Issue 8

The Whole Story

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BETTER HEALTH, ONE STEP AT A TIME

the Health Newsletter of the Hahnemann Clinic for Heilkunst

Restoring Health One Person at a Time

What is Heilkunst?

www.heilkunst.com and homeopathy.com/clinic

SUGAR!

The strongest taste sense that humans have is for sweetness, as that is the main energy source for the brain, the largest user of sugar in the body. For most of human history, sweet sources of food were scarce and difficult to come by. However, with the start of industrialization in the early 19th century, sugar was produced through the plantation system of raising sugar cane in the Caribbean and elsewhere in the tropics. Sugar from the pressed juice of the sugar cane supplanted the more traditional supplies of honey (plus maple syrup in the northeast of North America), as well as fresh fruit and vegetables in season (and cultured or fermented vegetables over the winter).

Initially, sugar cane juice was dried and used in its raw form (brown), which when concentrated had a strong taste. Gradually, as with flour, the stronger taste was increasingly filtered out to produce paler sugar crystals, and eventually the white crystals we are familiar with today. What was filtered out was then sold as molasses, and this molasses contained all the nutrients, enzymes and co-factors that made sugar cane a food. Eventually, because of the industrial processing, this molasses became contaminated with metals and petroleum by-products, reducing its value as food as well.

Sugar is a generic term for different forms of sweet carbohydrates, such as fructose (fruit sugar), lactose (milk sugar), dextrose (corn sugar), and sucrose, from sugar cane and sugar beet, and glucose, the main "sugar." Sugars come in single form or double form. Sucrose is a disaccharide made of glucose and fructose.

Sugar as such is not "bad" or unhealthy, but it is harmful if taken in large quantities in whatever form or if taken in its fractionated (stripped of nutrients) form, which is sold commercially as white sugar. Today, the main sweetener that is added to foods (the "hidden" sugars) is made from corn syrup, which is highly concentrated and processed (stripped of any nutrients) and known as high fructose corn syrup (HFCS). This is often the main or second or third main ingredient on food labels. Indeed, the chief problem today is the sugar in the form of HFCS that is put into food, such that the annual consumption of sugar per person is close to 140 pounds. This translates into 20 teaspoons a day, generally hidden in foods, and mostly in processed foods.

Food manufacturers are required to label the number of grams of sugars per standard serving (usually 40 grams). Many "foods" contain up to 10-20 grams of sugar, almost half of the weight of the serving, most of the calories and well over 100% of the daily recommended level (in only one serving!).

One teaspoon of sugar (15 grams) can lower immune function for several hours. It is recommended that

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Sugar

FOOD	TSP	"% Daily Value"
Snickers bar, 2.1 oz.	5¾	58
TastyKake Honey Bun, 3¼ oz.	6	60
Lowfat fruit-flavored yogurt, 8 oz.	7	70
Entenmann's Chocolate Fudge Cake, 3 oz.	8½	85
Burger King Cini-minis w/icing,* 4.7 oz.	9½	95
Pepsi, 12 oz.	10¼	103
Pancake syrup, ¼ cup	10¼	103
Hostess Lemon Fruit Pie, 4½ oz.	11½	115
McDonald's Vanilla Shake,* 20 oz.	12	120
Cinnabon,* 7½ oz.	12¼	123
Sunkist Orange Soda, 12 oz.	13	130
McDonald's McFlurry with Butterfingers,* 10 oz.	13¾	138
Strawberry Passion Awareness Fruitopia, 20 oz.	17¾	178
Dairy Queen Mr. Misty Slush,* 32 oz.	28	280

individuals have no more than 10 teaspoons of sugar a day.

As can be seen, most people over-consume sugar, and in its processed, unhealthiest form. The Center for Science in the Public Interest (CPSI) estimates that most people consume over 20 teaspoons a day, and that teens tend to eat 34 teaspoons a day, both mostly in the form of soda drinks. Since the introduction of high fructose corn syrup into food as a cheap sugar substitute in the 80s, sugar consumption has risen dramatically, increasing in the last years by over 25% since 1982.

Michael Jacobson, executive director of CSPI, said today at a Washington press conference, "Sugar consumption has been going through the roof. It has increased by 28 percent since 1983, fueling soaring obesity rates and other health problems. It's vital that the FDA require labels that would enable consumers to monitor—and reduce—their sugar intake."

"Health officials must take prudent action to stem the dilution of the American diet with sugar's empty calories. Declaring on food labels the amount of added sugars would help consumers cut the sugar and improve their diets," said Mohammad Akhter, the executive director of the American Public Health Association.

USDA advises people who eat a 2,000-calorie healthful diet to try to limit themselves to about 10 teaspoons of added sugars per day. In fact, the average American does *not* eat a healthful diet, but consumes 20 teaspoons of added sugars per day.

