Global Watch Weekly Report

A Weekly Global Watch Media Publication (www.globalwatchweekly.com) January 1st, 2016

SUGAR: THE GOOD AND THE BAD

Global Watch Weekly Report

"The Number one weekly report which provides concrete evidence of a New World Order & One World Government agenda"

www.globalwatchweekly.com

This is a FREE report. Please pass this on to others who you may feel would benefit from this information. Web site owners please feel free to give this away to your site visitors or email lists

Not yet on our mailing list? Then visit the web site link below and sign up to ensure you don't miss out on these free weekly reports

www.globalwatchweekly.com

Global Watch Weekly Report

Welcome to the Global Watch Weekly Report

Dear Global Watch Weekly Member

Welcome to the first edition of the Global Watch Weekly for 2016.

The beginning of the new year is always fraught with people making new years resolutions especially in regards to a change of plan in regards to nutrition and health. One of the biggest areas of focus for any nutritional regime change is in regards to sugar.

Last year, *60 minutes* did a feature on added sugar, interviewing some of the leading scientists in the field. According to the experts they talked to, excess consumption of added sugars may be responsible for diseases that collectively kill millions of people per year.

When discussing the health effects of sugar, it is important to realize that sugar isn't like any other carbohydrate. Most carbohydrate foods like bread, rice and potatoes contain starches, which are polymers of the monosaccharide glucose. Glucose is part of the metabolism of every cell on the planet. Without it, life would not be possible. If humans don't get any glucose from the diet, they produce it.

However, the added sugars in the diet, mainly sucrose and high fructose corn syrup, contain both glucose AND fructose. Fructose is very different from glucose, because it is metabolized almost exclusively by the liver. When the liver is already full of glycogen and becomes overloaded with fructose, it turns a large part of it into fat. This fat can lodge in the liver and cause insulin resistance, leading to elevated insulin levels all over the body.

People who are lean, active and metabolically healthy can afford to eat some added sugars without it having any harmful effects on metabolism.

However, they do appear to cause harm for a lot of people. In the context of inactivity and excess calories, eating a lot of sugar can cause severe metabolic problems.

In rats, a high fructose diet is often used to induce metabolic syndrome, which dramatically raises the risk of obesity, type II diabetes and heart disease.

In this edition we explore the sugar controversy as well as address the myth that ALL sugar is bad.

We also end the edition by bringing this discussion into the context of a biblical framework.

Enjoy

Rema Marketing Team

THE RIDDLE OF SUGAR

Sugar, as most people think of sugar, is actually a very different product than sugar in the raw. Many people wouldn't even recognize raw sugar if they came across it in the wild. It looks a lot like bamboo, and like bamboo, it is actually considered a type of grass – called sugarcane.

Our palates love the sweet taste of sugar, and physiologically this makes sense since our primary source of energy comes from glucose. Without energy, there is no survival. For that reason, natural sugarcane has been used for thousands of years as a natural source of energy by many cultures.

Were all these early cultures just naive as to the negative health effects of this giant sweet grass, and only now in modern times we have uncovered the dark secrets of this plant? Or is it possible that we are the ones who are naive?

Sugar has been blamed for many health conditions, including obesity, diabetes, cardiovascular disease, and even cancer. After all, "sugar is still sugar" no matter if it's processed, raw and organic, or from a fruit or plant, including Stevia, the latest "healthy" sugar alternative!

But is there any validity to these negative claims? Well, before we slap sugar with a guilty verdict and banish it forever from our diet, I believe we should allow this sweet villain a proper defense.

There have been many studies showing the therapeutic effects of raw sugarcane juice. It has been shown to reverse jaundice and other liver-related disorders, and has been shown to help fight against viral, bacterial, and protozoan infections by regulating the effects of natural killer cells in the body. Sound unbelievable?

In furthering the defense of sugar, note should be taken of the high levels of phenols and flavonoids in sugarcane juice, both of which are compounds generally accepted as effective cancer fighters. What may be shocking for some is that a recent study found the following:

"…levels of phenols and flavonoids in sugarcane juice are similar to or HIGHER than other fruits and vegetables including those found in garlic."

