

Sugar = Bad

STAY AWAY FROM:
saccharin
aspartame
sucrose
corn syrup
white processed sugar
Sucralose
Dextrose

Sugar causes:

- Suppression of immune system
- Diabetes
- Weight gain
- Poor sleep
- Sexual dysfunction
- MS
- Lupus
- Arthritis
- Risk of and reoccurrence of cancer

HEALTHY OPTIONS:
Blackstrap Molasses
Organic Agave
Stevia
All natural honey
All natural maple syrup