

## **NEWSTART + 6 (Nutrition)**

### **SUGAR: Is it Safe to Eat**

(Psalms 103:4-5/Isaiah 55:2)

**Website:** [Healthy Christian Living - Living by the Blueprint](#)

**“...Education should be given on proper diet...”** (CD 406.4)  
(Genesis 1:29; 3:18; Isaiah 55:2; Psalms 103:4-5)

**3 John 2** – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

**“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.”** {MH 127.1}

**“...Become more intelligent in regard to the laws of life. . . .”** {11MR 187.3}

#### **EDUCATE IN REGARD TO THE LAWS OF LIFE:**

**“...Educate people in regard to the laws of life...”** {GCDB, January 30, 1893 par. 2}

**“...EDUCATE, EDUCATE, EDUCATE...”** {6MR 379.1}

#### **WHY?**

**“...Educate people in the laws of life so that they may know how to preserve health...”** {MM 259.3}

**“True religion and the laws of health go hand in hand.”** (7T 137.1)

**“...In violating the laws of health, even in doing the service of God, you misrepresent your maker...”** {KC 20.4}

**“...It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them...”** (MH 128.1)

**“We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way...”** (CG 361.2)

**“Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted...”** (MH 128.1)

#### **BIBLE:**

**Proverbs 26:2** – “...the curse causeless shall not come.”

**“Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health...”** (MH 234.1)

**Job 29:16** – “...the cause which I knew not I searched out.”

**\*\*\*NOTE:** Find out which law of health has been violated, remove the violation, offer a prayer of faith and then sit back and see the glory of God.

**SOP:**

“When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness and then go to work intelligently to remove the cause...” (MH 235.1)

“Be sure that as a rational Christian sentinel you guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life...” {CD 102.1}

“Our food should be plain and FREE from all objectionable elements, but let us be careful that it is always palatable and good.” {LLM 545.3}

“We bear positive testimony against...all exciting substances used as articles of food...” (CD 468.3)

“Abstinence from all hurtful food and drink is the fruit of true religion.” (9T 113.1)(CD 457.1)

“The idea should never be given that is of but little consequence what we eat...”  
(CD 198.4) (CH 151.1)

“It is as truly a sin to violate the laws of our being as it is to break the Ten Commandments. To do either is to break God's laws.” (CTBH 53.1)

“The Lord loves us, and HE DOES NOT WANT US TO DO OURSELVES HARM by following unhealthful recipes.”  
{CD 297.4}

“...Let our people DISCARD all unwholesome recipes.” (CD 349.2)

**SOP:**

**SUGAR:**

“...SUGAR...We know that a free use of these things is positively injurious to health, and, in many cases, we think that if they were not used at all, a much better state of health would be enjoyed...” (3T 21.1)

“...from the light given me, SUGAR, when largely used, is more injurious than meat...” {TSDF 121.2}

“SUGAR is not good for the stomach, it causes fermentation, and this clouds the brain and brings peevishness into the disposition...” {CD 327.1}

“SUGAR clogs the system. It hinders the working of the living machine.” {TSDF 121.1}

**HOW WHITE SUGAR IS MADE:**

“White” sugar is created in a couple of ways. Mill white sugar is the result of sulphur dioxide being introduced to the cane juice before evaporation. It effectively **bleaches the mixture.**

In the production of refined white sugar, which is the most common product in the Western world, the raw sugar syrup is mixed with a heavy syrup and run through a centrifuge again to take away the outer coating of the raw sugar crystals.

Phosphoric acid and calcium hydroxide are then added to the juice which then combine and absorb or trap impurities. Alternatively, carbon dioxide is used to achieve the same effect.