But wait – isn't sugar supposed to cause cancer? Sorry sugar-haters, not all sugars are created equal, and it truly does depend on the type of sugar and the processing methods implemented.

The first major problem with "sugar" as we know it today, is that we are ingesting large amounts of it! One hundred years ago Americans were consuming less than 4 pounds of sugar per year, that is 384 teaspoons annually or around 1 teaspoon daily.

Today the average person consumes an astronomical amount of nearly 22 teaspoons of sugar per day, that is 7,744 teaspoons or 80 pounds (36 kg) per year! [Editor's Note: According to most sources, Australians currently consume about 30 teaspoons of sugar a day on average.]

In fact from 1970 to 2000 alone, there was a 25% increase of "added sugars" in the US food system. But did this explosion of sugar consumption arise from an addiction to berries, melons, and sugarcane stalks?

I am going to go out-on-a-limb and say absolutely not. Had that been the case, we'd be a much healthier society today! There is, however, another culprit – the addition of sugar to nearly everything!

Over the last 100 years, sugar has been added to nearly all processed foods consumed on a regular basis by a majority of individuals, and from a marketing standpoint, this is rather brilliant. When processed food came on the scene, developers sought out ingredients that could be added to the foods to make them more palatable, and there are two additives that can do just that: sugar and salt. Isn't it interesting that many "health experts" readily condemn both sugar and salt yet both are needed for sustained life? So if both compounds are necessary to properly nourish our bodies, then the problem must lay in the amount we consume.

As processed food was introduced and marketed to the public, people began eating more and more quantities of food laced with sugar. Even unsuspecting foods such as canned vegetables and bread contain added sugar! Certainly the natural glucose and fructose content in vegetables are more than enough sugar, and the majority of traditional rustic breads use only four ingredients – yeast, flour, water, and salt. So what gives?

A 2003 study published by the Journal of Nutrition found that regular consumption of foods high in sugar is more likely the result of "habit and association," which then can lead to chemical changes in the brain making people crave food high in sugar.

So the more we consume products containing sugar, knowingly and un- knowingly, the more we crave it. But does this phenomenon apply to all things sugar, or only to sugar that has been extracted from its original source and processed? In other words, is this craving a result of added natural sugars, artificial sugars, or both?

Sucrose (50% glucose, 50% fructose), better known as white table sugar, has been around for quite some time. Historically, this type of sugar was primarily used in pastries and other sweet treats. However, since sugar was a commodity it could get pricey, and so these sweet treats were more of an indulgence than an everyday snack. As sugar became a more commonly used food additive, a cheaper and more efficient sugar, other than from sugarcane, needed to be created, and thus was the birth of High Fructose Corn Syrup (HFCS).

HIGH FRUCTOSE CORN SYRUP

HFCS comes from corn as the name suggests, however it does not start out as fructose (also as the name suggests). When corn is processed into corn syrup, it becomes almost entirely glucose.

Enzymes are then added to convert some of the glucose into fructose, and depending on the usage, it can have different glucose to fructose ratio percentages.

* *HFCS 55 (55% fructose and 42% glucose) – primarily used in soft drinks*

* *HFCS 42 (42% fructose and 53% glucose) – used in pro- cessed foods, cereals, and baked goods (including bread)*

[In Australia, products with HFCS are increasingly showing up, and if the TPP trade agreement is signed, we could see an explosion of products containing HFCS on sale in Australia.]

This is interesting because although there are those who would have you believe all sugar has the same effect on the body, this couldn't be further from the truth, and here's why…Fructose is a sugar found in many fruits and vegetables whereas HFCS is a product of processing and manufacturing to achieve a fructose-type product.

Though glucose and fructose are "connected" in sugar, they are metabolized differently in the body. Unlike glucose, fructose doesn't cause insulin to be released or stimulate the production of leptin (a hormone directly linked to appetite and weight control). Chronically high levels of fructose now appear to behave more like fat in the body, rather than like other carbohydrates including glucose.

