

Is SUGAR Becoming an Epidemic in the US?

Knowing this, are we becoming a population addicted to Sugar?

How is this ♦ SUGAR CRAZE ♦ affecting our Health.

The average American consumes 2 to 3 pounds of sugar each week, that translates to over 150 pounds of sugar per person per year.

Sugar as an additive, has attributed to this alarming number. With wide popularity of Sugar, it is in everything, and may be disguised in various forms. Sucrose, dextrose, and high fructose corn syrups may be found as an active ingredient in your processed food or condiments. These are highly refined sweeteners.

Most professionals stress a balanced approach to eating. If we limit the intake of acidic foods and increasing the intake of alkaline foods, one can achieve optimum health. One of the main factors in the fight against acidic pH levels is sugar.

Sugar ♦ s Radical Effect:

On insulin levels, when they do drop; so does the release of our growth hormone. Our growth hormones depress the immune system, leaving the body open to a variety of diseases and illnesses. Insulin also enhances the body ♦ s ability to fight off weight gain and elevated triglyceride levels. Simply put, the higher in sugars a food is, the more likely it will promote fat storage in the body. These fat cells host in turn degrade the structure of red blood cells in our the bloodstream. Within our body Vitamin C and Sugar will also fight for control of the cellular development. Vitamin C and Simple Sugar, from a structural standpoint, are quite similar. As sugar levels go up in the body, they compete with one another when they enter cells. When a higher concentration of sugar is within the bloodstream, this allows more sugar into thirsty cells leaving little to no room for Vitamin C. Without the phagocytizing effects of Vitamin C on cellular structures they are unable to fend off the attacks of viruses and bacteria. Now having lower white blood cell counts, our immune system isn't strong enough to protect the body. Sugar by absorption, steals vital micro-nutrients to help it metabolize in our system. With this deficit being created, our micro-nutrients are not being replaced, causing our fat cells and cholesterol to not be metabolized, thus leading to high blood pressure and obesity.

The ability of sugar to raise insulin levels artificially eventually leaves the pancreas dysfunctional and the body dependent on sugar. This is commonly referred to as diabetes.

Simple sugars have also been attributed to gallstones, mood disorders, heart disease and even asthma. With all of the negative effects that sugars have been clinically linked to, is it any wonder that sugar is also one of the most acidic things you can put into your body.

Cancer is the most dangerous result of heavy sugar dependence. The relationship between sugars and unhealthy acidic levels in the bloodstream is clearly drawn through the connection of glucose (sugar) and cancerous cells.

Simple sugars are quite simply a poison to the body that will eventually deteriorate the quality of cellular development and suppress the immune system to the point of failure.

By balancing the diet, you can decrease the risk of disease in the body. Look carefully at the ingredient labels and be aware of the many names that simple sugars hide behind.

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June 29th, 2009 | Tags: cancer, diabetes, diets, insulin, sugar, Today's Health, vitamin c | Category: Today's Diets, Uncategorized | Leave a comment

◆Everybody, SWEATS◆

Stop Sweating: The Best Antiperspirant Deodorant?

Everybody sweats sometime or another, more frequently as the weather warms up. Nowadays, the goal of most people, seems to be to avoid that smelly, sticky and potentially embarrassing state of affairs altogether. If this can't be obtained, they are on the look out for methods, to minimize the sweat, if at all possible.

That is why◆

so many people today are looking◆ for the best antiperspirant deodorant to help them with their problems.

Unfortunately, if you are using an antiperspirant, a simple deodorant, or an antiperspirant deodorant, your not always going to achieve the performance you're looking for. Why does this become the end result, not because the product you're using is necessarily inferior, but because your body may react differently to the combination of uses.

So, despite any claims on the labeling, stating that you will receive long lasting protection when using of their product, yet your body may decide to do otherwise.

For common understanding, a deodorant does nothing to control sweating. It only attempts to hide the odors and to create a more pleasant smell that suits you. An antiperspirant, it functions by inhibiting sweat.

Ultimately, this is why so many people have chosen to mix both in the form of an antiperspirant deodorant. This is the main reason why so many people are continually are on the search for the best antiperspirant deodorant for their body type.

Why◆

The search for the best antiperspirant deodorant rages on, looking for the miracles we need to have, so we still search to the greener pastures looking for that ◆best antiperspirant deodorant◆.

Holding on to Today's Health comment◆

If you're wondering what the best antiperspirant deodorant is, you have no further to look than your bathroom cabinet. Why? Because you will find the one that you have been using for years, and not thinking.

