

SUGAR KILLS

**A Guide to Understanding and
Avoiding the Dangers of Sugar**



By Sharon Porter NTP, RWS

SUGAR KILLS

— TABLE OF CONTENTS

INTRODUCTION	3
COOLING ARTHRITIS & INFLAMMATION	5
AVOIDING DIABETES	7
CONTROLLING HUNGER	9
LIFTING DEPRESSION	11
PREVENTING CANCER	13
UNKNOWN CAUSE OF HEART DISEASE	15
WEIGHT LOSS - THE SUGAR SECRET	17
WHERE TO GO FROM HERE	19



SUGAR KILLS

INTRODUCTION

We all know that sugar is bad for us. In fact, it is killing us. So why, oh why, do we still eat it? Because recent studies show sugar to be **EIGHT** times more addictive than cocaine!

So how on earth are we going to elude this ever-present, totally destructive substance?

Fear.

Let fear be your friend, your helper.

By understanding exactly **HOW** sugar is so destructive inside the body, you are less likely to turn a blind eye to that dessert after dinner. Or that extra glass of wine. Or that big bag of chips.

In this book we share the biomechanics, the internal workings, of how sugar tears down our body tissues and wreaks havoc with our health.

We dive deep, in a concise way, into how sugar is at the root of:

- Cancer
- Heart disease
- Arthritis
- Diabetes
- Depression
- Weight gain and obesity
- Gall Bladder attacks

And we give you a special report with proven ways for how to control your hunger, your sugar cravings, in a very delicious way!

When reading this information, you may be shocked to learn the truth. And you may become scared about your vulnerability to these diseases. That is good. Be afraid. Be very afraid. And let that fear help you say **NO** to sugar!

Best wishes for your success in living a sugar-free life!



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AUTHOR BIO

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She has helped hundreds of regular people resolve a wide variety of health challenges through dietary recommendations.

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CONQUERING SUGAR

COOLING ARTHRITIS AND INFLAMMATION BY CUTTING SUGAR

Many people think of arthritis as genetic. However, current research in the field of epigenetics has shown that our lifestyle choices, especially dietary, control whether or not a gene for any particular disease or condition is turned on....or not turned on.

There are over 200 specific types of arthritis, from osteo to rheumatoid to gout, however there is one phenomenon at the root of ALL arthritis pain – inflammation.

The four symptoms of inflammation are heat, pain, redness and swelling. For example, when you sprain your ankle it will quickly get hot, red, swollen and become painful to put weight on. Why is this? For one thing, this is our higher wisdom forcing us to not use the ankle so that it can heal!

More specifically, when we injure ourselves, inflammation sets in as an important part of how our body heals itself – first we “inflammate” to heal, then once the healing is complete our body is designed to “anti-inflammate”. Specific biochemicals control each phase of this process – the starting and stopping of inflammation. Note that the anti-inflammatory biochemicals are not produced unless the healing is complete.



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But what if we twisted our ankle every single day? The body would continually inflame in an attempt to heal itself, but it would never anti-inflamme because the healing would never be complete. This leads to “chronic inflammation” which is very different than the temporary helpful function of healing inflammation. Chronic inflammation is like an open, festering sore that never heals. Note that chronic inflammation can occur locally, for example a skin wound that never fully heals, or systemically like in the case of arthritis or heart disease.

The modern medical specialty of “pain management” is all about trying to interrupt the pain of chronic inflammation. They give steroid shots, braces to immobilize an injury, and pharmaceuticals to try to tell the immune system to stop inflaming.



SUGAR CONTRIBUTES TO THE INFLAMMATION OF ARTHRITIS THROUGH THE FOLLOWING SERIES OF EVENTS:

1. Sugar Consumption leads to the release of insulin - and the continual consumption of sugar leads to insulin being ever-present in the blood stream.
2. Insulin leads to the release of certain immune system biochemicals called cytokines, which trigger the onset of inflammation.
3. With the ever-presence of insulin, the healing process is never deemed to be “complete” – the anti-inflammatory biochemicals are never produced and the inflammation becomes chronic.
4. And chronic inflammation is the foundation of arthritis, and the essence of arthritic pain.

THE MOST IMPORTANT THING YOU CAN DO TO INTERRUPT THE PAIN OF ARTHRITIS, IS TO COMPLETELY ELIMINATE SUGAR FROM YOUR DIET, AND TO SEVERELY RESTRICT STARCHY CARBOHYDRATES TOO. YOU’LL BE AMAZED AT HOW QUICKLY YOUR JOINTS START TO FEEL BETTER!

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DITCHING SUGAR TO AVOID DIABETES

The poor pancreas was never designed to produce this amount of insulin!

