Sugar, Sweet Suicide – Part II
by Gary Null, PhD

Studies on Sugar’s Detrimental Effects
If you need more convincing that sugar is bad for you in so many ways, take a look at these studies provided by Nancy Appleton, Ph.D.75

Addiction

Adrenal Suppression

Adrenaline Surging

Aging
Arieff, Allen I., Veterans Administration Medical Center in San Francisco, in San Jose Mercury, June 12/18.


Alcoholism

Alzheimer's

Anxiety and Depression

Appendicitis

Arthritis

Asthma

Cancer


Takahashi, E., Tohoku University School of Medicine, Wholistic Health Digest (October 1982) 41.

Candidiasis

Cataracts

Children's Behavior

Crohn's Disease, Ulcers, and Ulcerative Colitis


Decrease in Growth Hormone

Dehydrates Newborns
Diabetes, 1999 (vol. 48, pp. 7991-800).

Depression

Diabetes


**Dizziness**

Journal of Advanced Medicine, 1994 7 No.1: 61-68

**Drug Interactions with BCP**


**Epilepsy**

Murphy, Patricia, “The Role of Sugar in Epileptic Seizures,” Townsend Letter for Doctors & Patients, May, 2001, Murphy is Editor of Epilepsy Wellness Newsletter, 1462 West 5th Ave., Eugene, Oregon 97402

**Emphysema**


**Fatty Liver**


**Gallstones**


**Gout**


**Gum Disease**


**Headaches**


**Heart Disease**


**Hemorrhoids**


**Hypertension**


**Hypoglycemia**


**Immune Suppression**

Sugar


Increased Estradiol

Infectious Disease

Kidney Damage

Kidney Stones

Learning Disorders

Low Birth Weight Babies

Malabsorption of Protein

Migraine Headaches

Mineral Deficiency


Multiple Sclerosis
Erlander, S. "The Cause and Cure of Multiple Sclerosis," The Disease to End Disease, 1, No.3 (March 3, 1979): 59-63.

Obesity

Obesity and Diabetes

Osteoporosis

Pancreas Damage

Polio
Sandler, Benjamin P. MD, Diet Prevents Polio. The Lee Foundation for Nutritional Research, Milwaukuee, WI, 1951

Tooth Decay

Toxemia During Pregnancy

Varicose Veins

Weakened Eyesight
Acta Ophthalmologica Scandinavica, March 2002 (vol. 48. P.125)

Sugar and Slavery
"It was hot for February. The sun was beating down on the sidewalk in front of See’s candy store where I was about to pick up a pound of assorted truffles as a Valentine’s Day treat for my wife and kids. My mouth was already watering in anticipation of the Mom’s Apple Pie truffle I was planning to throw in as a little present to myself. Out on the sidewalk, just to the right of the store entrance, a threesome of smiling young people stood by the door, holding cameras and a big basket full of little paper hearts. As I approached, one of them said, ‘Happy Valentine’s Day,’ and handed me a piece of paper. Assuming they were employees of See’s, I accepted the paper, expecting it to be a discount coupon or perhaps a list of Valentine’s Day specials.

Instead it turned out to be a protest flyer, emblazoned with the headline, ‘See’s Candies: Slavery and Exploitation Break Our Hearts!’ Under that were the words, ‘We want Fair Trade, Not child slavery and poverty wages!’ There was a photo of three emaciated boys sitting beside a pile of cocoa pods, staring blankly at their hands. Happy Valentine’s Day indeed.’ 79 So begins David Templeton’s article, ‘Are American candy companies sweetening the profits with child slavery?’

Within America, slavery and child labor may be a thing of the past, but this is not true throughout the world where most of the workforce is compelled to work for little or no pay. Desperately poor families in impoverished nations will sell their children into a life of drudgery in exchange for what amounts to only a few dollars. Templeton continues, ‘The flyer announced that 43% of the world’s cocoa comes from plantations on the Ivory Coast, a part of the planet where child slavery is very much in practice. In response to massive national poverty caused in part by the bottoming out of...
townsend

skilled laborers earn between running water and cooking facilities, and shantytown lodgings, called bateys, lack there are few latrines.

sundown, captives are made to toil in the crowded rooms where they may sleep on lucky ones have electricity, running leaves. At the end of a grueling day, workers retire to small, dark, filthy, brutalsun where they must endure sharp sugar slaves, like Prevot, can only be "Life: some capital tied up in their slaves so it cost them if one died, but now they lose Bahia state, Brazil.

Furtado of the agriculture federation in I tried to escape; so did my uncle. He was shot and killed by farm gunslingers. "Life for these people is worse now than it was under slavery," says Wilson Furtado of the agriculture federation in Bahia state, Brazil. "Then the owners had some capital tied up in their slaves so it cost them if one died, but now they lose nothing."

In the Dominican Republic, life for sugar slaves, like Prevot, can only be described as despicable. From sun up to sundown, captives are made to toil in the brutal sun where they must endure sharp cuts to their skin from knife-like cane leaves. At the end of a grueling day, workers retire to small, dark, filthy, crowded rooms where they may sleep on a concrete floor or a cardboard box. The lucky ones have electricity, running water, and thin foam mattresses. Their shantytown lodgings, called bateys, lack running water and cooking facilities, and there are few latrines.

Although the Haitians are paid for their work - theoretically, the most skilled laborers earn between $60 to $70 a month - this sum melts away in a system designed to steal from the least powerful. First, workers must tip someone to weigh the cane leaves soon after they are cut; otherwise, their weight will shrink. Furthermore, the men are paid in coupons called vales, which the local store discounts at 20 percent. The best workers might be left with $15 a month, barely enough to survive on their own.