URIC ACID

Another interesting difference between fructose that is found naturally in fruits and vegetables, and processed fructose, is the way uric acid production is effected in the body. In an interesting article entitled, '*High Fructose Corn Syrup & Gout',* Dr. Solomon Fourouzesh explains how this occurs:

"Fructose increases uric acid through a complex process that causes cells to burn up their ATP rapidly, leading to "cell shock" and increased celldeath. After eating excessive amounts of fructose, cells become starved of energy and enter a state of shock, just as if they have lost their blood sup- ply. Massive cellular die-off leads to increased uric acid levels. And cells that are depleted of energy become inflamed and more susceptible to damage from oxidative stress. Fat cells actually become "sickly," bloating up with excessive amounts of fat." (www. arthritiscare.com/-new--gout---high- fructose-corn-syrup.html)

Based on Dr. Fourouzesh's explanation, and since there are hundreds (if not thousands) of foods that now contain HFCS, is it logical to conclude that we should limit the amount of HFCS we ingest? Should we also be limiting natural fructose found in fruit?

Thank goodness Mother Nature is way ahead of us on this. The fructose in fruit comes with a complex mix of nutrients that reduce the hazardous effects of fructose, whereas HFCS does not. More importantly, the fructose in fruit isn't in a concentrated form like in HFCS. Therefore, an increase of uric acid production resulting from the consumption of fruit is minimal.

This leads to the question of whether or not juicing is a healthy practice. There are conflicting reports that suggest vital nutrients are lost when blending the fruit, resulting in the same uric acid production as consuming fructose concentrate. However the truth is, nearly 90% of the nutrients are intact after juicing. But there is a small "potential" problem.

Have you ever noticed how an apple starts to turn brown soon after you cut it open? The change that you see in the apple is called oxidation (oxidation is a natural process that occurs with all living cells at some point), and as this process progresses, the nutritional value of the fruit decreases. And as the nutritional value of the fruit (or vegetable) decreases, you eventually run into the problem of increased uric acid production, just as you would from HFCS. So, in order to ensure you are consuming nutritionally intact juice, simply drink it as soon as you make it while it is fresh!

ARTIFICIAL SUGAR

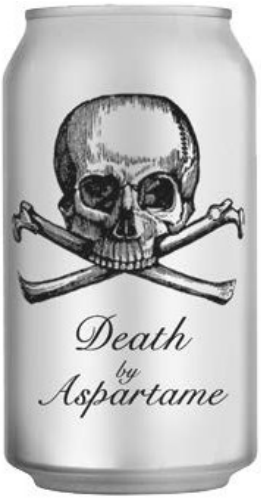
Another issue surrounding the evils of sugar is the creation of something even more dangerous – artificial sugar. Health effects from the surge of sugar consumption sparked an even more dangerous trend – the use of artificial sugar, which includes:

Acesulfame Potassium (AP): Studies have linked AP with Urinary Tract Tumours (especially in long term use), and clastogenic activity (chromosome-damaging).

Aspartame: In an interesting review, H.J. Roberts, MD linked aspartame with induced heart arrhythmias and sudden death:

"…I have repeatedly reported the serious cardiovascular, neuropsychiatric, metabolic and other adverse effects of aspartame products. (2-4) Among the first 1200 aspartame reactors in my data base, 193 (16%) had symptomatic arrhythmia's, 85 (7%) atypical chest pain, and 64 (5%) recent or aggravated hypertension…"

And during an interview, Dr. Betty Martini proclaimed there is, "*no safe dose of Aspartame."*



Sucralose Splenda (Sucralose) claims to be safe for diabetics, and even clearly states this on the packaging. Yet, a recent study *(M. Y. Pepino, C. D. Tiemann, B. W. Patterson, B. M. Wice, S. Klein. Sucralose Affects Glycemic and Hormonal Responses to an Oral Glucose Load. Diabetes Care, 2013; DOI: 10.2337/dc12-2221)* showed:

"…a statistically significant increase of Hba1C, a marker used to assess glucose control.."

And a 2008 Duke University study found that Splenda alters intestinal flora by destroying good bacteria (probiotics), which is needed for a healthy immune system.

The following is only a small list of the many health problems that are caused by reduced probiotics in the gut:

* Bloating
* Cramping
* Headaches
* Diarrhea
- Systemic inflammation

Each of the above artificial sugars is many times sweeter than natural sugar, and also come with a greater list of ill-health effects than raw sugarcane could ever produce within the human body if consumed moderately.

