

CHICHESTER OBSERVER

MARIA GRIFFITHS LIFESTYLE COLUMN

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Dear Maria, Why is sugar bad for me?

Actually sugar is not bad for you. What is bad about sugar is the quantity that we consume and how it is presented to us.

Our first encounter with sugar is either from breast milk or baby's Formula. Nature designed breast milk to be highly nutritious and sweetened. Formula has a lactose substitute. All well and good however it's our persistent need for this taste that leads us into an over indulgence of this food item.

Granulated sugar as we know it is not natural; it is a processed product. It's the general name for simple sweet carbohydrates called saccharides, and combinations of different saccharides give us different "sugars" like lactose and sucrose. Most plants contain some degree of sugar but it's mostly from high sugar yielders such as cane and beet that we manufacture "sugar".

In its raw state sugar contains many nutrients, but the bleaching and processing that it undergoes leaves us with a product that is universally known as white poison. Totally devoid of nutrients, it has empty calories, meaning that it takes up energy and valuable nutrients from our own body stores in order to process it through our metabolism. So rather than enrich us, as would the raw product, it's become an anti-nutrient, robbing us. It is therefore no surprise that there is much discussion around diets high in sugar being not good for health. A continued misuse of this most pleasant of products can and does lead to a multitude of health problems, from amongst others obesity and its related illnesses, tooth decay and diabetes which is on a raging increase.

Try Honey or Maple syrup if you have a sweet tooth, but be careful, moderation is the word.

Maria Griffiths is a Nutritional Therapist with 20 years' experience and is registered with the Complementary & Natural Healthcare Council, which meets national standards. She is a Senior Associate Member of The Royal Society of Medicine. Contact her at mgnutritionist@aol.com or on 01243 823669 or at familynutritioninpractice.com