



SUGAR IS THE NEW KILLER

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Is sugar as addictive as tobacco?

- Is eating sweets and sugar on all occasions an obsessive compulsive disorder?
- Is excessive sugar consumption associated with adverse consequences just like tobacco?
- Do sweets give a rush just like tobacco does?
- Is sugar a bigger problem now than tobacco?
- Can sugar be considered the new tobacco?

Probably the answer to all the above questions is 'yes'.

With the introduction of refined, concentrated sugar, we have probably lost the taste of natural sweetness available in various foods. The threshold of sweetness has gone so high that we now don't feel the sweetness of fruits and certain vegetables which occur as natural sources of sweets. Natural sweetness is difficult to access, but artificial sugar is available everywhere. It's available in our kitchen, dining table and everywhere around us.

Sugar consumption in excess is directly associated with hyperinsulinemia, insulin resistance, obesity and subsequently pancreas exhaustion that possibly leads to diabetes mellitus. The overall health and economic burden of obesity, diabetes and other metabolic syndromes is nothing less than those caused by consuming substances such as tobacco.

Why is eating sugar considered an obsessive compulsive disorder? The answer is simple: We have become overly fond of eating sweets on all occasions, from birth to death. Sugary sweets are the part of every good, bad and ugly occasion.

More importantly, if you ask people to quit their sugar consumption, they will resist it as violently as if being asked to quit tobacco or alcohol.

That means sugar is addictive. The withdrawal symptoms of sugar are as bad as that of tobacco or alcohol and other addictive substances. 'Sugar craving' is well-known. Sugar rush is, therefore, similar to the rush given by addictive products.

Why has sugar become a bigger problem than tobacco?

For one, it is more easily available and is sold without any restrictions. It has become something that you eat as soon as you learn to chew and it has become a part of our daily life.

Sugary sweets are not labelled with any warning. They can lead to hormonal imbalance and metabolic disorders. Its systemic complications are nothing less than those of tobacco.

And the public is blissfully unaware of the complications that sugar can create in the body.

Sugar is an addiction, but ironically, it is very happily accepted in society. Access to sugar and its products is limitless and no one stops children and adults from eating sugar unless they fall prey to metabolic disorders. For many, eating sweets and chocolates is as addictive as tobacco. ■

READERS' VIEWS

Listen To Your Body

■ Great medical advice, but children and adults are ignorant of the harm sugar can do. But if we learn to listen to our body, we will know when to stop eating wrong foods.

Pavan Raina

Sweet Poison

■ Health is wealth, but the way this poison has made inroads into our daily life is abominable. Nobody is doing anything about it.

Kevin Vincent

<http://www.speakingtree.in/public/spiritual-blogs/masters/wellness/is-sugar-the-new-tobacco>