

# Motion Performance Chiropractic

Sugar, two more reasons it's the enemy

Everyone knows that sugar, in large amounts, is bad for your health. The list of diseases is long: diabetes, obesity, cardiovascular disease, chronic fatigue, metabolic syndrome are just a few. But the list could go on. Two new studies show even more detrimental effects from sugar, and how it could be hitting closer to home than you would like.

Turns out sugar could decrease men's testosterone levels. A National Institute of health study found that testosterone levels in men dropped for 2 hours after sugary ingestion. This happened in both normal blood sugar individuals and men with diabetes. You ask, what does that mean to me? When testosterone is low, sex drive decreases. It means that your sex drive, or lack thereof, is directly affected by the amount of ice cream you have after dinner. And in a Viagra conscious society, that is a big deal to millions of men, and their partners.

Another study from Georgia State University found that sugar may impair memory. They used rats, and their ability to free themselves from a maze. They found that rats on a high fructose (sugar) diet were less able than rats fed a diet without sugar to free themselves from a maze they had already been in. It took the rats fed sugar longer to remember how to get out. There have been other studies linking poor diets with lower test scores in children but nothing specifically linking sugar. The authors, and other experts, speculated that sugar seems to cause hyperactivity and thus decreased concentration which inhibits learning and remembering.

So the next time that ice cream cone or candy bar is calling your name, think of your relationship with your significant other. And when your child, or nephew or niece wants to get donuts, think of their long term education. Having an exit strategy helps manage the craving, and I guarantee, whatever it is, it won't be as sweet.