

# The Top 10 Reasons Sugar Isn't Sweet

## by MK Mueller

Have you heard? Sugar is the new nicotine. We didn't know better and were misinformed about cigarettes in the 1950's. Even doctors were smoking. What a difference!

Fast forward to today. Sugar addiction causes more deaths than any other food or drink substance! In 5 years, I predict there will be just as many laws around sugar. But in the meantime, here is powerful information for catching up to the latest findings...

### The Top 10 Reasons Sugar Isn't Sweet

1. It is addictive (8 times more than cocaine).
2. It causes inflammation and joint pain.
3. It turns to belly fat - the most dangerous place to store fat healthwise.
4. It is the leading cause of obesity in America, which is the leading cause of death.
5. It is the leading cause of diabetes which, left untreated, can cause blindness, heart disease, neuropathy, stroke, or even death.
6. It creates "brain fog," which impacts your ability to remember, think clearly and be creative.
7. It rots your teeth.
8. It causes fatigue - blood sugar drops can make us very tired just one hour after a full meal.
9. It overrides Leptin, which is the "I'm full" indicator switch, leading to overeating.
10. It promotes wrinkling and aging skin.

If you haven't seen the 90-minute documentary "**That Sugar Film**," it is a must. You may be feeding your children (or yourself) the equivalent of sleeping pills before they go to school each morning. Check out the video on Amazon or iTunes or Netflix and view it

for \$2-3. The investment could change your life!

- MK

P.S. Want daily coaching and support from a certified **8 to Your IdealWeight** Coach? Contact us at the number at the bottom of this page. It's amazingly affordable and has helped over 1,000 women release 15-85 lbs!