


1




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Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.




2

- ❖ **Natural, raw honey**, without high-heat processing, is a pure, whole sugar
- ❖ **Organic maple syrup** is tapped directly from a variety of maple trees. When this syrup is dried, it produces maple sugar
- ❖ **Date sugar** is made from very finely chopped dry dates
- ❖ The **stevia** plant is a beneficial herb sweetener, when used in its original or dried state
- ❖ **Coconut sugar**, similar to maple sugar, is evaporated flower sap from the coconut trees.

Many of these natural sugars can be obtained from your local farmers' market, health-food store, or grocery store.

A pure, whole sugar comes from a natural food without being stripped of its original nutrient- dense state or individual nutrients through processing.





3

Stevia



- ❖ Stevia contains phytonutrients, trace elements, minerals, vitamins, and volatile oils, which give stevia its nutritional and medicinal properties. It is also high in chromium—a good choice for diabetics.
- ❖ As a poultice, it can be used for treating cuts, sun burns, rashes, and other skin conditions such as acne or eczema.
- ❖ Consuming the whole stevia plant helps improve energy levels, strengthen the immune system, stimulate mental activity, and may also help ease withdrawal symptoms from tobacco and alcohol addiction.
- ❖ Initially, stevia leaves were consumed fresh or dried, but chemists eventually isolated the glycosides called stevioside and rebaudioside that give stevia its sweet taste. These isolated forms of stevia, which are white or liquid, are not in their natural form.

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4

Agave



- Manufacturers of agave nectar claim it is made from the sap of the agave plant and is a healthy, natural sweetener
- It is actually made from the starch of the agave's giant root bulb. The root is mainly starch and a complex carbohydrate called *inulin*
- About half of the carbohydrate content of agave is the highly indigestible inulin fiber. The agave glucose and inulin are subject to an enzymatic and chemical process that converts the starch into a fructose-rich syrup in the same manner that HFCS is manufactured
- Agave nectar is higher in fructose (70%) than high fructose corn syrup (55%).

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5

Refined Sugar



"... white refined sugar is not a food. it is a pure chemical extracted from plant sources, purer in fact than cocaine, which it resembles in many ways. Its true name is sucrose and its chemical formula is C₁₂H₂₂O₁₁. It has 12 carbon atoms, 22 hydrogen atoms, 11 oxygen atoms, and absolutely nothing else to offer."

-Dr. David Reuben

Refined white sugar is NOT a food, but a chemical—a drug!

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6

Refined Sugar

- Americans consume over 24 pounds of candy each year, and much of it is consumed by children on and around Halloween.
- One 12-oz. cola contains 11 tsp of sugar
- Sugar causes a rise in the blood sugar level and gives you quick energy but only for a brief time.
- Because refined sugar is an incomplete food, your body must borrow vital nutrients from healthy cells to metabolize it
- The teeth are also affected as they are drained of calcium until decay occurs and hastens their loss
- If the body does not have the nutrients needed to metabolize sugar, it cannot properly rid itself of the poisonous residues

7

Refined Sugar & Emotions

Amino acids regulate our appetites and moods:

- Glucose**—adequate levels stabilize our blood supply (fewer cravings and less moodiness)
- Serotonin**—our natural antidepressant and sleep promoter (like Prozac)
- Catecholamine**—our natural energizer and promoter of mental focus (like cocaine)
- Endorphins**—our natural comfort chemicals (stronger than heroin)
- GABA** (gamma-aminobutyric acid)—our natural tranquilizer (more relaxing than Xanax)

8

The Brain on Sugar

Regular consumption of sugar will reduce your natural ability to experience pleasure.

Sugar and the Brain

Normal Brain	Cocaine User	Sugar User

Key

- High dopamine: normal pleasure and interest
- Medium dopamine: difficulty feeling joy or pleasure
- Low dopamine: lack of pleasure


- ❖ For some, sweet and starchy foods have a drug-like effect, altering the brain's mood chemistry
- ❖ We become dependent on these drug-like foods for continued mood lifts
- ❖ The more we use them, the more depleted our natural mood-enhancing chemicals become
- ❖ Prolonged stress uses up your natural sedatives, stimulants, and pain relievers. The emergency stores of precious brain chemicals can get used up if you continually need to use them to calm yourself.
- ❖ Eventually, your brain can't keep up with the demand