<http://www.sucrose.com/learn.htm>

### **SOME FACTS ABOUT SUGAR:**

- Approximately 200 years ago, Americans on average consumed 14 pounds of sugar each year per person. **Today, the average is ¼ - ½ lb. of sugar every day.** That's about 90 to 180 lbs. of sugar we put in our bodies every year.
- **There are 120 teaspoons (40 T.) in every pound of sugar.**  
½ lb. = 60 teaspoons  
¼ lb. = 30 teaspoons
- **Americans on average swallow about 22 teaspoons of sugar minimum per day.**
- **In many children, 20-40% of their daily caloric intake comes from sugar**  
The top 20 percentile are eating 40% of their calories from sugar
- **The foods that contain the most sugar are: Soft drinks, followed by candy, cakes, cookies and pies.**
- **A 12 oz. regular soft drink contains 8 tsp. of sugar** (which is 1 tsp. shy of 3 Tbsp.)
- **Six teaspoons of sugar (2 T.) = 100 added extra calories** – According to the W.H.O., total sugar in the diet from fruits, vegetables and added sugars, including honey, should not make up more than 10% of total caloric intake. For a 2000 caloric intake, this represents 200 calories from sugar (12 t. / 4 T.)
- (Men) **Do not eat sugar many hours before a blood test...**It can decrease the testosterone levels by 25%
- **Brown sugar is NOTHING MORE THAN WHITE SUGAR mixed with molasses to make it brown.**
- **Fructose is very unhealthy too.** (Eliminate white products) This is not pure fruit sugar.

### **SCIENTIFIC NAMES OF SUGAR:**

#### **Hidden Names of Sugar:**

- Agave Nectar
- Barbados Sugar
- Barley Malt
- Beet Sugar
- Brown Sugar
- Buttered Syrup
- Cane Crystals
- Cane Juice Crystals
- Cane Sugar
- Caramel
- Carob Syrup
- Castor Sugar
- Confectioner's Sugar
- Corn Syrup

- Corn Sweetener
- Corn Syrup Solids
- Crystalline Fructose
- Demerara Sugar
- Dextrin
- Dextran
- Dextrose
- Diastatic Malt
- Diatase
- D-Mannose
- Evaporated Cane Juice
- Ethyl Maltol
- Florida Crystals
- Free Flowing
- Fructose
- Galactose
- Glucose
- Glucose Solids
- Golden Sugar
- Golden Syrup
- Granulated Sugar
- Grape Sugar
- Grape Juice Concentrate
- HFCS
- High-Fructose Corn Syrup
- Icing Sugar
- Invert Sugar
- Lactose
- Malt Syrup
- Maltodextrin
- Maltose
- Mannitol
- Muscovado Sugar
- Panocha
- Refiner's Syrup
- Rice Syrup
- Sorbitol
- Sorghum Syrup
- Sucrose
- Sugar
- Syrup
- Table Sugar
- Treacle
- Yellow Sugar

<http://articlesunlimited.holisticnetworkexchange.com/hidden-sugar-in-foods.html>

### **WHERE SUGAR MAY BE FOUND:**

- Boxed foods
- Bread
- Cake mixes
- Cakes
- Candy
- Canned beans
- Canned foods
- Canned fruit
- Canned meats
- Canned nuts
- Canned vegetables
- Chocolate milk
- Cookies
- Dried nuts
- Frosting
- Fruit juices
- Fruit toppings
- Gel for Cakes
- Gravy mixes
- Icings
- Jams
- Jellies
- Juices
- Medicines
- Milk
- Packaged foods
- Peanut butter
- Pies
- Sauces
- Seasoning mixes
- Soft drinks
- Vegetables juices
- AND MUCH, MUCH, MORE

### **HEALTH DANGERS OF CONSUMING SUGAR:**

- Elevates Blood Pressure
- Elevates Triglycerides and LDL
- Causes a Depletion of Vitamins and Minerals
- Responsible in the formation of Gout
- Heart Disease (Clogs Arteries)
- Liver Damage
- Eye problems/Damage
- Diabetes Worsened
- It compromises the Immune System
- It Fuels Tumor Growth
- Makes the Blood Acidic

- Depletes the body of B-Vitamins causing nervousness and irritability and a lack of mental function
- Decreases Energy Levels
- Increases Bacteria Build up in the Body
- Increases Chance of Infection
- Causes Obesity
- Cancer
- Candida Albicans
- Tooth Decay
- ADD/ADHD
- Causes Strokes
- Can Cause Asthma
- Obesity
- Hyperactivity
- Leads to Insulin Resistance
- Causes Inflammation
- Contributes to Fatty Liver Disease
- Overworks Pancreas
- Overworks Adrenal Stress
- Chronic Fatigue
- **AND MUCH MORE**