Type-2 Diabetes Mellitus used to be called “adult-onset” diabetes, because it almost never appeared in children. Today, youth and teens are developing diabetes at alarming rates, and roughly 1/3 to 1/2 of all children born today are expected to develop Type-2 Diabetes during their lifetime. Yikes!

Why? It is simple: sugar.

There is a progressive pattern to the lifestyle related development of diabetes, that goes like this:

When we eat sugar and/or starchy carbohydrates, the sugar is quickly absorbed through the gut lining into the blood stream...leading to high levels of blood sugar. This triggers the release of insulin (from the pancreas) into the blood stream, which consequently brings blood sugar levels back down to the normal range...when all is working as it should.

The above scenario would be manageable, if we only eat sugary or starchy foods occasionally...like once a month or so. But today, most people eat sugary and/or starchy carbs with every single meal, and numerous times in between meals in the form of snacks and beverages.

This leads to continual high sugar and high insulin levels in the blood stream.

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— INSULIN

Insulin works to bring blood sugar levels down by acting as a “key” that unlocks the door on each and every cell in the body, thereby allowing blood sugar to enter the cell and leave the blood stream. But when insulin is continually present in the blood stream, the cells soon are “full” and stop receiving this “key” - insulin is no longer able to usher blood sugar into the cells. This is called insulin resistance. As a result, there is plenty of insulin in the blood, but the blood sugar levels are not brought down – this triggers a continual request for the pancreas to produce and release more and more insulin.

If this pattern is not corrected, the poor pancreas simply cannot produce enough insulin to keep up with the 24/7 demand. When this happens, the blood sugar levels remain considerably elevated above the normal range all of the time, and soon the diagnosis of Type-2 Diabetes is delivered.

Type-2 Diabetes can sometimes be reversed by following a very-low carb diet, getting regular vigorous exercise daily, and taking some targeted nutritional supplements. But it is much easier (and wiser) to stop and reverse this progressive pattern long before the T2D Diagnosis is delivered.



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HOW TO CONTROL YOUR HUNGER...

THE DELICIOUS WAY!

The perception of hunger occurs in the brain, not in the stomach. A complex system of hormones exists to monitor how much fuel (fat) our bodies have on hand, in order to tell our brains whether or not more food should be consumed.

This system of food intake regulation is based on our evolution as a species, and thus based on our ancestral diet patterns. When we eat a lot of dietary fat (as our ancestors did) our brains are given the signal to stop eating sooner. We experience this as the feeling of “satiety”, or feeling satisfied.

On the other hand, when we do not eat ample amounts of dietary fat, and instead eat lots of sugary and starchy carbohydrates, our brains simply do NOT get the hormonal signal telling them to stop eating. In other words, when we skip the fats and eat the carbs, we never feel “satisfied” ...and thus we want to just keep on eating, even if we are physically full.

So, what to do about this? Eat more fat, and stop eating sugar!



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— Here are some tips and tricks to help you get on (and stick to) a low-sugar high-fat diet:

PLANNING

Remember that consuming sugar (or starchy carbs) is like a putting kindling on a campfire – it gives an immediate burst of energy, but the fuel will be burned up rapidly and leave you hungry for more. On the other hand, eating dietary fat is like putting big logs on a campfire – they are slower to catch fire, but will burn at a steady rate lasting a long time...leaving you without hunger for many hours.

Take away = eat more fat!

BE PREPARED

Be sure to **ALWAYS** carry high-fat snacks with you, no matter where you go! My favorite are the individual-sized serving packets of nut butters (with no sugar added). Keep one or two in your purse, backpack, car, briefcase, etc – so you'll always be ready if a moment of hunger arises unexpectedly.



PREVENTATIVE EATING

Remember to practice “preventative eating” – if you going to be somewhere for several hours where you know that you will not be able to eat anything (like a work event, or a sports outing), be sure to eat a high-fat snack or meal before you go, to prevent hunger.

HYDRATE

Remember to drink lots of water – the area in our brain that gives us the message “I’m hungry” is right next to the area in the brain that say’s “I’m thirsty”. Often these two sensations get confused with each other – sometimes we think we are hungry, when in fact we are simply thirsty. Next time you feel hungry, drink a 16-oz glass of water with a pinch of sea salt, and see if your hunger either subsides, or becomes less intense.

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KICKING SUGAR TO LIFT DEPRESSION

It's a vicious cycle. When depressed, we want sugar to ease our pain. But after we eat sugar, our depressed feelings are amplified.

Why is this?

There are several ways in which depression is linked to the consumption of sugar and starchy carbs.

