

The Truth About the “Sugar High”

Sugar gives you quick energy for about 20 minutes while it is broken down into glucose. But sugar makes your glucose level rise too fast. To fix that, your body manufactures a chemical called insulin which causes your glucose level to drop — and drop — and drop. The result is that your glucose level goes way down — lower than it was to start with — and it takes your energy level right along with it. Your short-lived “sugar rush” is followed by a “sugar low,” during which you have less energy than you had before.

Hypoglycemia is a disease in which people can't maintain enough glucose in their blood. Without medication, they are listless and depressed. Your body's reaction to eating a lot of sugar can give you the symptoms of hypoglycemia.

SUGAR: FEEDS THE MUSCLES, STARVES THE BRAIN

Does sugar really deserve its bad rap? Unfortunately, it does.

- ▶ It causes cavities because it sticks to your teeth and dissolves the protective enamel.
- ▶ It makes you gain weight because it is high in calories.
- ▶ It tends to replace other — healthy — foods in your diet so it gives you “empty calories” with no nutrition.

Nutritionally speaking, sugar serves absolutely no purpose. Your body just doesn't need it. Although it is very similar to glucose (which is, itself, a form of sugar) your body doesn't even need sugar for energy because it has a much better source of energy in complex carbohydrates.