**SEE THE FOLLOWING LINKS TO SEE HOW SUGAR AFFECTS THE WHITE BLOOD CELLS/IMMUNE SYSTEM:**

[http://drcarolyndean.com/articles\\_scary\\_truth\\_about\\_sugar.html](http://drcarolyndean.com/articles_scary_truth_about_sugar.html)

<http://www.marksdailyapple.com/sugar-suppresses-immune-system/#axzz318SIBzJF>

**READ THE BOOK:** 'Food & Behavior' by: Barbara Reed Stitt

**KEEP THE FOLLOWING IN MIND:**

- Even when eating "The Raw Sugar" **medical Science recommends no more than 6 teaspoons (2 T.) per day.** So if you make a dessert that contains 2 cups of sugar and you only get 16 slices out of it, that would be 2 Tablespoons of sugar in each slice (there are 16 T. of sugar in 1 cup...2 cups would = 32 Tablespoons)..That would be your recommended amount for the day.
- Now let's say you make cookies that required only one cup of sugar (16 Tablespoons) and your batch makes 36 cookies...there would be a little less than half a tablespoon (1.5 teaspoons) in each cookie...
- If using a sweetener, try to stick to honey as much as possible, but even when eating honey, be sparing. **See Proverbs 24:13 and Proverbs 25:27.** Make sure your honey is not purchased at a regular grocery store or Costco Sam's Club, etc. Get it from Trader Joe's, a Honey Farm, or Farmer's Market
- Agave Nectar has been found to be just as harmful to the body as High fructose corn syrup
- There are now reports that Stevia is actually not as healthful as once thought. Do a Google research on this.

**LINKS REGARDING FACTS ABOUT SUGAR:**

- <http://articles.mercola.com/sites/articles/archive/2010/04/20/sugar-dangers.aspx> (A MUST READ)

- <http://healthypets.mercola.com/sites/articles/archive/2010/01/26/Sugar-May-Be-Bad-But-This-Sweetener-Is-Far-More-Deadly-Part-2.aspx> (THIS IS A MUST READ)
- <http://www.kitchentablemedicine.com/how-much-sugar-do-americans-consume-each-year-each-day/>
- <http://www.healthtruthrevealed.com/articles/09324117406/article>
- <http://www.aolnews.com/health/article/study-in-singapore-links-sugary-soft-drinks-and-pancreatic-cancer/19348936?icid=main>
- <http://www.greenlivingtips.com/articles/73/1/White-sugar-vs-raw-sugar.html>
- <http://commonsensehealth.com/Diet-and-Nutrition/List of Sugar Names and Sugar Facts.shtml>

#### VIDEOS ABOUT THE DANGERS OF CONSUMING SUGAR:

- **1: Sugar Dangers by Dr. Richard Johnson**  
<http://www.youtube.com/watch?v=OOJ3SiRj4AQ> (Part 1)  
[http://www.youtube.com/watch?v=leZzLs2\\_Ut8&feature=related](http://www.youtube.com/watch?v=leZzLs2_Ut8&feature=related) (Part 2)  
<http://www.youtube.com/watch?v=EsLqtYa26GE&feature=related> (Part 3)
- **2: Sugar: The Bitter Truth by: Robert H. Lustig M.D.**  
<http://www.youtube.com/watch?v=dBnniua6-oM>

#### SOMETHING GOOD TO KNOW:

- **Soft drinks** are the **single largest source of refined sugar** in the U.S diet

#### SOMETHING SUGAR IS GOOD FOR:

- Although it is a poison, it is excellent externally for diabetic ulcers, wounds, infections, gangrene, etc. Just wet it a bit and apply it to the affected areas.

