

LET HEALTH HAPPEN



Dr. Geoff Walburn, D.C.

If you missed last week's column, I picked on sugar. If you missed it, that's o.k. because this week I'm going to do it again!

Last week I reported how cutting sugar in schools improves student performance and behavior. We all know that sugar contributes to obesity and of course is the main cause of type II diabetes. This week I'd like to talk about how sugar adversely impacts your body's defense or your immune system.

I've heard it reported that the amount of sugar in a single soda (which is about 12 teaspoons!) will virtually shut down your immune system for about two hours. This makes you much more susceptible to all types of infection.

Did you know that about 75 years ago the Nobel Prize was given to Dr. Warburg of Germany when he discovered that sugar caused cancer? Dr. Warburg reported that almost anything can cause cancer, but that there is only one prime cause and that is the fermentation of sugar in normal body cells.

A similar 2004 study concluded that women who ate more sugar-laden foods were nearly three times more likely to develop colon cancer.

We all know that sugar is bad for us, but hopefully this information can serve as motivation to avoid the sweets more often for better health.

– *Dr. Geoff Walburn, D.C.*

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