GO NO FURTHER◆STOP SWEATING AND CLICK HERE◆

June 24th, 2009 | Tags: antiperspirant, deodorant, excessive sweating, sweating problems, Todays Health | Category: Todays Health | Leave a comment

Drinks◆Healthy or Not!

Todays Health◆ featured an article recently,

◆Health drinks and Reading the Fine Print◆, got me going.

After I had recently purchased a fruit juice for my breakfast drink, to find out it had pear juice and apple juice as fillers of which I thought I had purchased as it stated, 100% cranberry fruit concentrates◆ take notice, the fruit concentrates.

Now I know I am not the only person being misled when we walk down the beverage aisle or buy at the fast food place, local watering hole, or where ever you might find the drinks I am about to talk about.

You may just find out that some of these favorite drinks are only healthy to your

waistline. guaranteed to do so. What did I just say what you may be drinking, if your one who states I don't eat that much and I am still not losing weight, it may be due to what you drink.

Americans, I think have a drinking problem, anything that taste good, they drink . Ok, here is some truth to swallow literally, 82 grams of added sugar, according to the FDA, every day. How much is that, 20 teaspoons.

Now if you just looking to drop a few pounds, you have traded in your soda for diet, whole milk drinks for lowfat, and rarely touch the hard stuff, you still may be taking in roughly 20% just from beverages

But do not miss this. You may be consuming one of these liquid disasters and be drinking up a couple days worth of calories in a few moments.

I hope you are paying ATTENTION!

Not to sound like I am picking on any particular brand I will not disclose , but look at this Vitamin water (any flavor; 20 oz bottle) 130 calories 33 grams sugar. Check yours out!

Now you already heard about my juice but check this one out, a real imposter (23.5 oz can) 360 calories ,84 g of sugar (5 percent juice, 95 percent sugar water) and is sold at gas stations and convenience stores al across America .

Now that its approaching summer and your tempted by a Smoothie This ? Smoothie (30 oz) 1,170 calories, 169 g sugars, 30 g fat

For Todays Health ask for the ingredients list or read the fine print before you drink up.

June 18th, 2009 | Tags: Add new tag, diet, fine print, health drinks, todays drinks, Todays Health | Category: Todays Health | One comment

Food and Baby Cries

My baby Cries!

Health professionals have suggested several theories revolving around what causes colic, but are yet to prove, any main source of it. Although they have pointed out, mothers consuming food containing an ingredient, allergen, which can be passed on to a breast fed child.

Also babies at this age(2-16weeks) have an under-developed gastrointestinal system with their muscles being unable to function properly for processing food. This is perhaps two reasons that colic might occur.

Once other, rare medical symptoms have been professionally ruled out for the excessive crying, now the search begins for the offending foods that will most likely provide some comfort.

Some other medically recognize criteria for causing, worsening or influencing colic episodes: Lactose intolerance or intolerance to cow's milk or powdered milk, and also hormonal changes in the infant's body.

The nursing baby may find broccoli, cauliflower, cabbage, onions, garlic, or spicy foods in mother's diet often the cause uncomfortable gas or irritation.

Other foods that should be avoided would include caffeinated beverages, chocolate, nuts and possibly some dairy products or spices.

Another influence, can be Mother's anxiety (post-partum depression) or even over-feeding.

Some other common offenders are Corn, wheat, and soy.

A note to those Breastfeeding mothers, foods eaten that produce gas, DO NOT induce gas or crying into their babies.

Studies that involved more than 12,000 babies have shown, mothers who chosen to smoke during pregnancy, have almost twice the risk of having a baby with colic. Exposure to second hand smoke , it also appears, that an increased risk for your baby having colic, by the exposure of second hand smoke..

Caring for Colic Babies: Lots of loving Mom and Dad and patients!

The jiggling affect often helps to move painful bubbles through baby's system.

Your baby may repond to Tummy rub

A baby who cannot be comforted, it may be just the right time, to simply hold them and validate their feelings.

Caring for a Colicky baby can be made up of challenges, followed by frustrations and exhaustion.

From Todays Health, Moms and Dads, Colic is no-ones fault, so there is no need to burden yourself with extra stress and guilt.

Remember that your baby will outgrow it.

Click here for more Secrets revealed Click here
June 12th, 2009 | Tags: Baby cries, babys health, Colic, food, Todays Health |
Category: Todays Health | Leave a comment Why Baby Cries, Cries, Cries!

Baby cries

If your baby cries not just one hour, not just two hours, but perhaps three hours hours a day, at least three days a week, and three weeks in a row, your baby, might suffer from Colic.

For the mothers and fathers , Colic can be very difficul at times, because there is no known cause and sometimes very little that can be done. Every baby reacts differently, this is why such difficultly is attached to it. So your baby's remedy now becomes a trial and error.

