

Sugar: More Dangerous Than It Seems

By Kevin (grade eight)

Sugar is an extremely addictive substance that has many negative effects on one's health, if one consumes it. It can hugely increase chances of contracting many diseases, as well as having many short-term effects on one's health. However, not many people are educated about all of the detrimental effects of sugar. Most people know that it is bad, but not to what extent, as the sugar industry hid the truth about it and tricked the world.

How can sugar harm us? High sugar consumption can lead to blood cholesterol and triglyceride levels. This increases your risk of getting coronary heart disease. A study found that obese children who quit consuming sugar for nine days experienced a sharp decline in risk of getting heart disease. Another harmful factor of sugar is its effect on the immune system. It can weaken it greatly, and impact immune function. Some other health problems sugar consumption can lead to are insulin resistance, type 2 diabetes, obesity, neurotransmitter imbalances, hypoglycemia, depression, anxiety, hyperactivity, and compulsive overeating due to addiction. There is a diet called the Candida diet, in which you remove all types of sugar from your meals. After sticking to it, individuals experienced huge declines in the risk of getting these diseases and disorders. Sugar is extremely harmful, and avoiding it can improve your health substantially.

Why can't people stop eating sugar? Sugar is addictive, which is why food companies use huge amounts of it in their products to make consumers go back and buy more, which would consequently let all these companies make lots of money.

What can we do to reduce or eliminate sugar consumption? The one thing that could stop this from happening would be proper knowledge of its harms in the hands of the consumers. As a result, the sugar industry took measures to ensure that barely anyone would know of these harms. There was lots of conclusive evidence in the 1960s that proved consumption of sugar led to higher chances of getting coronary heart disease. To bury this information, the sugar industry bribed a scientist at Harvard University with \$50,000 to give false information that concluded that removing sugar from one's diet does not link to reducing chances of coronary heart disease, blaming fat instead. According to a press release, the sugar industry spent \$5.3 million in burying information on the dangers of sugar, and persuading the public that sugar is good. They have tricked us all. They are the reason that all of us **are** less healthy than we could be.

In summary, sugar is detrimental to your health, but the sugar industry tricked the vast majority of the world into not thinking otherwise. As a result, we consume way too much sugar every day, and it is slowly killing us. The average American consumes 100 pounds of sugar every year! It is crucial that we stop the world's sugar addiction, for humanity's sake. One way to do this is to ensure that everyone knows of the harms of sugar. This should be taught at schools in health classes, and warnings should be put on the packages of high-sugar foods. With this knowledge, people will no longer consume so much sugar. Also, there should be a sugar tax, so that when a heavy sugar consumer ends up in the hospital, taxpayers don't have to pay to keep them alive. By taking these measures we can make the world a healthier place without sugar.