

Happy, Healthy, Homeopathic Holidays!

By Frank King, ND, DC

Amazingly enough, we are now heading down that fast slide toward the end of the year and the holiday season. The holidays can demolish what's left of those "good nutrition" resolutions we had set for ourselves and our families back in January.

Sweets: the "Trick," not the "Treat"

The holiday season is usually kicked off by that traditionally sugar-filled celebration at the end of October.

Most of us have fond childhood memories of bringing home a pile of sweet treasures placed into our waiting containers by smiling neighbors or shopkeepers. We loved receiving and eating those treats, and never thought about how all that sugar affected us.

"A spoonful of sugar" these days carries more than just an innocent, sweet flavor to "help the medicine go down," as Julie Andrews once sang in *Mary Poppins*. In fact, it packs more of a wallop than we ever imagined years ago.

Of course, we know that sugar is just "empty" calories, devoid of nutrition. We also understand its negative effect on teeth (cavities), but sugar affects more than your waistline and teeth. It affects your mood, behavior, immune system, and may even expose you to genetically modified organisms (GMOs).

GMO Sugar?

Yes. Unless the label specifies "100% pure cane sugar," beets are commonly used to make sugar. More than 90% of the U.S. sugar beet crop is GMO.¹ In fact, these beets are often combined with other sweeteners when the source is not named on the label. If you haven't yet learned much about this topic, I urge you to check it out.^{2,3}

Sugar is pervasive in our diet. Aside from the obvious sources in breakfast cereals, candy bars, desserts, and sodas, "added sugar" is found in a host of foods, including ketchup, crackers, fat-free salad dressings, peanut butter, and cans of soup.

It is also an addictive substance, which has been a well-known fact for decades. Is that why sugar is used so extensively in the food industry?

In 1822, the average American consumed just 1.5 teaspoons of sugar per day. To see that from today's perspective: one 12-ounce soda contains eight teaspoons of sugar.



The U.S. Department of Agriculture recently reported that Americans now consume about 100 pounds of sugar per year.⁴ Imagine! That is 20 five-pound bags of sugar per year for every man, woman, and child in the country.

However, don't despair. Homeopathy can easily eliminate cravings for sweets (often stimulated by a *Candida albicans* condition), as well as the detrimental effects sugar brings, from weight gain to mood swings.

Sugar, Mood, and Behavior

Researchers have made fascinating links between sugar intake and attention deficit disorder, depression, and even violent behavior.⁵

Criminologist Stephen Schoenthaler conducted nutritional studies on delinquents and public school children for almost 30 years. In 1986, he described how one million kids improved their test scores when they eliminated sugar and white flour from their diets.⁶

Similar results were recorded when Alexander Schauss, PhD, worked to improve the nutrition in juvenile detention centers. He showed that violent behavior decreased dramatically when sugar was eliminated.⁷

As Dr. Carolyn Dean explains, "The purpose of eating is to provide your body with nutrients."⁸ Not only is sugar devoid of nutrients, but it also calls upon the mineral reserves of the body to neutralize the acids it creates. This can lead to chronic mineral deficiencies, especially of magnesium, which puts you "at risk for dozens of diseases, from depression to attention deficit disorder to asthma," says Dr. Dean.