A colicky baby can stress parents, become difficult on the nerves, and lead to frustrations as well. Thus, making them feel neglectful or not good parents because they aren't providing what is necessary to make their baby feel comfortable.

Colic just by its own definition, can be difficult, but best described as excessive crying. The baby is usually between the ages of 2 and 16 weeks. Now normally babies cry, but colicky babies cry hard and vigorously for long periods, despite most efforts to console. Here are other symptoms that may also be found in colic babies:

the baby's symptoms occur usually about the same time day or night, often after meal times,
the baby shows signs of gas discomfort and abdominal bloating
the baby has a hard, distended stomach, with knees pulled to the chest, clenched fists, flailing arms and legs, and an arched back
or experiencing frequent sleeplessness, irritability and fussiness
There are even more remedies for colic than there are theories about its cause.
Your baby will most certainly
respond differently to a given baby colic remedy than another baby.

The next segment will cover some of the various remedies and since food seems to be linked to the symptoms, how to be watchful of what your baby is eating, if you have a colic baby this will be posted shortly.

If you need more info you can [Click here](#)
June 11th, 2009 | Tags: Baby, Baby cries, Colic, excessive crying, health, Remedies, Todays Health | Category: Todays Health | [Leave a comment](#)

◆Green Tea, Release◆

Upcoming articles on Health Drinks◆

Why they are becoming popular, and why we should consider choosing them part of our daily diet.

What are the health benefits and the facts.

How much should we drink?

Can there be too much of a good thing and what are the side affects if any.

These questions and facts will be answered shortly by

[CLICKING HERE](#)

June 8th, 2009 | Tags: diet, green tea, healthy drink, sugar, todays drinks, Todays Health | Category: Todays Health | [Leave a comment](#)

◆Health Drinks, Reading the Fine Print◆

A Healthy Practice begins by:

◆Reading the Fine Print◆

Are you a health-conscious person looking for an alternative to the normal drinks?

I have been, in need of replacing my intake of the favorite soda, which is high in carbs and sugar, for a healthier drink.

I had already come to my conclusion long before I had completed this article, but I will save that for the end.

Now if you are like most of us If it tastes good, we drink it. Naturally, it becomes a habit. Now beyond that, we may from time to time wonder why we feel the way we do, or why we have added a few more pounds, sleeping has becoming a problem, or some of the other health problems are now occurring. Is it related to what we drink?

This article is to help all those who seek to become healthier by what we drink , to become more aware of the fine print and some of the terminology is being used within the industry.

I could start a hot argument, right here, for the sake of awareness. Do they, the producers of soda drinks, energy drinks, water products, now alcoholic energy drinks, is it their purpose to deceive the general public by their marketing campaigns, or is it OUR responsibility to seek out the TRUTH.

You always hear of this company and that company being discipline for their marketing concepts, but has it really moved, NOW into what we drink as well.

How much is really going on, that we just do not take the time to care? How much of the fine print do we really read. Well I guess not much. So we are really are ill informed and perhaps because of it, our health matters, and no room here today to quote on the rising health problems today, but we are as a Nation suffering.

So here is a few examples, not disclosing the names of the products? I can not handle that much heat nor threatening comments.

I sought out replacing my soda intake with something I considered a safe place to start out with, WATER. Now after I walked down the endless aisle of the local super market, I found that I could read for several hours and still not know what was best. Some were this and that, what I mean by that, is some made claims, some had essentially all the vitamins you could think of. So no wonder people do not read the fine print? It is like all the marketing people of all the brands got together and said this is what we are going to tell the public? So my answer, being overwhelmed, and to think I use to drink it out of the well for Free, I updated my purification filter on my refrigerator, Now I could not tell any difference, Now I know some people are going to swear by their brand of water, but read the fine print and you will find that some(water) are just over glorified filtered water. Now that should get some comments.

Now, I growing up on a farm, was surrounded by fruit trees and have always enjoyed fruit juices. While writing this article, I found myself strolling up and down the aisles again and Like you do I grab a couple of those ALL natural fruit juices. Now while I had never read the FINE Print before?. Why not, and to my surprise, my all natural had several different fruit juices, concentrates, vegetable juices, and loaded with carbs, sodium, and other things I could not even pronounce. So now that they are in the refrigerator and I now know what is actually in them, I was really a little upset. I had purchased what I thought was something healthy, when it was furthest from the truth.

The lesson here is to read the fine print? the ingredients.

The last example and this is a good one, proclaiming there is no sugar in a particular drink!

They are absolutely correct, when one reads the ingredients on the nutritional label, it does not say SUGAR anywhere.

