



## **Sugar Intake and Summer**

### **by Father John Catoir - 6/6/16**

As you know, your spiritual life extends far beyond your prayer life. It also includes the way you care for your body. With that in mind I want to tell you some new scientific facts about sugar.

We all love chocolate, candy and cake, so let me begin with a word of thanks for all the pleasure that sugar provides, but there's more to it. Some scary scientific facts are coming to light.

Our sugar intake has increased 46% in the last 30 years. 74% of our processed food is spiked with sugar. This has caused some serious metabolic consequences.

Statistics on diabetes and liver diseases are skyrocketing. Tooth-decay, heart disease and obesity are also on the rise all over the Western world. Increased sugar intake is a scientific fact, and it's causing many health problems.

The Sugar Industry has spent millions of dollars promoting the idea that this increase in sugar related diseases is due more to calorie intake than sugar. In other words it's a matter of behavior, not the sugar itself. We simply overdo it, and so we suffer the consequences.

I believed that myself -- until I watched a documentary entitled, "Sugar Coated" on Netflix-the sub-title is: "a history of the food industry's use of sugar, sugar's impact on society's health, and the politics of the new tobacco."

Remember when a group of tobacco executives on TV said, one after another, "I believe tobacco is not addictive." The industry tried to sell the idea that nicotine was not addictive or harmful to one's health.

The general public no longer buys that lie, though many still smoke at their own risk. The documentary "Sugar Coated" makes the case that the

Sugar Industry is covering up the fact that sugar is toxic. There is mounting scientific evidence that supports the finding that this claim is true.

Popular opinion is waking up slowly. We now know that if you take one can of soda a day, your chances of becoming a diabetic goes up 29%. The average annual consumption of sugar was 40 pounds twenty years ago, today it's over 100 pounds. Sugar is more and more related to cardiac disease.

One candy bar can wipe out the benefits of a five mile run. Therefore it's not the lack of exercise that causes sugar related diseases, it's the sugar itself. Our Western diet is causing serious health problems. Many are pre-diabetic, and they don't know it.

Normal weighted people who watch their weight are experiencing heart disease and blood pressure problems. It becomes clear that these problems are not related to gluttony. It's not behavior, it's the sugar itself.

The Sugar Industry employs PR firms to promote the idea that sugar is safe, and it seems to be. You'll hear them say, "there is no consensus on this," which neither denies nor affirms the scientific data. That's exactly what the Tobacco industry said about nicotine not so many years ago.

Sugar-free ads can be deceiving. Beware, one breakfast food that was advertised as sugar-free contained four teaspoons of sugar disguised under the word 'fructose'.

We are all responsible for our own happiness, but poor health works against happiness and well-being. Think about your future. French fries, potato chips, and ice-cream taste so good, but if you relieve your hunger with this kind of fast food, it can hurt you.

Try to keep your weight down, and avoid needless health problems. Put on the will to consume a more healthy diet.