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Dr Julian Caplan

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Why a Sweet Tooth Could be a Precursor of Illness

Despite seemingly endless campaigns to encourage people to eat healthily, the majority of people still consume far too much sugar. Experts are worried that this addiction is contributing to higher rates of serious diseases, including heart disease and diabetes.

Health experts are worried that overloading the body with sugar is contributing to an increase in the number of cases of cancer, diabetes and heart disease. Research suggests that sugar makes up a third of many people's daily calorie intake, despite warnings about eating too much sugar and the introduction of food labels and nutritional information on packaging.

Researchers at Yale University found that the drop in blood sugar levels experienced after eating foods that are high in sugar, could potentially be harmful, because it affects the part of the brain that controls impulses, which means that eating sugary foods makes people more likely to crave more sugary and calorific foods.

The excessive consumption of sugar is undoubtedly a cause of the global obesity epidemic and one obesity expert, Robert Lustig, has suggested that the problem is so serious that sugar intake should be controlled in the same way as cigarette smoking.

Dr Jacob Teitelbaum also believes that a sugar addiction could signal an underlying health problem, such as an underactive thyroid gland or problems with the adrenal glands.

Oral health experts have been warned against sugary foods and drinks for many years, as an increase in the amount of sugar consumption has contributed to high rates of decay and gum disease and numerous studies have linked poor oral health with an increased risk of life-threatening diseases, including strokes and heart disease.



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