This MISLEADING position given by these Companies, and Distributors are guiding your friends and relatives down a unsure path. Perhaps your close friend is a diabetic, trusting and believing in you, but even if he didn't, the drink says no Sugar. But going further read the label Carefully, you will find the ingredient called Crystalline Fructose.

This ingredient, High Fructose Corn Syrup, has been allowed to crystallize, then is crushed into a powder.

Now, this is a ? SUGAR?, and you will also note, if you read on this label, there are 15 carb grams per drink. So No matter how you define the word ?SUGAR?, the carb content is what everyone should see ! Now compared to what

most people are drinking, the product is still a lot better. Is it **SUGAR FREE**? Absolutely NOT!

Now here it is, the conclusion, not to put down the available drinks we choose to intake, for we are all responsible for that, but if you are seeking to maintain a healthier life, perhaps reading the fine print, using a dictionary, the internet, and seeking the family doctor could now become the resources necessary to understand what the fine print actually means.

This is such a vast topic

This site will continually be dedicated to

CLICK on today's health drinks

June 7th, 2009 | Tags: diets, fine print, health, healthdrinks, ph, sugar, Today's Health | Category: Today's Health | 2 comments

Today's STRESS and Ph

STRESS is singled out!

How we manage stress

I think most people would agree with that statement but then others may say that stress has been blamed for just about everything, when things do not go right. So today's health article might raise some attention. I am getting stressed just covering this article.

So let's examine: Why is stress a problem!

One of our more recent articles The Ph Miracle Diet suggested that by examining every food, beverage, supplement, and additives, its acidic or alkaline balance can be negotiated.

Now for those who are not familiar, Our bodies work according to this pH scale, a scale of 1 to 14, the 1 is an indication of a high level of acid ranking, while the 14 indicates a high amount of alkaline present.

Our bloodstream operates at the level of 7.35, which is slightly alkaline. The pH miracle diet promotes keeping the intake of your food, in line with this desired level. The idea or concept is quite simple, by coordinating eating, which is designed around a large list of foods and supplements, you can create an effective plan to lowering acidity in your body.

This health plan can be managed by monitoring your body's pH levels by using the Saliva pH test strips. The strips have a base range of 4.5 to 8.5, allowing for accurate readings that may assist you in making the necessary adjustments to your diet.

Now with all of this information, welcome to, the outside influences, they will affect your body's acid production.

The most significant of these external factors is STRESS

Stress has several definitions, according to the dictionary, here we are relating to how it affects us health wise, mentally or emotionally. It is everywhere and it affects everyone. It is, stress will continue to be a everywhere problem, thus having a very traumatic effect on your body. Our body works overtime to combat stress, in turn creates more stress. This endless cycle is initiated by an increase in acid production.

With acid being a detriment to your body, it does not operate well on a cellular level. Why is that? Here are some facts from leading resources:

2/3 of all office visits to family physicians are due to stress-related symptoms.
- American Academy of Family Physicians

High levels of hostility can predict heart disease more often than high cholesterol, cigarette smoking, or obesity
- Health Psychology, November 2002

More than 100 million Americans say they have had an illness caused primarily by stress.
- American Psychological Association 2005

Work-related stress can double one's risk of dying from heart disease.
- British Medical Journal, 2002

Anxiety-related disorders cost the US \$42 billion a year in work-related medical losses.
- National Institute of Mental Health

Stress is directly linked to the 6 leading causes of death. (heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide)

Stress and Circulation, is being adversely affected, your heart working harder, beating at a higher rate to push this sticky blood through the bloodstream. So many of these sticky cell clumps break free, attach themselves to the arterial walls, creating further slowdowns in the circulation. Our body needs blood to function, if the quality of blood is poor, that is now reaching the cells and organs, this can have serious repercussions. Acid-producing killer is Stress.

In addition to diet there are many techniques, that may also help in your endeavor for a balanced pH level.

Receiving adequate rest, is always the best way to achieve stress relief.

Meditation can be more restful and rejuvenating than actual sleep.

Limiting the intake of caffeine and other stimulants also works toward lowering stress.

The center of stress reduction is eating more foods that are alkaline in nature.

Exercising is the most effective way to receive direct stress relief, reducing the fat stores of the body where acid waste inhabits in abundance.

Stress robs you of health, energy and happiness.

The good news is that your stress levels can be managed effectively!

For other smart solutions for stress relief.

[CLICK HERE](#)

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means working closely with your physician, and heeding her or his advice. The author of this article is not a physician. The information, herein, is offered as one lay person to another.

June 4th, 2009 | Tags: diet, health, miracle, ph, stress, sweating, todays, Todays Health | Category: Todays Health | 2 comments

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