Around the globe, such unfortunate souls are forced to supply intensive, profitable labor for just about every industry imaginable. The shoes and shirts you wear might be assembled by children chained to sewing machines in India and the soccer balls that mean fun for you and your family may have been sewn together by called little fingers in Pakistan. The same is true of everything from jewelry to steel, tobacco, sugar and cocoa products. "The list goes on and on," says Kevin Bales in his book, Disposable People: New Slavery in the Global Economy (University of California Press, 2001), "Thanks to the global economy, these slave-produced products move smoothly around the globe."

While we think of globalization as a relatively new phenomenon, slavery was one of the first global industries, providing an economic tie between Africa, Europe, and the Americas centuries ago. For the most part, the slave trade was propelled by the needs of the sugar industry. When the Dutch expanded sugar production in the 1600's, they needed cheap labor to increase productivity, and massive numbers of slaves were considered necessary for this to happen. Because they were physically strong and easily controlled, Africans were taken to the Caribbean islands en mass. Sugar, even more than tobacco or cotton, became the foundation for European imperialism. In the 1800's, after the soil used to grow sugar showed a decline in productivity, the need for slave labor decreased. This reason, along with sentiments against slavery in England, led to the emancipation of slaves in 1834.

Notes Norman Kretchmer and Claire B. Hollenbeck in their book, Sugars and Sweeteners (1991), "It is estimated that by the time slavery was abolished, the transport of slaves involved 22 million people, 12 million of whom were utilized in the Americas. The remainder died on
board ship or shortly after arrival. A number of historians state that sugar was responsible for 70% of the traffic of slavery. According to Deerr in The History of Sugar, Volumes One and Two (1949-50), "I had not at first planned to do more than touch on the margins of slavery. As material accumulated, it became evident that to write a history of sugar without at the same time treating slavery, was like trying to produce Hamlet with the part of Laertes omitted."

As our earlier example of Haitian forced labor in the Dominican Republican reveals, the sugar industry continues to exploit laborers in the same unethical manner today. There is even a word for it – peonage – a vicious system of forced labor, common in many parts of Latin America, Asia, and even in the southern US. A recruiter entices the poor and the homeless with promises of employment, good wages, food, and shelter. Then they are trucked long distances to toil on remote plantations where they are held prisoner and compelled to work at gunpoint.

The harm of sugar cultivation extends beyond exploited workers to the nations that grow it. In recent decades, falling commodity prices contributed to the collapse of the sugar industry on Negros island where 60% of the Philippines sugar is produced. A survey conducted by the National Secretariat of Social Action showed the result to be widespread poverty and malnutrition to the island’s inhabitants. In 1985, 40% of children under the age of 14 were malnourished. One year later, that number rose to 73% of children.

Says Cox, "How could one of the richest islands of the Philippines become the setting for another Ethiopia, where an estimated 85,000 children under six were suffering from moderate or severe malnutrition? Well, partly because the corrupt Marcos regime mismanaged the industry. Also, the US market for Philippine sugar disappeared (being replaced by corn syrup), throwing a quarter of a million sugar workers out of their jobs. And the land – rich and fertile – was exclusively used for sugar cane, which prevented self-sufficiency in food production. A disaster was waiting to happen."

As landless cane workers migrate to the upland sites and begin to cultivate new areas, they create grave problems for the ecology as this 1997 American University in Washington DC study of the Philippine sugar industry demonstrates. "The relationship between sugar production and environmental damage is found in deforestation, soil erosion, and consequent bio-diversity loss caused by forest conversion to sugar cane field. Forest clearing caused widespread soil erosion and had a devastating effect on the ecology, wiping out a third to a half of the known species of snail and birds in the Philippines.

"An example of the Ormoc deluge which caused over 5,000 people to die in November 1992 illustrated the seriousness of deforestation. Since the 1950’s, the watershed area around Ormoc had been planted with sugar, which does not absorb flood waters. Only 10% of the mountain range was still forested. Also, floods at Nueva Ecija in a northern province of the Philippines in July 1992 were caused by massive deforestation. Only 11.7% of the 14,000 hectare in the
Sugar

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While making better choices for ourselves can be an isolating experience in this sugar-saturated world, some people are attempting to create a more supportive atmosphere. In a 2001 Washington Post article, Sally Squires writes about Surgeon General David Satcher’s proposed plan of action to combat overweight and obesity at a national level. His recommendations require some major changes for schools, restaurants, workplaces, and communities and include the following:

- Less fattening school lunches
- Less student access to vending machines
- Daily physical exercise classes for all children and adolescents
- Information on nutrition to customers at restaurants and fast food establishments
- Weight management and physical activity counseling as part of employee health insurance coverage
- Allowing employees time to exercise
- Obesity classified as a disease to encourage insurance companies to reimburse weight-control expense.

“This is not about aesthetics and it’s not about appearances,” says Satcher. “We’re talking about health... An estimated 1,200 people die daily from weight-related illnesses. That adds up to 300,000 deaths a year, more than the number killed annually by pneumonia, motor vehicle accidents, and airline crashes combined — and nearly as many as the 430,000 who die yearly from tobacco-related conditions. Health care costs for overweight and obesity total an estimated $117 billion annually...”

Ms. Squires adds that trimming just 15 pounds could cut the risk of diabetes by 58% in those one step from developing the disease. That, in turn, could cut treatment costs by about $58 million annually and pay for a lot of health insurance. When you think about it, it makes a lot of sense from both the standpoint of health and the health care business.
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