A teenage male who eats a healthful diet could eat about 18 teaspoons of added sugars, according to USDA. Most teenage males do not eat a healthful diet, because they consume an average of 34 teaspoons of sugar per day.

CSPI is asking the FDA to adopt USDA's figure of 10

teaspoons (40 grams) as the Daily Value for added sugars. Daily Values are used on Nutrition Facts labels to indicate the recommended maximum intakes of fat, sodium, and other nutrients.

Many individual foods provide large fractions of the USDA's recommended sugar limits. For instance, a typical cup of fruit yogurt provides 70 percent of a day's worth of added sugar; a cup of regular ice cream provides 60 percent, a 12-ounce Pepsi provides 103 percent, a Hostess Lemon Fruit Pie provides 115 percent, a serving of Kellogg's Marshmallow Blasted Froot Loops provides 40 percent, and a quarter-cup of pancake syrup provides 103 percent. (http://www.cspinet.org/new/sugar.html)

Sugar substitutes

Because of the growing concern over sugar consumption, particularly in sodas, manufacturers have introduced various artificial sweeteners – synthetic products that generate as sweet sensation in the mouth – and then market them as being “diet” drinks, as they avoid the calories of standard “sugar” additives. These are also marketed as “clear” drinks. These substitutes for more traditional sugar additives have not stopped the sharp rise in sugar consumption, but have increased overall consumption of products for dietary reasons, particularly soda drinks.

Almost all artificial sweeteners result in major health problems. The most notorious artificial sweetener is aspartame, sold under the trade name Nutrasweet. Aspartame is essentially a neurotoxin and there is a substantial and growing literature on its negative effects (see resources). Because of the growing negative publicity regarding aspartame, the food processing industry has promoted a new product, called Splenda, or sucralose. This, too, is raising strong concerns as to its negative health effects (see resources).

There are three substitutes for sugar, in the form of sugar alcohols, that are seen as promising. In general, manitol and sorbitol are a large improvement, but are known to cause stomach disorders if consumed in large amounts. The third, xylitol, seems to be the best, with no known negative effects. These products work best in candies, gums and other such products, as they do not break down into their sugar form in the mouth. This has made them promising for dental use, and research shows that xylitol in the form of gum or candies can actually promote dental health.

Xylitol is derived from various fruits and vegetables and originally came from Finland and was used in diabetic products. It has fewer calories than other sugars and in dental use seems also to help break down plaque. It also seems to help reduce candida caused by usual sugar consumption.

From Wikipedia:

Dental care

Xylitol is a "toothfriendly" sugar. In addition to not encouraging tooth decay (by replacing dietary sugars), xylitol may actively aid in repairing minor cavities caused by dental caries. Recentresearch[7] confirms a plaque-reducing effect and suggests that the compound, having some chemical properties similar to sucrose, attracts and then "starves" harmful micro-organisms, allowing the mouth to remineralize damaged teeth with less interruption. (However, this same effect also interferes with yeast micro-organisms and others, so xylitol is inappropriate for making yeast-based bread, for instance.)

Xylitol based products are allowed by the U.S. Food and Drug Administration to make the medical claim that they do not promote dental caries.[8]

A recent study demonstrated that a water additive for animals containing xylitol was effective in reducing plaque and calculus accumulation in cats.[9]

Diabetes

Possessing approximately 40% less food energy,[10] xylitol is a low-calorie alternative tto table sugar. Absorbed more slowly than sugar, it doesn't contribute to high blood sugar levels or the resulting hyperglycemia caused by insufficient insulin response.

Osteoporosis

Xylitol also appears to have potential as a treatment for osteoporosis. A group of Finnish researchers has found that dietary xylitol prevents weakening of bones in laboratory rats, and actually improves bone density.[11][12]

Ear and upper respiratory infections

Studies have shown that xylitol chewing gum can help prevent ear infections[13] (acute otitis media); the act of chewing and swallowing assists with the disposal of earwax and clearing the middle ear, whilst the presence of xylitol prevents the growth of bacteria in the eustachian tubes which connect the nose and ear.[14] This action that xylitol has on bacteria in the back of the nose is best explained on the site dealing with the nasal application of xylitol.[15] When bacteria enter the body they hold on to the tissues by hanging on to a variety of sugar complexes. The open nature of xylitol and its ability to form many different sugar-like structures appears to interfere with the ability of many bacteria to adhere.[16] Xylitol can be applied nasally through a saline solution containing xylitol, such as Xlear Nasal Wash.