There are also other healthy sugars largely promoted: coconut sugar, honey, maple sugar, agave nectar, and of course… Stevia. But are they necessarily better than raw sugarcane? With the exception of honey which is the least processed, probably not.

They all need to be processed in order to get to the final "usable" product. And it's through that processing that the product fundamentally changes and loses many of its health benefits.

Consider how amazing orange juice tastes straight from a freshly picked orange compared to store bought orange juice. However, each still has many favorable properties and they are both certainly a better choice over artificial sugars and HFCS! A good rule of thumb is to consume food that has undergone the least amount of processing.

So can we still blame raw sugarcane for all of our health issues? I don't think so. After all, raw sugarcane is from a plant, as is the widely praised Stevia leaf. It is important to realize that it's the over consumption of any product that has the potential to produce ill-health effects, and that is certainly what has happened with sugar over the years. I can't help but wonder how different this situation would be had we stuck with consuming only raw sugarcane instead of introducing all of the less nutrient rich versions of sugar – and of course if we had continued to consume lesser amounts!

Plant-based foods are naturally sweet on their own. Let's allow the foods that nature intended for us to eat to speak for themselves, without us feeling the need to somehow improve on their perfection.

Sugar is no different than any other additive used to “enhance” food, but just as too much salt can alter the taste and value of a food, so can excess sugar. But it is important to note that Sugar from raw sugarcane is not the evil villain it has been made out to be. It is man who created this epidemic with the introduction of processed foods, marketing, and the creation of cheap versions of sugar for mass production. However, we can rise above this sugar syndrome with some education, a bit of knowledge, and a lot of common sense.

THE ORIGINAL EDENIC DIET

Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. Genesis 1:29

"And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground — everything that has the breath of life in it — I give every green plant for food.” Genesis 1:29

Behold, I have given you every seed bearing plant [a plant without a strong woody stem or trunk] is generally understood to mean grains (wheat, oats, corn, rice, rye, barley, millet, etc., seeds (sunflower seeds, pumpkin seeds, sesame, flax, etc.), legumes (soybeans, kidney beans, lentils, split peas, peanuts, etc.), and other foods containing seed, some of which we call vegetables today (eggplant, bell pepper, pumpkins, cucumbers, tomatoes, okra, squash, melons, etc*.). ". . .and every tree [plant with a strong woody stem such as a shrub, bush, or tree], in the which is the fruit of a tree yielding seed."*

This is generally understood to mean fruits (oranges, lemons, cranberries, apples, pears, mangos, strawberries, dates, cherries, blueberries, bananas, coconut, avocados, olives, etc.), and nuts (almonds, pecans, cashews, walnuts, chestnuts, pine nuts, brazil, etc.). Green plants of the field were the food originally for the animals and birds until God expanded this to apply to mans diet after the fall in Genesis 3:17.

Its important to note that Adam’s original diet would have included sugars since all fruits contain sugar. If we make the assumption that the fruits in the Garden of Eden shared some of composition and chemical processes as of today (cant be all, as the decaying of fruit today is a fulfillment of the law of entropy and decay which were not present during the garden of Eden) we do see that there is a level of balance in his diet.

Whilst Adam obtained his sugar intake from a significant variety of fruits, such a sugar intake was tempered by the nutritional value gained from eating seeds, nuts and vegetables with significant nutritional value such as pumpkin, okra, peas/beans etc.

The Genesis account seems to convey the idea of a balanced nutrition and one which is natural as opposed to artificial or processed. Furthermore we learn in Daniel 1 that a reversal back to some elements of the Edenic diet has significant positive impacts on the health of ones body.

Daniel 1:8 But Daniel purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.

Daniel 1:11- Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king’s meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king’s meat. Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse. As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.

Pulse comes from the Hebrew word *Hazeero`iym* meaning, seed or grain, such as barley, wheat, rye, and peas, etc *(Adam Clarke's Commentary).* Pulse would also refer to any kind of seed and plants that bear seeds as well as vegetables. Therefore, the Daniel Diet include items from the following four food groups: Fruits, Grains, Nuts, and Vegetables.