



DECREASE REFINED SUGAR INTAKE!

Of all foods, refined sugar (exception is real honey, maple syrup, stevia) is perhaps the worst one for the body, yet on average, Americans consume over 22 teaspoons daily.

Research shows that cancer cells have 15 times the sugar receptors than normal, healthy cells. In short, the body reads refined sugar somewhat as a poison (more addictive than opioids!) and attempts to do something about removing it, with great effort via the liver.

In general, the body uses sugar in three approximate ways:

- 50% is used immediately to create energy
- 10% is stored in the muscle and liver as glycogen
- 40% is stored as fats - triglycerides and cholesterol



As useful as it may appear above, sugar is the greatest cause of inflammation in the body. It works exactly opposite of what the body desires to heal — forcing the extraction of essential minerals, like Calcium, from tissues, joints, and bones (often called “peeing your bones”).

Researchers have determined that one molecule of sugar extracts 54 molecules of Magnesium in the body. This is in part one reason that about 80% of the population is chronically deficient of what experts consider to be the most important mineral in the body: Magnesium. By the way, soda and caffeine do the same.

Strategy:

As you increase water intake, decrease or eliminate refined sugar intake. If you can do this for the first 30 days, you will most certainly experience benefits. But even if you try this strategy for ONE WEEK, you will feel the difference in your JOINTS, MUSCLES, and SKIN.

Plus, that sugar craving will mostly go away.