#### SOP ABBREVIATIONS:

**3T** = Testimonies For The Church, Volume 3

**TSDF** = Testimony Studies on Diets and Foods

**CD** = Counsels on Diets and Foods

**\*\*\*Questions on next page\*\*\***

## **NEWSTART + 6 (Nutrition)**

### **SUGAR: Is it Safe to Eat**

#### **(Questions)**

1. Education should be given on proper \_\_\_\_\_.
2. Should we teach others how to eat properly? YES or NO
3. Is too little attention generally given to the preservation of health? YES or NO
4. Do curses come without a cause? YES or NO
5. Many curses in the Bible deal with \_\_\_\_\_ issues.
6. We are to guard the \_\_\_\_\_ of our \_\_\_\_\_.
7. Should we allow anything to pass our lips that will be an enemy to our health? YES or NO
8. Our food should be plain and free from all objectionable \_\_\_\_\_.
9. We are to \_\_\_\_\_ all unwholesome recipes.
10. Sugar is positively \_\_\_\_\_ to health.
11. Is sugar, when largely used, more injurious than meat? YES or NO
12. Is sugar good for the stomach? YES or NO
13. It causes \_\_\_\_\_.
14. Sugar \_\_\_\_\_ the brain.
15. It brings \_\_\_\_\_ into the system.
16. Sugar \_\_\_\_\_ the system.
17. What harmful ingredient is introduced to the cane juice to make white sugar? \_\_\_\_\_.
18. Which type of sugar is the most common product in the Western world? \_\_\_\_\_
19. \_\_\_\_\_ acid and calcium \_\_\_\_\_ are added to the juice when sugar is being made.
20. In the making of refine sugar, the outer coating of the \_\_\_\_\_ sugar crystals are removed.
21. How much sugar did Americans consume approximately 200 years ago? \_\_\_\_\_ pounds
22. How much does the average American consume today? \_\_\_\_\_ lb. to \_\_\_\_\_ lb.
23. How much sugar is that every year? \_\_\_\_\_ to \_\_\_\_\_ lbs.
24. How many teaspoons (tsp.) are there in every pound of sugar? \_\_\_\_\_ tsp.
25. How may Tablespoons (Tbsp.) is that? \_\_\_\_\_ Tbsp.
26. A ½ pound of sugar = \_\_\_\_\_ tsp.
27. A ¼ lb. = \_\_\_\_\_ tsp.
28. How many teaspoons (tsp.) on average do Americans swallow every day? \_\_\_\_\_ tsp.
29. In many children \_\_\_\_\_ to \_\_\_\_\_% of their daily caloric intake comes from sugar.
30. The top \_\_\_\_\_ percentile of children are eating \_\_\_\_\_% of their calories from sugar.
31. List the top 5 foods or drinks that contain the most sugar:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
32. How many teaspoon of sugar does a 12 oz. regular soft drink contain? \_\_\_\_\_ tsp.
33. How many tablespoons is that? \_\_\_\_\_
34. \_\_\_\_\_ teaspoons of sugar = \_\_\_\_\_ extra calories.
34. How many tablespoons = 6 teaspoons?
35. According to the W.H.O., not more than \_\_\_\_\_% of our caloric intake should come from sugar.
36. Can sugar decrease testosterone levels in men before they have a blood test done? YES or NO
37. Brown sugar is nothing more than \_\_\_\_\_ mixed with \_\_\_\_\_ to make it brown.

38. Fructose is very \_\_\_\_\_.

39. It is not pure \_\_\_\_\_ sugar.

40. Please list 58 hidden names for sugar:

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41. List 32 places where sugar may be found:

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42. List 30 medical conditions related to the consumption of sugar:

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43. What is the maximum amount of RAW sugar should a person eat a day? \_\_\_ tsp..

44. How many Tablespoons maximum each day is that? \_\_\_ Tbsp.

45. \_\_\_\_\_ Nectar has been found to be just as harmful as \_\_\_\_\_.

46. Is Stevia as healthy as once considered according to recent reports? YES or NO

47. What is the best sweetener according to the Bible? H\_\_\_\_\_.

48. What are the single largest source of refined sugar in the U.S. diet? Soft \_\_\_\_\_

49. Although a poison, sugar is good externally for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_