

Eliminating Processed Sugars

Your health challenge suggests that removal of toxins from your body is an important aspect of regaining your health and function. Exposure to toxins is a daily occurrence for every individual which occurs secondary to air pollutants (such as carbon dioxide and coal smoke from generators), water pollutants (such as arsenic and e. coli) and the food we ingest. In completing the processed sugar elimination diet, you will take a burden off of your over burdened detoxification systems in the liver and kidneys allowing the systems to recover and regain efficient and effective function. This allows your body to then work in detoxifying all toxins in a way which will assist your body in healing and reaching all goals that you established for yourself.

Your current health challenge will benefit from eliminating processed sugars from your diet. This handout will explain why you have been asked to eliminate processed sugar, what types of foods to avoid, and what to look for in food labels.

You have been asked to eliminate-processed sugars for the following reasons:

1. Processed sugars bind with vitamins and minerals in your body thus depleting your body's supply of vital nutrients for health and healing
2. Processed sugars bind with and dissolve B vitamins in the digestive tract causing resultant health problems in the skin, nerve, digestive system and can cause an undesirable stress reaction
3. Processed sugar requires insulin production which in turn assists in your body metabolizing and storing fat
4. Processed sugar depresses the immune system by inhibiting the endocrine system. This decreases your body's ability to heal
5. Medical research shows that processed sugar lowers the body's ability to control and heal diseases such as diabetes, hypoglycemia, cancer, high cholesterol and high blood pressure

Your reaction to the diet may vary, but in general, you may expect to see an increase in your energy level, a decrease in mental foginess, and a decrease in body pain with corresponding increased functional levels. Some individuals experience an adjustment phase as the body begins the detoxification process. This phase usually lasts approximately one week. Symptoms may vary from changes in sleep patterns, joint stiffness, gastrointestinal function and headaches or lightheadedness.

Avoid the food with the following substances as ingredients:

1. Sugar
2. Brown sugar
3. Sucrose
4. Can sugar/syrup
5. Glucose
6. Dextrose
7. Fructose
8. Corn Syrup
9. Corn Sugar
10. Sucanat
11. Turbinado
12. Fruit Juice Concentrates
13. Beet Sugar
14. Beet Syrup
15. High-fructose corn syrup
16. High-maltose corn syrup
17. Xylitol
18. Malitol
19. Sorbitol
20. Mannitol
21. Isomalt
22. Erythritol
23. All alcoholic beverages
24. Aspartame
25. NutraSweet
26. Saccharin
27. Vinegars
28. Fermented Foods i.e.
Cheeses, Yogurts, Sauerkraut

Aspartame, NutraSweet, Saccharin are artificial sweeteners which are used in many products such as sodas, yogurts, chewing gum, and deserts

Unprocessed sugars are sugars which still have vital nutrients to include vitamins and minerals. For this reason, it is processed differently by your body in digestion. Remember that sugar addiction is valid and those foods which are sweet to taste may perpetuate your body's desire for sugar regardless of the body's metabolism of such items.

Unprocessed sugars which may be allowable in small amounts are:

1. Raw honey (not heated above hive temperature in processing)
2. Pure maple sugar
3. Brown rice syrup
4. Molasses
5. Barley Malt
6. Stevia
7. Unprocessed Fruit Juices
8. Agave

It is important to read the labels of food products in order to avoid sugar products. The above list does not mean that these things must be avoided in total. There are products in the categories listed below which do not contain sugar or sugar products. This list is only to assist you in beginning the label reading process which will help you determine which foods have hidden sugars as ingredients.

Sugar or sugar substitutes are found on the labels of several types of foods including but not limited to:

- Condiments (ketchup, relish, mustard)
- Toothpaste
- Yogurts
- Spaghetti sauces
- Prepared meats
- Prepared frozen entrees
- Breads
- Muffins
- Salad Dressings
- Soups
- Chewing Gum

** Information excerpted from Sharon Giammatteo, Ph.D., I.M.T.,C. and Thomas Giammatteo D.C., N.D., P.T., I.M.T.,C. Elimination of Processed Sugars