



THE MINISTRY OF HEALTH AND HUMAN SERVICES

TRAIN YOURSELF TO EAT AS ALLAH HAS ADVISED

“To Keep healthy and strong, and live a long time on this old earth, eat one meal every two or three days”
THE HONORABLE ELIJAH MUHAMMAD (How to Eat to Live, Book 1, page 78)

THIS MONTH'S TOPIC: SUGAR: THE ROOT CAUSES OF DISEASE?

SUGAR: IT'S AN EPIDEMIC!



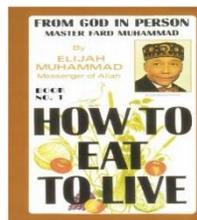
Excess and added sugar is one of the most damaging ingredients in today's modern diet. Sadly, the majority of our population is massively over-consuming sugar every day.

When you look in the grocery stores almost every type of food you pick up from cereal to yogurt to “diet” and “health” foods to processed meals to beverages to desserts and more has added sugars in their ingredients. These products list these added sugars under various names, including high fructose corn syrup, maltose, dextrose, sucrose, cane sugar, evaporated cane juice, fruit juice concentrates and the list continues. While soda and candy are focused on heavily, by many in the health field, as food products to avoid because of the high amounts of sugar they contain, many other foods with high concentrations of sugar are still used daily in school lunch menus, hospital menus, fast food and local dine-in restaurants. Even if we are preparing our own meals at home, we are typically unaware that items like ketchup, salad dressing, sauces, seasonings, soups, canned fruits, frozen fish or meat, cereal/protein bars, sports drinks and more all include added sugar. When combined with the sugar already present in foods naturally, we find ourselves consuming far too much sugar on a daily basis. While a growing number of research studies continue to show a relationship between excessive amounts of sugar and chronic disease, there has been slow momentum in getting us to realize, understand and come to grips with the fact that all of this sugar could be the root of our chronic disease problems.

Sugar is the **BIG** pink elephant in the room, that no one wants to acknowledge for fear that they will have to give up their donuts, cupcakes, French fries, frozen dinners or red Kool-Aid. And unfortunately, if we continue avoiding the reality of our own sugar habits and/or addictions, we are deciding that we are ok with committing slow suicide for the price of our tasty treats ☹

SUGAR: WHAT IT IS, WHAT IT DOES

Sugar is a carbohydrate that all parts of the body (muscles, brain, heart, liver) need for fuel or energy to do work. Once these regions are full with the necessary sugar needed, the excess sugar floats around in the blood making the blood thick, sticky, and sluggish. This eventually produces sugar crystals to form on the cells, tissues, organs, joints and inside blood vessels causing damage and inflammation and, also, decreasing the body's ability to heal wounds. Overabundance of sugar in the blood also increases the temperature of blood and produces an acidic environment causing the body to be less sensitive to insulin, reducing the function of immune fighting white blood cells. Viruses & bacteria use sugar for food and this makes the makes the body more susceptible to infection. Pay attention now, because this is where it gets sticky (pun intended!). In an effort to reduce the toxic effects of sugar, when the body has more sugar or fuel than it actually needs and sugar storage capacity is exceeded, the body stimulates the kidneys to remove as much of it as it can thru the urine, and then converts any remaining sugar into fat. Repeated exposure to high concentration



of sugar by the kidneys can lead to damage of the kidney and tubules. Whereas, the fat produced from excess sugar is released back into the blood stream to accumulate in the stomach, hips, buttocks, breast. If fat production becomes excessive, fat will begin to accumulate in our organs, including the heart, liver, kidneys, joints and blood vessels causing even more tissue and organ damage, inflammation and dysfunction. Ultimately this all leads to increased weight gain, decreased metabolism, increased blood pressure, organ dysfunction, digestive disorders, joint pain and inflammation, chronic infections, fatigue, difficulty breathing, reduced vision, sexual dysfunction, skin disorders, and vitamin/mineral deficiencies that lead to the development of the vast array of chronic diseases we see today.

THE MOST ADDICTIVE SUBSTANCE ON EARTH

Even more alarming, sugar has now been classified as a drug! Neuroscientists have identified sugar as a drug that meets the criteria for a substance of abuse, and that may also be addictive for anyone who binges on it just like alcohol, tobacco, cocaine or heroin. Did you know that sugar affects the limbic system, the part of the brain that controls emotion, pleasure, reward, new memories and past experiences? According to studies, excessive sugar intake increases dopamine levels in a similar way as other addictive drugs. Dopamine is a key neurotransmitter in the limbic system, especially relating to the pleasure/reward system, providing feelings of enjoyment and reinforcement to motivate us to do, or continue doing, certain activities. Repetitive stimulation and release of dopamine into the brain can cause a reduction in dopamine levels over time, resulting in increased cravings for sugar, and the need to consume more excessive amounts of sugar to feel that sense of pleasure and joy from the sugary food we eat or drink. This is why we find ourselves eating or feel the need to eat greater and greater quantities of sugar, or why we feel the need to eat something sweet when we are sad and depressed. If you have ever done any of these things, **YOU HAVE A SUGAR ADDICTION!!**

It is clear that the body is negatively affected by the consistent over-consumption of sugar, particularly processed sugar. In *How to Eat to Live, Book 2, page 88*, *The Honorable Elijah Muhammad* states, in part that, “it is sugar that is manufactured by the commercializers on sweets that causes the dreadful disease.” He further states in *Book 2, page 173* that, “you eat too much sugar that is why we are troubled.” Currently there is no agreed upon recommended daily allowance of how much sugar we should eat each day. However, over the last 20 years the average recommended intake has continued to decrease as health professionals come to more of a consensus that the rising number of people suffering from chronic disease correlates with high levels of sugar in the diet. According to the most updated recommendations from the American Heart Association, the average daily intake of added sugar for women should not exceed 24g grams, men 36 grams, and 1/2 of these allowances for children and 1/4 for babies under 2 years old. Eating or drinking more than this has been associated with the development of many different diseases.

According to *The Honorable Elijah Muhammad*, the answer is easy, “just stop eating that which is causing your trouble *How To Eat To Live, Book 1, page 16*)...“It is ignorant for you to suffer with...disease, when it can easily be cured (*Book 1, page 16*)”, and **THE TRUTH IS WE CAN CURE CHRONIC DISEASE**. However, we must reduce, and in some cases, eliminate the high amounts of sugar in our diets. How do we do that? We must first investigate our sources of sugar. For example, do you drink coffee with as many spoons of sugar as it can hold? Do you eat processed or fast foods, drink soda or un-natural juices, or snack on cookies and chips? Write it down, in a diary if you must, but take stock in everything that you are putting in your body. Next, read the labels on your food packages and look for sugar in all its forms. Avoid adding extra processed sugar to your food or recipes, unless absolutely necessary. Instead, learn to sweeten your food with the natural sweeteners that Allah has prepared for us, such as dried fruit, bananas, apples

and oranges, etc. Avoid eating a lot of sweets, processed foods, fast foods, snacks, etc. Prepare your own food, eat one meal a day, and fast for 2-3 days each month. This will surely help us get rid of the sugar diseases. While the medical professionals will offer us all types of medication to manage our chronic illness, the only way to rid ourselves of these diseases completely, and prevent ourselves from suffering from the potentially dangerous effects of too much sugar is to **STOP EATING SO MUCH SUGAR.**

Go back to the basics. Pick up your “**How to Eat to Live**” book, say a prayer, and follow the way of life. It’s a beautiful and life-fulfilling journey.



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