemical substance. Unlike the other nutrients in our organism, sucrose is completely converted into energy and does not produce any proteins, fats, vitamins or minerals. This means that it produces only empty calories. As other pure chemical substances, sucrose awakens the organism with an instant energy shock, but it also weakens it and makes it tense because the whole metabolic system works "empty." But the biggest problem is that the digestion of sugar spends our body's vitamin, amino acids and mineral supplies.

Rarely published studies show that even the moderate use of sugar creates a basis for the development of many diseases of modern civilization. Even the native populations of Africa and Asia, using white sugar, develop the same diseases as the western consumers of white sugar. Other studies in Africa and India show that diabetes is an unknown disease in the villages where they do not use processed carbohydrates. White sugar is especially harmful for children, elderly people and women because it takes away the body's calcium and minerals, especially chromium. This happens because the sucrose links itself to the calcium present in the blood. Created compound can not be used by the body, so it gets removed through the digestive system and kidneys. It also "steals" vitamins and enzymes which are necessary for its digestion. Detailed studies show that each time we ingest saccharose, we spent a valuable organic substances necessary for its digestion, such as amino acids (tryptophan and metionine), vitamin B (especially



B5, B6 and B12), vitamin PP and minerals. Therefore, it can really be said that the white sugar is the “thief” in our bodies. Even the healthiest of food is harmful if used in large amounts, and this can be applied to sugar, as well. Sucrose rapidly increases the level of glucose in the blood. This makes the pancreas excrete large amounts of insulin to maintain homeostasis in the body (natural balance necessary for normal functioning of a body) and decrease the level of sugar. If you frequently consume large amounts of sugar, pancreas is used to secrete large amounts of insulin. This creates a chemical addiction in the body which starts to require higher and higher amounts of sugar to maintain this new artificial balance. At this time, a person becomes nervous and looks for something sweet to eat. It is important to understand how this noble plant, in sugar factories, became a product with such unwanted consequences for people. After sugar cane juice is extracted, it is strained and whitened with milk of lime and sulfur dioxide. It is then heated to 100°C and filtered with phosphoric acid to precipitate solid impurities. The juice is then concentrated and it gives a thick molasses. This is the 99% pure sucrose - sugar I. The rest of the molasses is re-purified to obtain the 97% pure sucrose - sugar II. Leftovers of this last treatment are cooked for the third time to obtain the 94% pure sucrose - sugar III. This product is sold as brown sugar, but it is very far from (being) a natural and integral products. It is a by-product, full of impurities and industrial residues. Its brown color this sugar owes to surface layer of molasses. This color easily rinses out with water, and consists of calcium sulphite, sulfuric salts, sodium hydrosulfite, phosphoric acid, sodium carbonate, etc. Therefore, the brown sugar is not an integral and natural food. However, there are processes that can maintain high-quality ingredients of sugar. Sugar cane juice can be boiled to concentrate without fermentation which results in a real integral sugar. This process was introduced by the Jesuits, and is used in the south of Brazil. Small sugar producers who use manual traditional methods to preserve all its valuable ingredients are now starting to flourish.

There are other natural sweeteners, like honey.

- Honey brings calcium to the body, which strengthens teeth and bones, iron, that enriches red blood cells preventing anemia, essential fatty acids with the disinfection properties, formic acid, which is an antiseptic, vitamins, and phosphorus, which tonifies the nervous system.

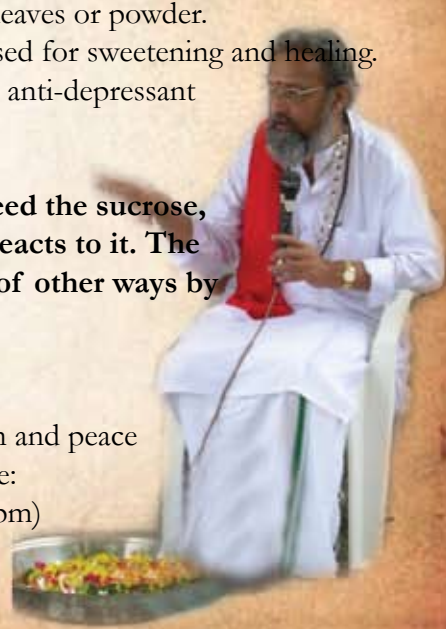
- Great source of natural sugar is fruit, full of enzymes and vitamins, fructose and minerals. Dried fruit and seeds can also be used instead of industrial candies as great snacks (peanuts, almonds, cashews, pistachio).

- Jaggery is produced by boiling the sugar cane or palm date juice. This form of raw sugar has a wide use in ayurveda. It can be found in cubes or lumps that can be added to food, tea or sweets instead of sugar.

- Extract of the Stevia rebaudiana plant is 300 times sweeter than sugar. It has a low proportion of carbohydrates so it does not drastically affect the blood glucose levels, and it even increases the glucose tolerance. This plant also destroys cavity, restores hair color, regulates blood pressure and more. It can be used as a fresh herb, dry leaves or powder.

- Licorice (*Glycyrrhiza glabra*) is one of the oldest medicinal plants whose root is used for sweetening and healing. This plant is 50 times sweeter than sugar. It regulates the adrenal glands and has the anti-depressant and anti-cavity effect.

The purpose of this article is to develop awareness that our body does not need the sucrose, even in the smallest of quantities, and to gain an insight into how our body reacts to it. The secret is in moderate use. Desire for sweetness can be satisfied by a number of other ways by exploring new tastes and by caring for our health.



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