



The Case Against Sugar



Session will be
starting at 12 noon

Session is being recorded



Hello and Welcome!

**I am Norma Powers,
owner of Mind, Body, Vitality, LLC**

I am passionate about health, wellness and empowering people to make sustainable lifestyle changes.

You can contact me @ normapowers.mbv@gmail.com



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July Topic:

+ **The Case Against Sugar**



Circle of Life:

+ **Finance**

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Disclaimer

- ✓ I am a health coach and I'm here to guide you in a holistic approach to nourish your mind, body and spirit for overall vitality.
- ✓ I am here to help you reach any health goals and to empower you to implement positive, sustainable lifestyle changes.
- ✓ I am not a doctor, counselor, nutritionist or dietitian.
- ✓ My role is not to prescribe, diagnose, cure any diseases.
- ✓ Any recommendations are not meant to take place of any professional advice.
- ✓ Do not discontinue or make any changes in anything which has been directed by a medical professional without first consulting with them.

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Are you ready?

*Let's Get Grounded
and Meditate*

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Grounding Mindfulness Meditation

*Feeling grounded comes down to a feeling.
At the center of this feeling is calmness and being content.*

REFLECTION QUESTIONS:

1. How did it feel to ground yourself in this way? Which parts of it were the most settling for you (i.e. connecting with the earth, with the breath, or with your body)?
2. How did your sense of presence change from before the practice to the end of it?
3. Reflect upon any shifts that occurred in both mind and body.





Topic of the Month

The Case Against Sugar

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Sugar 101

- + Composed of two simple sugars: glucose and fructose
- + Glucose
 - Metabolized throughout the body
 - Important energy source for our cells
 - Our bodies can produce it
- + Fructose
 - Metabolized almost completely in the liver
 - No proven physiological need
 - High fructose intake may contribute to chronic diseases

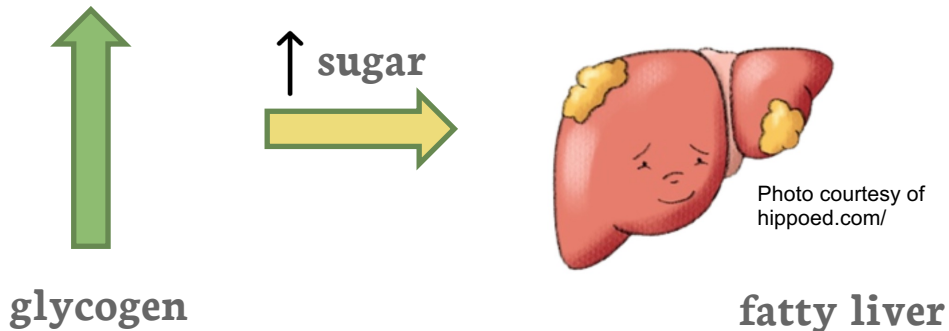
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Sugar and Our Liver

- + Fructose
 - Metabolized by the liver
- + Glucose
 - Excess is stored in the liver and muscles
- + Stored fructose and glucose turns into glycogen and stored in the liver



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Insulin Resistance

+ Insulin

- Hormone made by the pancreas
- Regulates the amount of glucose that circulates in the blood
- It induces the cells to absorb and use glucose

+ Insulin resistance

- Cells are unable to absorb and use the insulin effectively

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The Consequences

- + Obesity
 - 1 out of 3 children
 - 2 out of 3 adults

- + Sugar affects hormones responsible for satiety

- + Statistics
 - 60% increased risk of obesity in children for every daily serving of sugar-sweetened beverage

<https://www.heartandstroke.ca>

<https://www.niddk.nih.gov>

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Sugar Comes in Many Forms



We consume more sugar in our diets than ever before

- Today: 150-170 lbs / year
- 1800's: 4-6 lbs
- 1900's: 90 lbs

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In Other Words

- + 150-170 lbs / year
 - = $\frac{1}{4}$ to $\frac{1}{2}$ lb or 30-60 tsp of sugar per day
- + Where's the sugar?
 - Beverages
 - Baked goods
 - Hidden in majority of foods we eat regularly

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HIDDEN SUGAR CONTENT IN EVERYDAY FOODS

Daily Maximum Cap On Sugar Intake: 38g For Men, 25g For Women*



Twinkie
19 Grams



White Bread
(2 slices)
3 grams
Per Slice



**Yoplait
Strawberry
Yogurt**
18 grams
Per Container



Pasta Sauce
10 grams
Per 1/2 Cup



Orange Juice
21 grams
Per Cup



**Average
Granola Bar**
8 grams



**Campbell's
Condensed
Tomato Soup**
12 grams
Per Can



Apple Sauce
36 grams
Per Cup



**Dole Mixed
Cherry Fruit
Cup**
18 grams
Per Cup



**Quaker Instant
Oatmeal**
12 grams
Per Packet



**French Salad
Dressing**
5.2 grams
Per 2 Tablespoon
Serving



**Caeser Salad
Dressing**
5.2 grams
Per 2 Tablespoon
Serving



**Sweet Baby
Ray's Barbecue
Sauce**
16 grams
Per 2 Tablespoon
Serving

Name-brand sugar counts are from product nutrition labels. Generic food sugar counts were calculated by averaging amounts from multiple brand products.

*Per The American Heart Association

Picture courtesy of <https://ninateicholz.com/everyday-foods-high-in-sugar-content/>





Sugar Alias

+ Other names for sugar (and, there are MANY more)

Glucose

Fructose

Sucrose

Maltose

Lactose

Dextrose

Corn Syrup

High Fructose Corn Syrup

Sorbitol

Agave nectar

Corn Sweetener

Sorghum syrup

Carbitol

Evaporated Cane Juice

Galactose

Inversol

Rice malt

Nectars

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What's the Big Deal?

