1. Sugar can suppress the immune system.
2. Sugar upsets the minerals in the body.
3. Sugar may cause hyperacidity, anxiety, difficulty concentrating and crankiness in children.
4. Sugar produces a significant rise in triglycerides.
5. Sugar contributes to the reduction of the body’s defense against bacterial infection.
6. Sugar can cause kidney damage.
7. Sugar reduces high-density lipoproteins (HDL).
8. Sugar leads to chromium deficiency.
9. Sugar can lead to cancer of the breast, ovaries, intestines, prostate, or rectum.
10. Sugar increases fasting levels of glucose and insulin.
11. Sugar causes copper deficiency.
12. Sugar interferes with absorption of calcium and magnesium.
13. Sugar can weaken eyesight.
14. Sugar raises the level of neurotransmitters called serotonin.
15. Sugar can cause hypoglycemia.
16. Sugar can produce an acidic stomach.
17. Sugar can raise adrenaline levels in children.
18. Sugar malabsorption is frequent in patients with functional bowel disease.
19. Sugar can cause signs of premature aging.
20. Sugar can lead to alcoholism.
21. Sugar leads to tooth decay.
22. Sugar contributes to obesity.
23. High intake of sugar increases the risk of Crohn’s Disease and ulcerative colitis.
24. Sugar can cause symptoms often found in people with gastric and duodenal ulcers.
25. Sugar can lead to arthritis.
26. Sugar can contribute to asthma.
27. Sugar can cause Candida albicans (yeast infection).
28. Sugar can contribute to gallstones.
29. Sugar lead to heart disease.
30. Sugar can cause appendicitis.
31. Sugar can lead to multiple sclerosis.
32. Sugar can cause hemorrhoids.
33. Sugar can contribute to varicose veins.
34. Sugar can elevate glucose and insulin responses in oral contraceptive users.
35. Sugar can lead to periodontal disease.
36. Sugar can contribute to osteoporosis.
37. Sugar contributes to salivary acidity.
38. Sugar can cause a decrease in insulin sensitivity.
39. Sugar leads to decreased glucose tolerance.
40. Sugar can decrease growth hormones.
41. Sugar can increase cholesterol.
42. Sugar can increase the systolic blood pressure.
43. Sugar can cause drowsiness and decreased activity in children.
44. Sugar can cause drowsiness and decreased activity in children.
45. Sugar can interfere with absorption of protein.
46. Sugar can cause food allergies.
47. Sugar can contribute to diabetes.
48. Sugar can cause toxemia during pregnancy.
49. Sugar can contribute eczema in children.
50. Sugar can lead to cardiovascular disease.
51. Sugar can impair the structure of DNA.
52. Sugar can change the structure of proteins.
53. Sugar can contribute to sagging skin by changing the structure of collagen.
54. Sugar can lead to cataracts.
55. Sugar can cause emphysema.
56. Sugar can cause atherosclerosis.
57. Sugar can promote an elevation of low-density proteins (LDL).
58. Sugar can cause free radicals in the bloodstream.
59. Sugar lowers the enzymes’ ability to function.

Source: Nancy Appleton, Ph.D., Lick the Sugar Habit.