9



10

Nancy Appleton, PhD, clinical nutritionist, has compiled a list of 146 reasons of how sugar is ruining your health in her book *Lick the Sugar Habit*. Here are some of them:




- Sugar can decrease growth hormone
- Sugar feeds cancer
- Sugar increases cholesterol
- Sugar can weaken eyesight
- Sugar can cause drowsiness and decreased activity in children
- Sugar can interfere with the absorption of protein
- Sugar causes food allergies
- Sugar contributes to diabetes
- Sugar can contribute to eczema in children
- Sugar can cause cardiovascular disease
- Sugar can impair the structure of DNA
- Sugar can cause hyperactivity, anxiety, difficulty concentrating, and crankiness in children
- Sugar breaks down the defense against bacterial infection
- Sugar greatly assists the growth of *Candida Albicans* (yeast infections)
- Sugar contributes to osteoporosis

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11

Fructose



- ❖ Fructose, the natural sugar found in fruit, is healthy when you get it from whole foods, like apples (about 7% fructose)
- ❖ When eaten in its natural state, fructose comes with a host of vitamins, antioxidants, and fiber. The body is able to process and use the nutrients without depleting vital stores
- ❖ when fructose is commercially extracted from fruit, concentrated, and made into a juice or sweetener, it has dangerous effects on the body.
- ❖ Fructose causes insulin resistance and significantly raises triglycerides. It has been linked to non- alcoholic fatty-liver disease.

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12

High Fructose Corn Syrup



- ❖ Introduced in 1970
- ❖ HFCS is a significant cause of the obesity epidemic! The Corn Refiners Association disagrees because it is inexpensive to make
- ❖ HFCS acts as a preservative, extending food's shelf life, yet it is cheaper than sugar or other natural sweeteners.
- ❖ Manufacturing HFCS requires a long series of mechanical processes and chemical reactions, including the introduction of three different enzymes to induce molecular rearrangements
- ❖ Body metabolizes faster than any other sugar
- ❖ Possible mercury Exposure

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13

Consumption of high fructose corn per person per year



14

Aspartame Side Effects

- | | | |
|------------------|--------------------|---------------|
| Anxiety | Arthritis | Hair Loss |
| Candida | Asthma | Hives |
| ADD | Bloating | Hypertension |
| Obesity | Edema | Impotency |
| Headaches | Brain Cancer | Insomnia |
| Hyperactivity | Chronic Fatigue | Irritability |
| Tooth Decay | Chronic Cough | Itching |
| Diabetes | Confusion | Joint Pains |
| Brain Lesions | Diarrhea | Brain Fog |
| Mood Alterations | Dizziness | Memory Loss |
| Brain Tumors | Flushing | Muscle Spasms |
| Depression | Heart Palpitations | Weight Gain |



Just to name a few...

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15

Saccharin

If it must have a warning label like this, why does it make sense to put it in our food??



16

Sucralose

Consider the Research

- Diet sodas may double your risk of obesity
- Artificial sweeteners can stimulate your appetite, increase carbohydrate cravings, and stimulate fat storage and weight gain

- ❖ In 1976, the British sugar company Tate & Lyle was conducting experiments in collaboration with Queen Elizabeth College at the university of London. Shashikant Phadnis, a foreign graduate student working on the project, misunderstood a request for "testing" of a chlorinated sugar as a request for "tasting." This led to the discovery that many chlorinated sugars are hundreds or thousands of times sweeter than sucrose.
- ❖ Following this discovery, Tate & Lyle arranged with Johnson & Johnson to develop and test a new sweetener from chlorinated sugars. In 1980, Johnson & Johnson formed a subsidiary company by the name of McNeil Specialty Products for this purpose. The product they created, at an impressive 600 times sweeter than sucrose, would be known as sucralose and marketed as Splenda®.

