

Re: 77 Ways To Ruin Your Health

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- *From:* "TC" <tunderbar@xxxxxxxxxxxxx>
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outsor@xxxxxxxxxxxxx wrote:

"I also find it mindboogling when people can't tell when someone is speaking of dietary refined sugars rather than metabolic sugars."

Glucose and fructose in a plant is the same in the body when consumed and is the source for storage variations.

Glucose and fructose in the plant is glucose and fructose in the plant, in a complex structure with all kinds of complexes of nutrients and compounds. Glucose and fructose that has been refined and processed into a fake manufactured food is glucose and fructose that has been refined and processed into a fake manufactured food without the accompanying nutrients and compounds. There is a wee bit of difference.

And how is that relevant when the point of discussion is that sugars in the diet is not the same as sugars that are naturally produced by the body from foods? huh?

You should learn to a) read what is being said and 2) stay on topic.

You speak in such absolute terms about sugar in food when it is as common as the air we use and life can not proceed in the body without the products of sugars, it is the basic energy form the cells use. When you get your mindboogling cured, you might want to see if glucose levels in the brain are the source of the problem.

There is no more absolute and proven concept and understanding than the simple fact that humans evolved with NO refined sugars and refined starches in their diets. Refined sugars and starches are completely superfluous to the human diet. And, once refined and processed, sugars and starches provide NO USEFUL NUTRITION that cannot be gotten from easily-available and better sources. In fact, once refined, sugars and

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starches, actually deplete you of important essential nutrients and thus become a net negative nutrient, which in medical terms, in fact, it becomes a poison, a negative addition to diet, a detriment to health, in any amount. No amount of refined sugars, no matter how small, is without negative effects.

To read some posters, all we need to do for perfect health is avoid iron, some fats, and for sure sugars.

Some posters are one horse acts.

You may notice that I tend to emphasize the avoidance of refined carbs because I feel that many supposedly educated people in these ngs will defend refined carbs to their deaths for no apparently logical reasons. And most people see nothing wrong with high-GI high refined carb diets.

I also advocate eating real food. Ie. unrefined fresh whole properly-prepared foods. That means the avoidance of fake manufactured foods like hydrogenated oils, some vegetable oils like soybean oil and canola oils because they are some of the most processed foods around. I also opposed over processing of milk and dairy products. Real fresh whole unpasteurized milk produced from real healthy clean well-fed cows is one of the healthiest and safest foods foods in the world. And soy is not real food. Not the way it is processed and produced (ie. without fermentation).

So no, only restricting sugars is not the only thing you need to do for perfect health, but it is one of the first things that you need to understand because refined sugars and hfcs is in virtually all foods sold at the local grocery store and at the fast food places.

Every time I see a young person with a 3/4 gallon jug of soda, I just cringe knowing what damage they are so innocently doing to their bodies and their minds by so casually ingesting such a constant daily overdose of hfcs. These are the future leaders of the world who are so cluelessly destroying their healths every single day of their lives. And they'll wonder why they need anti-depressants and stomach stapling surgery before they are out of their teen years. Gosh, must be their fatty diet, eh? Better cut those fats and calories, eh?

If you fail to understand how much of an impact sugars have on health then screw you.

TC

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