

*Whole Man Ministries Church  
Health Ministry, May 2015*

*“My people are destroyed for lack of knowledge...” Hosea 4:6*

Few of us get through the day without consuming some type of sugar. Americans consume an average 152 pounds of sugar each year; much of it is hidden in processed foods and drinks.

Bread, salad dressing, ketchup, yogurt, canned foods – all have added sugar. (Remember the Daniel Fast?) They don't taste sweet so we don't realize how much sugar we are taking in.

**Sugar is highly addictive!** Sugar causes a release of dopamine (the chemical that controls the reward regions in the brain). It makes us feel good when we eat it. But just like any drug or alcohol the more we take it in, we eventually build up a tolerance so, we need more to feel that reward.

**French scientists reported that in animal trials, rats chose sugar over cocaine even when they are addicted to cocaine.**

**Besides tooth decay and obesity, too much sugar can also lead to:**

- Heart Disease
- Cancer
- Type 2 Diabetes
- Weaken immune system
- Hypertension
- Acne

Recommended daily sugar intake:  
Men 150 calories/ 37.5 grams / 9 tsp  
Women 100 calories / 25 grams / 6 tsp

***Let's be more aware of what we are eating.  
We are wonderfully designed by GOD.  
HE created us body, soul and spirit. They are all  
connected so what affects one, affects the other.  
As always we pray in the name of Jesus that all  
that we do, including our eating and drinking,  
are to the Glory of GOD.***