1. The first has to do with gut health and serotonin production. Many experts believe that low levels of serotonin (a neurotransmitter) are the primary cause of clinical depression. The “gut-brain connection” is largely based on the fact that 80% of serotonin is made in the gut, by certain bacteria that live there. It is estimated that the average person has approximately 1200 different types of bacteria that live in a delicate balance with each other inside our gut. But when we eat a diet high in sugar and starchy carbs, the balance of gut microbes can be thrown way off – certain microorganism species can grow out of proportion and reduce the population of others. This, in turn, can minimize the production of serotonin...or worse yet, bring it to a halt.
2. Another link between sugar and depression relates to brain inflammation. It is well known that sugar causes inflammation, and when this inflammation occurs in the brain it can negatively alter brain function, leading to mood fluctuations.



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SUGAR KILLS

— DEPRESSION CON'T

3. The next link revolves around dopamine and addiction – several studies have shown that sugar is eight times more addictive than cocaine, and a recent study has indicated sugar might be as much as eight times more addictive than cocaine. Both substances cause a spike in dopamine levels, which creates a euphoric state. But this heightened level of dopamine cannot be sustained naturally, and the inevitable crash is one of the roots of depression. This is what causes the addictive craving for more – the need to escape the depressed low and recreate the euphoric high.
4. Finally, researchers have shown that consistently elevated levels of blood sugar lead to AGES – Advanced Glycate End Products. AGES are unnatural, and unhealthy, structures inside the body (and brain) where the sugar bonds proteins together in an unnatural way...thus altering cellular function. When the AGES occur in the brain, this can lead to Alzheimer's, Parkinson's and depression.

FOR ALL THE ABOVE REASONS, IT CAN BE VERY DIFFICULT IF NOT IMPOSSIBLE TO WEAN OFF OF SUGAR SLOWLY. MANY EXPERTS BELIEVE IT IS BEST TO GO COLD TURKEY AND CUT OUT ALL SUGAR (INCLUDING REFINED STARCHY CARBS) ALL AT ONCE...MUCH LIKE ANY OTHER ADDICTIVE SUBSTANCE.

AND IT IS SO WORTH IT!



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— QUITTING SUGAR TO PREVENT CANCER

The cancer epidemic today, is largely fueled by the mass over-consumption of sugar.

Scientists have learned that healthy cells can live (and thrive) on dietary fat as a primary fuel source, but cancerous cells cannot. In opposition to this, cancerous cells more than thrive on sugar as a fuel source....
they grow and spread.

The following excerpts are taken from the book *The Metabolic Approach to Cancer*, by Dr. Nahsa Winters FABNO (Fellow of the American Board of Naturopathic Oncology).

“Cancer cells ingest sugar – all kinds of sugar – at a rate that’s almost fifty times faster than healthy cells, and it’s the main fuel that helps them to grow and spread.”

In fact, it is this extreme sugar consumption that forms the basis of the cancer diagnostic tool called the PET scan – the fasting patient is given an injection of radioactive sugar, and the attending radiologist can see which cells are cancerous by observing which cells gobble up the sugar.

Dr. Winters goes on to state “Intermittent and chronically elevated levels of blood sugar and insulin are the foundation for all progressive and recurrent cancers. This state stimulates cancer cell growth, inhibits cell death, promotes metastasis, helps cancer cells resist radiation and chemotherapy and increases complications from surgery and chemotherapy.”

Pretty scary, right?



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SUGAR KILLS

BUT IT GETS WORSE...

According to Dr. Winters: “All cancer cells have the ability to reprogram their energy metabolism in order to consume more glucose and grow faster. No conventional treatment, including the newer targeted therapies, will affect the cancerous cells if sugar consumption remains high. Period.”

All of this is to say that cutting out sugar, completely, is THE most important thing a person can do to help themselves prevent and survive cancer – whether choosing conventional or alternative therapies. Just follow the Advanced level of Game Rules in this program for 6-12 months to weaken existing cancer cells, then adopt the Intermediate Level of Modifications as an ongoing lifestyle, forever.

If you or someone you know is fighting to beat cancer, please be sure to pass along this life-saving information...and give them a copy of Dr. Winter's book!



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— THE UNKNOWN CAUSE OF HEART DISEASE

If your house was on fire, and the fire-fighters came to put out the fire...would you blame the fire-fighters for starting the fire? No! This is exactly what is happening when cholesterol is blamed as the “cause” of heart disease. Plaque, formed largely of cholesterol, is like the fire-fighter who comes to the rescue.

So who did start the fire? SUGAR. Here's how...

Sugar consumption leads to the release of insulin – and the continual consumption of sugar leads to the continual release of insulin.

Under a microscope, insulin can be observed to have very jagged, pointy edges. As insulin moves through the blood stream, it scratches, tears and scours the inside of our blood vessels – especially the tiny capillaries. Insulin molecules in the blood stream are like SOS scouring pads squeezing through the tiny blood vessels...injuring the interior surfaces all along the way.

Inflammation is our body's first step in healing any injury. In a perfect scenario, after an injury the body inflames the injured area in order for it to heal, and once the healing is complete the body will STOP the inflammatory process.