Candida yeast

A recent report suggests that consumption of xylitol may help control oral infections of *Candida* yeast; in contrast, galactose, glucose and sucrose may increase proliferation.[17]

Other Sweeteners

Stevia is a sweetener derived from a plant native to South America. It is hundreds of times sweeter than cane sugar and with no calories. The website www.stevia.net has the full history and details on stevia. Stevia was used for centuries by natives and was known even to the Spaniards. It was formally "discovered" by an Italian at the end of the 19th century and then introduced into cultivation at the start of the 20th. It is not well-known in North America, but is readily available in health food stores as a powder to mix with drinks or to use in cooking.

Rice syrup and barley malt are other sweeteners often found in foods and candies at health food stores. Pure licorice is also a natural sweetener but is more limited in use due to its strong taste.

Whole Foods

Honey (non-pasteurized), maple syrup, and barely malt act as whole foods, containing various minerals, enzymes and co-factors that promote health. Used in moderation, they are effectively health products.

Resources

Aspartame:
http://www.mercola.com/article/aspartame/hidden_dangers.htm or http://tinyurl.com/83odo as well as the article about the movie documentary on the dangers of aspartame, Sweet Misery:
http://www.mercola.com/forms/sweet_misery.htm
Excerpts from the movie, *Sweet Misery*, can be found on You Tube at:
http://www.youtube.com/watch?v=5vkBD0lyUVE .
The movie has been divided into 9 parts.

Article on Xylitol:
http://mizar5.com/xylitolsalvation.html

Article on the harm from commercial refined white sugar:

http://www.mercola.com/2005/may/4/sugar_dangers.htm

Article on the replacement for Aspartame, Sucralose, or Splenda:
http://www.mercola.com/2000/dec/3/sucralose_dang

Recipe Corner

This hearty soup is bursting with flavor and nutrients. Prefect for a cold winter day. Pairs well with a quinoa/buckwheat pilaf or a kamut loaf.

Cauliflower and Leek Soup

1 chopped head of cauliflower
1 diced leek
2 cups cooked butter beans or 1 14 oz (398 ml) can
6 cups of water
6 diced cloves of garlic
1 tsp. pink salt
1 Tbsp. tarragon
1/4 tsp. nutmeg
1/2 of white pepper
1/2 tsp. sage
1 bay leaf
1 Tbsp. of safflower or olive oil

Sauté leeks, garlic, salt, tarragon, sage in oil. If it becomes too dry top up with water.
Add cauliflower, butter beans, water, bay leaf, white pepper and nutmeg. Bring to a boil, simmer for 30 minutes. Remove bay leaf, blend, simmer for another 15 minutes. Cool, serve.

These light, crispy, wheat free cookies are a hit with any natural-born cookie monster.

Oatmeal Chocolate Chip Cookies

1 cup of light spelt flour
1 1/2 cup of rolled oats
1/2 cup of cane sugar
3/4 tsp. of double acting baking powder
1/4 tsp. ground cinnamon bark
1/4 cup of liquified virgin coconut oil
1 1/2 tsp. pure vanilla extract
1 arrowroot “egg”
1/4 cup water
1/2 cup dairy free chocolate chips
1/2 cup finely chopped filberts
1 Tbsp. ground flax seed
1 Tbsp. hemp seed

Note: An arrowroot “egg” is created by mixing an even 1 1/2 Tbsp. of arrowroot powder with an even 1 1/2 Tbsp. of water. This replaces 1 egg in all baking recipes.

Preheat oven to 350F.

Sift together all dry ingredients, excluding oats. Whisk together all wet ingredients. Add oats, nuts, and seeds to dry ingredients. Add wet ingredients, and stir until “just mixed.” Use a an ice cream scoop and portion out cookies balls on a lightly oiled and dusted cookie sheet. Press down with a fork, and bake until golden brown. This is approximately 10-12 minutes for most ovens.

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Please send a note to patty@homeopathy.com if you'd like to be added onto either of our patient email chat groups.
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hchpatientchat

Gift Ideas for the Holidays

the gift of health, a gift certificate for a consultation or bloodwork with the HCH

Himalayan bath salts, a salt lamp or salt candle

our book, "*Autism, the Journey Back*"

a donation to the HCH Trust in honour of your loved one to help those less fortunate with Heilkunst treatment or HCH college scholarships

delectable hemp bars (a great healthy stocking stuffer!) in dark or milk chocolate, and plain

Aulterra disks – protect those you care for against the harmful effects of radiation from cell and cordless phones, and computers

Vaccine Guide for Dogs and Cats, What Every Pet Lover Should Know – a must read for anyone who loves their animals!

healthy winter stuff – cod liver oil (in lemon or orange) or some Vitamin C (in plain or orange) or some greens

our book "*Open Minds*"

Nin Jiom herbal lozenges – for stuffing stockings

Making a Donation to the HCH Trust . . .

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And a huge thank you to all who already support the Trust!

If there is a topic you would like us to cover please send us a note, to patty@homeopathy.com.