

# White Death: A Barrier to Wellness

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Do I have your attention? No, I am not talking about illegal drugs this is not even classified as a drug but it really should be because it is the devil in disguise. The culprit is, sugar: processed, refined and artificial.

If media coverage would have told me that processed and artificial sugar is often called the “white death” and explained why I needed to change my daily intake of a donut or Frappuccino, snickers or peanut M&Ms, and a few glasses of wine before my body gave out at 45, I would have paid attention. Maybe I was in denial because I loved, loved, loved sugar, so I ignored it.

What happens to a sugar cane plant that makes it so evil is the destruction of all the enzymes, fiber, vitamins and minerals in the refining process, therefore it has no nutritional value. Let me share the facts and figures about processed and refined sugar or should I say, white poison. Understanding sugar, as we know it, to make more informed choices about its use, we can prevent or change the course of a disease or illness and help ourselves age gracefully.

Over 100 years ago, around the turn of the century, the consumption of sugar was an average of 5 pounds per year now it is 135 pounds per person per year. That is equivalent to over thirteen 10 pound bags of sugar. Just imagine for a moment a 10 pound bag of sugar on your kitchen counter and in a month's time you are consuming that bag and more into your body. This is why so many of us experience illness. Currently the average American consumes as much as 2 to 3 pounds of sugar per week. Add this to the intake of High Fructose Corn syrup that recent news reported it now contains Mercury, and artificial sweeteners and you are creating an environment in your body that invites illness and dis-ease. No wonder so many of us are feeling fatigue or low energy.

Now I am not just talking chocolate cake, a McDonald's shake or some custard at Kopp's and Gillies. Pick up a can of soup

or boxed of crackers or pretzels. Check the sugar content. It may be disguised Cane juice, Custard powder, Falernum, Fructose, Glucose, Honey, Jaggery, Jus de canne, Lactose, Levulose, Malt, Maltodextrin, Maltose, Marshmallow, Misri, Molasses, Orgeat, Panocha, Sorghum, Sucrose, Treacle, Turbinado, Zuckerhutetc, etc. but it's all sugar and I'd be willing to bet that most of it isn't necessary for the taste. Watch for the foods where these appear on the label of nutrition facts on products, as the higher in the ingredients list, the higher the white poison. Most have a very high glycemic index meaning it breaks down very fast in your blood, which is an important component in Diabetes or insulin resistance, because it will end up creating undesirable spikes in your blood sugar. And artificial sweeteners like Saccharin, Aspartame, Stevia, etc are pure chemicals and chemicals don't mix in the body. You can't maintain a healthy mind, body and spirit if you consume these daily.

Another major impact the white poison has on the body, is when it raises the insulin level it inhibits the release of growth hormones, which in turn depresses the (www.healingdaily.com/conditions/colostrum.htm) immune system. This is not something you want to take place if you want to avoid creating dis-ease. Let me put it another way when we consume sugar our immune system, the controller of everything, is stifled by 75% , it slows down to a crawl.

When the immune system is dealing with your food this way, what it is not doing is its job! It is not able to kill off the new flu strain, the cells that freak out and become cancerous, that nasty Candida - over grow of yeast problem, or the fact that you didn't disinfect your cut. All of the immune system's energy is taken up with the donuts, 4 cokes a day, lack of exercise and that chocolate cake. It compromises the immune system's function.

Sugar really is in everything. You would be amazed once you start reading the nutrition facts labels. Sugar is in canned vegetables. . . come on that is just not right.

## Wellness Incentives Monthly

Introduction, Information & Invitation

Presented by Colleen Hickmann, director and co-owner, Wellness Incentives Guide & web site. The contributors to this column are wellness providers in Southeastern, Wis. Please check [www.wellnessincentives.com](http://www.wellnessincentives.com) to learn more about all of our wellness providers.

Sugar is added for taste but it serves as a preservative to help the shelf life. It would be fantastic if processed sugar helped our shelf life, as individuals but that is not the case. It is the underline culprit in most things we are feeling in the body: fatigue, hot flashes, infertility, PMS, allergies, sinus problems, fibromyalgia, chronic illness, disease and the list goes on.

Cravings have nothing to do with willpower! Our bodies are nutritionally depleted, in large part, from the ingestion of white poison, sugar! To reduce cravings and to help your body maintain healthy longevity, cleansing and detoxing the liver is a crucial first step followed by colon and tissue cleansing. These steps will help you break free from sugar addiction. Just like we take the time to clean the dirt off of our cars, we need to take the time to cleanse our organs so we can shine more brightly. The reward will be a more vibrant, healthy you and your healthier choices will bring you greater sense of well-being and peace.

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