

1. REFINED SUGAR IS DEVOID OF LIFE

The physical body we each possess is a LIVING organism, comprised of LIVING cells, and designed by God to be nourished with LIVING (raw) food. Sugar cane, as it grows in the garden, is a LIVING food! However, turning sugar cane into refined sugar destroys the LIFE force, and sadly does so much more.

For a few moments, let's look at the process being used to convert the LIVING sugar cane (or beet) as found in the plant, into a refined, DEAD, product. The following was taken from a newsletter written by Charlotte Gerson:

"Sugar is a basic element in starchy food; however, processed sugar is a completely different matter. The sugar we purchase in the supermarket for personal consumption is processed sugar. This kind of sugar is heated up in chalk-milk, so that calcium and protein are extracted. After the process, it becomes alkaloid, destroying all vitamin content. In the second phase the sugar is mixed with acid chalk, carbonic gas, sulfur dioxide and finally with sodium bicarbonate. The mixture is cooked and cooled off several times and thereafter crystallized and centrifuged.

"The dead mass is then treated with strontium hydroxide. Subsequently it arrives at the refinery where it is passed over chalk carbon acid to clean it. Dark coloring is removed by adding sulfuric acid and then it is filtered with bone charcoal. Finally, it is colored with Indathrenblue or the highly toxic Ultramarine. This product's chemical composition is $C_{12}H_{22}O_{11}$, which you can buy in shops as 'pure cane' sugar."

Refined sugar was not included in God's Genesis 1:29 diet, and can only be found when we go outside the garden to obtain our food. And when we go outside the Garden to obtain our food, we always place our body in jeopardy.

2. REFINED SUGAR IS FRAGMENTED

When sugar cane, or beet sugar, is processed into refined sugar through heating and mechanical and chemical processing as we learned above, all vitamins, proteins, fats, enzymes – indeed – every single nutrient is removed until nothing but pure white sugar, pure 'naked calories,' pure refined carbohydrate, remains. 64 food elements are destroyed in the processing. Fragmented foods set up nutritional imbalances that create a myriad of health problems.

3. REFINED SUGAR CONTAINS ZERO FIBER

Between our mouth, where we receive our food, and where the digested foods exit the body, there are 30 feet of tubing the food must pass through. The only means the body has of moving food through those 30 feet of tubing is by means of fiber. In previous Health Tips we learned that foods of animal origin contain absolutely no fiber, and the same is true of refined sugar.

The body has great difficulty dealing with foods that do not contain fiber. However, all raw fruits and vegetables, along with seeds and nuts, the foods God told us we should consume for nourishment in Genesis 1:29, contain fiber. This is just one more reason all of our foods should consist of foods found exclusively within the Garden.

4. REFINED SUGAR IS VERY ACIDIC

If you are at all knowledgeable regarding the proper pH (acid/alkaline) balance of the body, you know the body was designed by God to be slightly alkaline. In fact, an alkaline body offers great resistance to disease, and most raw fruits, vegetables, seeds and nuts leave an alkaline ash after digestion.

On the other hand, like animal source foods, refined sugar is ‘acid forming.’ This requires the body to take vital alkaline minerals, calcium being the most plentiful, from the bone structure of the body to neutralize the acidity, and to metabolize refined sugar. Refined sugar, along with the consumption of animal products, causes the body to take so much calcium from our bones and teeth that the bones become osteoporotic and teeth decay.

5. REFINED SUGAR COMPROMISES THE IMMUNE SYSTEM

Our IMMUNE SYSTEM is what God built into each of our physical bodies to protect us from the germs, viruses, and bacteria of this world. Our IMMUNE SYSTEM is our first line of defense! Refined sugar is an immune system suppressant as we learned in last week’s Health Tip #549.

In other words, refined sugar cripples and can even knock out this first line of defense.

Does that not give us a clue as to why so many people experience infections, colds, the flu, and so much more? As I mentioned in last week’s Health Tip, this editor has not experienced a cold or the flu since eliminating refined sugar, and adopting a basically living, plant-sourced diet, 32 years ago.

6. REFINED SUGAR LEADS TO WEIGHT GAIN

“Refined sugar is highly caloric all by itself, but then it is often combined with something containing high fat, like shortening, along with some salt, producing a tempting goodie like cake, cookies, cinnamon buns, etc. Then there is candy, and high sugar drinks like soda pop. All of this sugar contributes to weight gain. Something that should alert those who are concerned about keeping their weight down, is the fact that consuming just one 12 ounce can of soda pop a day, which contains 11 teaspoons of refined sugar, will add 12 pounds to their weight in just one year.

7. REFINED SUGAR LEADS TO ADDICTION

“Because of the way sugar plays havoc with the emotions, refined sugar is highly addicting – it works exactly like a protoplasmic poison – a DRUG! This means that once a sugarholic sufferer has given in to this crystalline sweetness, they can’t stop the addiction. And if they dare face withdrawal, the ‘sugar blues’ give them no peace until they return to the sugar, and resign themselves to remaining fat.

Refined sugar is every bit as addictive as nicotine and alcohol! We have found that when a person decides to adopt The Hallelujah Diet, they usually do not have a great deal of difficulty eliminating the animal products, but many find that the most difficult item to eliminate from their diet is refined sugar. Sugar has a powerful addictive influence upon many people.

Have you ever noticed that children, who are allowed to have candy, are always asking for more, while never being satisfied no matter how much you give them? Why is this? It is because their little bodies have literally become addicted to sugar and their bodies are screaming for a fix! Children should NEVER be allowed to consume candy, which is almost pure refined sugar.

8. REFINED SUGAR PROMOTES EMOTIONAL INSTABILITY

After a “sugarholic” has consumed a candy bar, or bag of cookies, or any large amount of refined sugar, they know how self-abused and depressed they feel. Sadly, studies reveal a strong link between juvenile and adult criminal offenses and sugar addiction. Similar research reveals a link between mental illness and sugar abuse.

Also, hypoglycemic reactions, for the very sensitive consumer, promote extreme irrationality, emotional instability, and oftentimes aggressiveness. Recent studies reveal

that sugar may be as involved in mental illness, divorce, and crime as alcohol has been found to be. **Depression is also one of the most rapidly growing problems in our society today, and refined sugar is one of the major contributing factors.**

Attention Deficit Disorder (ADD) and ADHD are running rampant among our children and even some adults. It is a problem doctors are trying to treat with drugs, such as Ritalin. Isn't it a sad commentary, that these problems, which are caused by the very toxic and poisonous, addictive drug (poison) called sugar, are then treated with another poison, a doctor prescribed drug. How sad! Mothers who are having trouble with their child's behavior should consider removing all sugar from their diet.