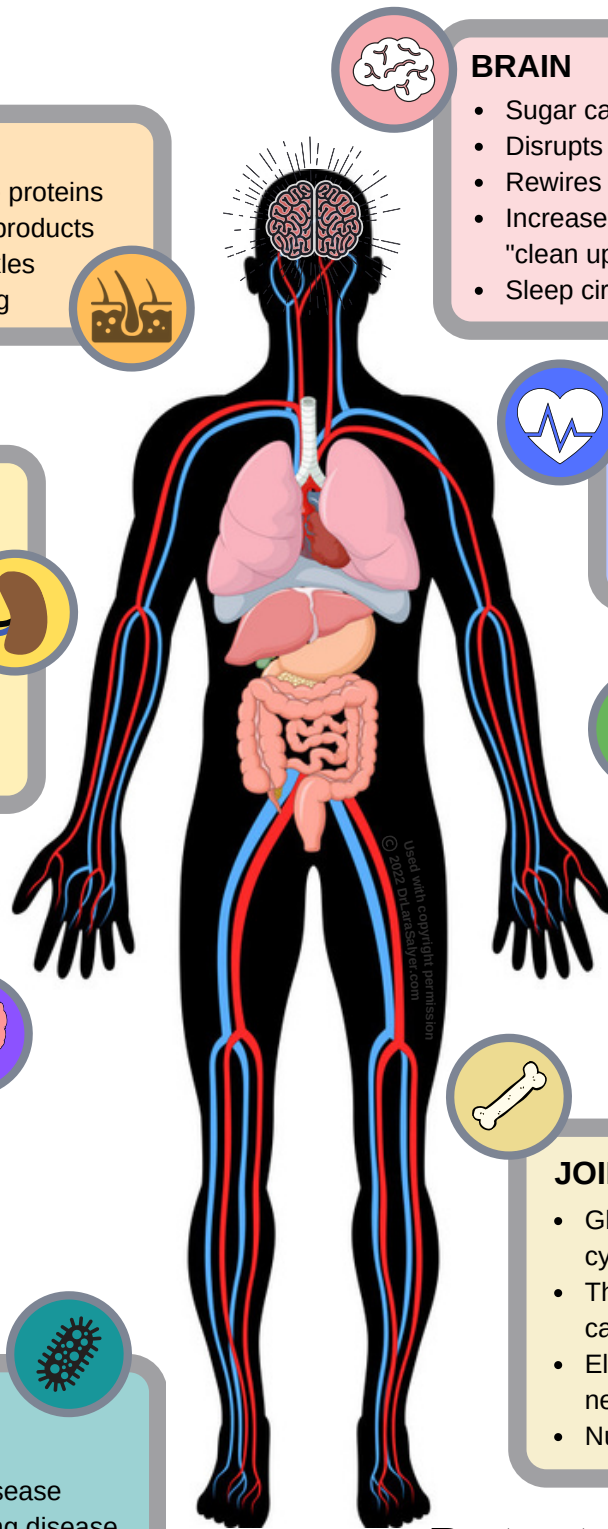


Even **NORMAL** levels of glucose can affect your body!

Don't fall into the trap, thinking sugar (glucose) isn't a problem until you have the official diagnosis of Diabetes! See how even normal levels of glucose quickly becomes the **main driver for all inflammation and disease**:



SKIN

- Sugar is incorporated into the proteins
- This increases glycosylation products
- Collagen is thinned and wrinkles increase with premature aging



BRAIN

- Sugar causes dopamine high and crash
- Disrupts ability to clearly focus
- Rewires brain circuitry (fluctuating moods)
- Increases dementia by inhibiting proper "clean up" enzymes in the brain
- Sleep circadian rhythm is impaired



HEART

- Sugar inflames lining of arteries
- Existing plaques get "sticky"
- Increases resting pulse and BP



GENITALS

- Sugar impairs blood flow to organs
- Directly affects ability for erection or pelvic arousal
- Encourages growth of STIs



JOINTS and NERVES

- Glucose pumps inflammatory cytokines into your blood stream
- This irritates the joint lining, causing increased pain
- Electrical transmission across nerve endings is decreased
- Numbness and pain develop

KIDNEYS and ADRENALS

- Sugar damages the delicate filtration system
- Causes fluid retention and swelling
- Increased adrenal cortisol production causes more symptoms of stress



GI TRACT

- Sugar increases "leaky" membranes
- Causes improper absorption of food
- Poisons the important bacterial microbiome
- Worsens general inflammation



IMMUNE SYSTEM

- Sugar increases the underlying inflammation in autoimmune disease
- Symptoms will worsen in existing disease
- Glucose encourages growth of cancer cells, viruses, yeast, and other pathogens
- Sugar causes your DNA (genes) to make more mistakes when replicating



Rx to stabilize glucose levels:

- Choose foods low in glycemic (sugar) value
- Fill your plate with 80% greens
- Balance your stress and cortisol levels
- Heal your gut and maintain microbiome environment
- Avoid artificial sweeteners (they cause similar stimulation of insulin)
- Work with a Functional Medicine doctor!