- + Health issues do not manifest immediately
- + Often attributed to other causes (environment, medication)
- + Ongoing research on the effects of sugar on our health

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Sugar vs Immunity

+ Immune System

- Defends your body against illness
- If compromised, can put you at risk for pathogens

+ Sugar

- Decreases the effectiveness of WBC (100g by 40%)
- Present in your body up to 5 hrs. after eating

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Sugar and Cancer

According to the Mayo Clinic, more research is needed to understand the relationship between sugar and cancer

- + All cells depend on blood sugar (glucose) for energy.
- + According to the Mayo Clinic, eating too much sugar can also lead to weight gain and increase the risk of obesity and diabetes, which may increase the risk of cancer.

www.mayoclinic.org

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Sugar and our Brain

- + Significant affect on our brain
- + Strong connection with the prevalence of depression & anxiety
- + Sugar crash

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Dopamine

SUGAR ADDICTION: THE PERPETUAL CYCLE

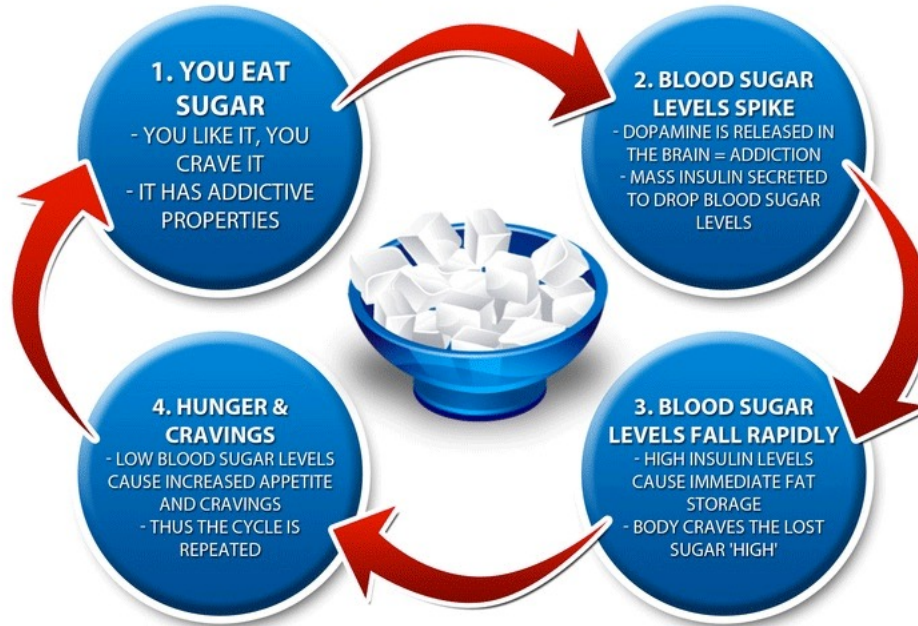


Photo courtesy of
<https://www.johnsfamilydentistry.com/blog/a-re-you-addicted-to-sugar/>

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Not all Sugars are Created Equally

Avoid	Alternatives
Aspartame Sucralose (Splenda) High Fructose Corn Syrup	Stevia Coconut Sugar Raw Honey

Too much of a good thing can be bad.

- + These alternatives still break down to glucose and fructose in your body.
- + All sweeteners should be used infrequently.

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Take Action to Remove Sugar



Go Natural

Natural sources of sugar over added sugar.

- + Fresh fruit
- + Vegetables



Eat more healthy fat

- + Heart healthy
- + Controls blood sugar
- + Crowd out

Courtesy of preservethegoddess.com



Look for low sugar produce

- + All veggies are naturally low in sugar



Ditch the packaged stuff

- + Opt for whole foods



Know your portion size



Keep a Food Journal



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Sugar Hacks



Reduce Caffeine

- + Dehydration
- + Blood sugar swings
- + Sugar cravings



Avoid Artificial Sweeteners

- + Opt for raw honey
- + Fresh fruit



Drink Water

- + Cravings are likely a sign of dehydration



Get Physical

- + Helps balance blood sugar
- + Boost energy
- + Reduce tension



Crowd Out

- + Crowd out your sugar craving



Stress Management

- + Sleep
- + Rest
- + Relax





WOW!!! That was a lot to think about!!!

How are you feeling?

Want More...Check out this YouTube Video

<https://www.youtube.com/watch?v=lEXBxijQREo>



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Let's Pause...

Any Questions



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Circle of Life

Finance



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Finance



The currency in your life which include your salary, any additional income that you earn, your investments, your savings and your spending.

- + Physical, emotional and financial health are all interconnected
- + Financial security can provide greater peace of mind in your daily life
- + Supports your well-being

If you want to feel more empowered, face your finances with honesty. Shifting your thoughts on money and facing your finances will not only help you feel more confident but will impact and improve other aspects of your life.

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Last Month...

Whole Food, Whole Health

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Let's Recap our June Session:

"Whole Food, Whole Health"

Our diet is one of the most significant contributing factor to chronic illness.

~1: Benefits:

- + Heart health
- + Reduce T2 diabetes
- + Weight loss
- + Decrease cancer
- + Brain Health

~2: Transition

- + Fruits
- + Vegetables
- + Whole Grains
- + Legumes

~3 Roadmap

- + Set Health Goals
- + Shopping List
- + Food Prep
- + Crowding Out
- + Meet up Groups

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“

In the world of medicine, if I put you on a pill, I could see you back every three months for the rest of your life. That's how we make money in medicine. If I put you on a plant-based diet and you get better, I may never see you again.

—James Bennie, MD





Thanks!

Any questions?

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or 267-337-2720



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