In the case of injury to the inside of blood vessels, inflammation creates plaque in order to patch over the torn areas. Think of it like the patch for a tear in a bicycle tire – if the weak spot is not patched over it will blow out under pressure. When a tear inside a blood vessel is not patched over, it too can blow out due to blood pressure – in an aneurism or stroke. Hence, plaque (and the cholesterol it is made of) is vitally important for preventing strokes and saving our lives.



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— SO, HOW DO WE GET RID OF PLAQUE?

BY STOPPING THE REPEATED INJURY TO THE INSIDE OF OUR BLOOD VESSELS.

By stopping the incessant consumption of sugar we are also stopping the incessant presence of insulin inside our blood vessels. This allows the inflammatory process to come to completion – the plaque is no longer needed and our cholesterol levels will usually return to normal.

It is important to note that our bodies MAKE cholesterol because it is such an important substance to our health - dietary consumption of foods high in cholesterol have essentially nothing to do with our blood cholesterol levels. When less healing is needed inside our blood vessels, the body will make less cholesterol. When more is needed, our body will make more.



It is also wise to note that the medical establishment has lowered the “acceptable” level of cholesterol decade after decade, most likely in order to sell more cholesterol lowering medication. Cutting sugar out of your diet can bring your cholesterol levels back to “normal” without needing to take these harmful pharmaceuticals.



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— WEIGHT LOSS THE SUGAR SECRET

The word “diet”, derived from Latin and Greek etymology, means “a way of living”.

For several decades we’ve been told by our doctors, by medical establishments such as the American Heart Association and the American Diabetes Association, as well as by mass media through advertising and entertainment programming, to eat a low-fat diet – that dietary fat is the root of all modern diseases as well as weight struggles. This is total rubbish! **Read on...**

It turns out the origins of the low-fat mantra were based in commercial interests, from organizations such as the liquid oil industry (think: canola oil) as well as by the sugar industry. Starting in the 1950’s, these powerful organizations exerted political power in Washington and supported large high-profile pseudo-scientific studies which validated their false theories. 1

Finally, over the last 10 years or so, some critical-thinking doctors as well as the mass media are coming around to see and teach that SUGAR is the root of all evil, not fats.

However, the low-fat message has been so thoroughly drilled into our subconscious minds that many of us think we have stopped eating a low-fat diet...when in fact we have not. When you give up sugar, you may be surprised to see how many of your favorite so-called “healthy foods” are in fact primarily constructed of sugar and starchy carbs.



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THE BEGINNING OF A NEW WAY OF LIFE

When you begin (and continue) to eat a low-to-no sugar high-fat diet, you may be amazed to see that stubborn weight finally falling off! Here are a couple of biochemical facts that will help you understand why excess weight typically melts away on a low-sugar high-fat diet:

1.

The technical term for body fat is adipose tissue – this tissue is like a refrigerator we carry around with us so that our cells always have a food supply, in order to survive. Insulin is the hormone that tells our body to store the excess food as adipose tissue. When we limit our sugar consumption we limit our insulin production, and we limit the creation of adipose tissue.

2.

Every cell in our body needs fuel in order to stay alive and perform its duties. Our cells can burn either fat or sugar as a fuel source – and if given a choice, they will always choose sugar. But when we deprive the body of dietary sugar, the cells will start to burn fat. And once the dietary fat is burned up (by going 15-16 hours between dinner and breakfast with NO food, which is called intermittent fasting) the cells will start burning your body fat as a fuel source.

REFERENCES AND RECOMMENDATIONS

[The Metabolic Approach to Cancer](#) By Natasha Winters ND, FABNO L.Ac Dipl.OM

[Put your heart in your mouth](#) by Natasha Campell-McBride M.D.

[CLICK HERE](#) to watch Sally Fallon's talk : [The Oiling of America](#)



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CONCLUSION

Well, my friend, I hope reading these chapters in Sugar Kills has helped you find new motivation for kicking sugar out of your daily life. The risks you've just learned are real – getting sugar out of your diet is the **SINGLE MOST IMPORTANT THING YOU CAN DO FOR YOUR HEALTH**.

But how?

How do you **ACTUALLY** say “no” to sugar, consistently and long term?

With sugar being **EIGHT** times more addictive than cocaine, isn't it hopeless?

It is **NOT** hopeless!

And you are not alone - we have helped thousands of people successfully rise above their sweet cravings, and we can help you too.

We have a program that shows you how – that walks you through the steps – so you can confidently and comfortably say “no” to sugar. The program is called **CONQUERING SUGAR** and it gives you **ALL** the tools and tips needed to make your dreams of a “sugar-free life” a reality.

Check it out and jump in with both feet – you'll be so happy you did!

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