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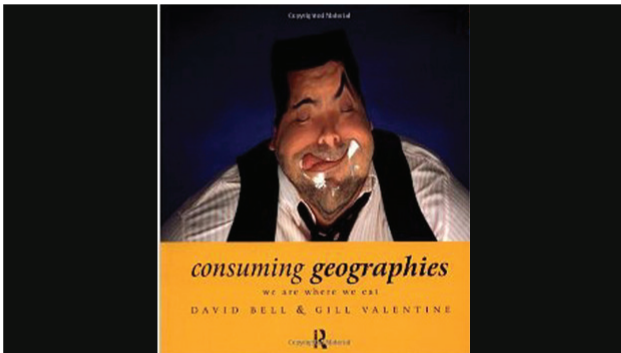
Talking to children about what happens from the inside out when eating sweets

HOW TO TALK TO CHILDREN ABOUT SUGARY SNACKS | JUNE 25, 2012 | BY: ANNE HART

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Children can be told about what sugar does to their teeth, bones, and blood and what has happened since white flour and sugar has been added to most processed snack foods and breads. No matter where indigenous peoples lived, 90 percent of the total items received in trade in the last 300 years consisted of white flour and sugar, according to the book by George E. Meinig, D.D.S., F.A.C.D., [Root Canal Coverage](#).

Children need to be explained to how eating sugar may rot your teeth on the inside, cause inflammation, and interfere with digestion no matter how many times you brush or rinse the outside of your teeth. Most people don't think much about white flour and sugar being added to foods or to your diet.

Candy may have empty calories, but the sugar hits the blood and raises glucose levels from eating too much fruit or processed snacks full of table sugar or corn syrup. Teeth are affected as much from eating table sugar as from eating some types of fruits such as dried fruits such as dates and figs that stick to the teeth just under the gum line.

Most children don't know that eating lots of fresh fruit or two slices of whole wheat bread raises the blood sugar levels as much as snacking on candy. Just one look each week at most newspapers' food sections will contain most times numerous recipes for baking cakes and cookies using white flour and sugar (not to mention the sticks of butter).

Payment often consisted of sacks of sugar and flour

Did you know that when indigenous peoples such as various tribal populations around the world came in contact with more diverse, or so-called "modern" civilizations through the establishment in

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the last few centuries of trading posts, rampant tooth decay and degenerative diseases hit the indigenous peoples of the world as well as locally in the USA?

Before the indigenous peoples of the world ate a diet of sugar, white flour, jams and jellies, regardless of their native diets or where they lived, most people had excellent teeth, low tooth decay rates, little if any crooked teeth, and no impacted teeth. Check out the site, [Sugar Shock](#). Sugar and White flour were given to tribal peoples in exchange for their crafts instead of paychecks and/or equipment for craft production or building throughout the past 300 years of history.

Before eating sugar and white flour, the jaws and dental arches of tribal peoples were wider. They also had less mental illnesses and more emotional stability. Could this all have come from not eating sugar and white flour and having ancestors who didn't eat sugar and white flour as well?

The items indigenous peoples traded for were the same around the world--white flour and sugar, jams and jellies made with sugar, heated, processed vegetable oils, many containing trans fats such as hydrogenated vegetable oils, some clothing or cloth, shoes, cigarettes or tobacco in areas where it was not grown locally, and a few trinkets.

The first generation of these people who ate the sugar and white flour, especially the Arctic peoples, resulted in children with crooked and/or impacted teeth, cleft palates, bone and tooth malformations, rampant tooth decay, and gum diseases, harelips, and clubfeet. The first generation of women had more difficult childbirths from pelvic reduction size or other malformations of that bone area, and more degenerative chronic diseases.

People used to get a lot more DHA from seafood and/or nuts, seeds, and flax seed meal

Could the stability have come from eating high amounts of DHA in their fish or other foods containing a balanced amount of omega 3, 6, and 9 fatty acids in indigenous diets? For example, Australian indigenous peoples cooked their meat without salt. They didn't salt their other foods either. And natural foods contain enough salt for the body to use. These peoples didn't get into the habit of seasoning foods, except with natural plants, and meat was roasted without seasoning at all.

Can degenerative diseases that come way too early be caused more by lack of balanced nutrition rather than simply only genes? Check out also the book, *Dental Infections and the Degenerative Diseases*, by Weston A. Price, D.D.S., M.S., F.A.C.D. See the site, [Dental Infections, Vol. 1 & Vol. 2 by Weston A. Price, DDS](#). As school or family projects, kids can write a storybook for other, younger children showing what happened in history around the world when indigenous peoples came to trading posts to trade their crafts and art work for sacks of flour, sugar and cans of jam.

For inspiration on writing the story of sugar and white flour for kids, check out these informational sites, [Energy Drinks Can Take Teeth On An Irreversible Acid Trip](#), [Sugar: Leaving a Legacy of Dental Decay, Obesity, and - All Creatures](#), and [Best & Worst Children's Snacks](#)

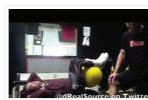
Excess sugar also causes inflammation throughout the body

Inflammation can unleash dozens of different diseases, including heavy hitters like diabetes, heart disease and autoimmune disorders. Within about 10 to 15 years of eating snacks high in sugar or savory foods where sugar is added for a sweet and sour taste, kids could develop chronic illnesses directly caused by chronic inflammation and at the same time have the teeth rot from the inside out.

European children have the worst teeth compared to healthy-food enthusiast parents in the USA. For example, Scottish children have the worst teeth in Britain. During the last 20 years, their sugar intake has doubled. One in three of its 12-year-olds is now overweight. But can the blame really be laid at the door of sugary sweets? Check out the article by award-winning writer Alex Renton on a tale of poverty and decay, "[The rot starts here | Life and style | Observer Food Monthly](#)."

Check out the book [Beat Sugar Addiction Now!](#) by Jacob Teitelbaum, M.D. (Fair Winds Press, 2010). Parents can explain to kids that the blood circulates about 2 teaspoons of sugar at any given time. You don't need all that sugar. For example too much fruit may be eaten versus too few vegetables. A single orange may contain 16 grams of sugar, the equivalent of 4 teaspoons.

Then kids add grapes, watermelon, strawberries, apples, and other fruits. The sugar adds up and hits you from the inside out whether you get the sugar from too much fruit or from snacking candy and cold cereals coated with sugary additives. Many salads for kids include fruit to get them to eat the spinach underneath. What you need are more green vegetable juices and more whole vegetables. A child needs to get used to the taste of food not being sweet, salty, or oily all the time to taste inviting.



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