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17

Sugarcane

- ❖ Consuming sugarcane juice is vastly different than drinking fruit juice
 - ❖ Raw sugarcane juice contains only fifteen percent total sugar. The remaining content is water and an abundance of vitamins and minerals
 - ❖ Sugarcane is rich in calcium, chromium, cobalt, copper, magnesium, manganese, phosphorus, potassium, and zinc. It also contains iron and vitamins A, C, B1, B2, B3, B5, B6, a high concentration of phytonutrients (including chlorophyll), antioxidants, proteins, soluble fiber, and numerous other health supportive compounds
 - ❖ Whole sugarcane juice has a beneficial healing role, including treating cancer, stabilizing blood sugar levels, assisting in weight loss, reducing fevers, clearing the kidneys, and preventing tooth decay.
- Nutrition and Physical Degeneration*, by Dr. Weston A. Price, presents his research of men who spent their days cutting down the sugarcane and who chewed it on a regular basis. There was no evidence of diabetes or tooth decay in these men.
- ❖ Rapunzel whole cane sugar is made by extracting the juice from the sugarcane (using a press) and stirring the juice with paddles under low heat to evaporate out the water
 - ❖ The polyphenols and the balance of vitamins and minerals are retained—no other sugar can make these claims.

18

Sugarcane

- Sugarcane juice is a great natural remedy for a sore throat, cold, or flu.
- Sugarcane provides natural glucose to the body
- Sugarcane rehydrates the body after exposure to heat and strenuous physical activity
- It has no simple sugars and is considered a low-glycemic beverage. It will not elevate blood sugar levels, but diabetics should limit their consumption.
- It is an excellent substitute for cola.
- Fevers cause protein loss in the body. A liberal intake of sugarcane juice brings down high body temperatures and assists in febrile disorders.
- Helps replenish glucose levels after jaundice.
- The high potassium content helps with digestion and constipation.
- Sugarcane juice is a vital drink for those with kidney problems. Regular intake strengthens the stomach, kidneys, heart, eyes, brain, and sex organs.
- Naturally lowers body cholesterol—both LDL and triglycerides.
- The juice has been found to be an effective remedy for prostate and breast cancer.

Whole Cane Sugar Uses:

- Baking
- Sprinkled on anything
- Drinks

To make your own juice, you can purchase a sugarcane press online.

19

Raw Honey

- Oldest natural remedy mentioned in the Bible
- Promotes digestive health
- Its fatty acid content stimulates peristalsis laxative, lubricating qualities
- Contains the most usable carbohydrate compound in the body
- Strengthens the immune system
- used in the treatment of ulcers
- Can be used for coughs as an expectorant
- Effectively treats respiratory conditions such as bronchitis and asthma
- Assists in healing seasonal allergies
- Calms the nerves
- Excellent remedy for skin wounds, rashes, and burns
- High in antioxidants
- Balances blood sugar
- Stabilizes blood pressure
- Contains special anti-inflammatory properties useful for treating sore throats and reducing inflammation of the stomach, intestines, and other areas in our body
- There is no food or drug equal to the effects of honey for malnutrition

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20



Honey Uses:

Honey Uses:

- Sugar replacement in recipes
- Tea and coffee
- Cough syrup
- Moisturizer
- Bathing and antibacterial soap
- Hair and scalp treatment
- Natural preservative

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21

Date Sugar Uses:

- Sprinkle on toast, oatmeal, etc.—does not melt
- Baking—goods, and desserts.

Dates are loaded with fiber, vitamins, and minerals. Date sugar is ground, dried dates. It has not been processed or refined.

Health Benefits:

- Good source of minerals essential for enzymatic reactions and proper metabolic processes (calcium, iron, magnesium, phosphorus, zinc, copper, manganese, and selenium)
- Rich source of potassium
- Moderate amount of B vitamins



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22

Coconut Sugar

Coconut Sugar Uses: Sweeten tea, coffee, oatmeal, baked goods, and desserts.

Harvesting coconut sugar is similar to the process of tapping maple trees. The coconut palm flowers are cut by hand and the liquid sap is collected into containers. The sap is then placed under moderate heat until most of the water has evaporated.

Health Benefits

- Whole food, unrefined sweetener
- Mineral rich—high in potassium, calcium, magnesium, zinc, and iron
- Full of short-chain fatty acids, polyphenols, and antioxidants
- Source of vitamins B1, B2, B3, B6, and C
- Unprocessed, unfiltered, and unbleached
- Zero additives and preservatives



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23

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Maple Syrup


Maple Syrup Uses:

- Tea and coffee
- oatmeal
- Sweet potatoes
- Marinade (maple syrup, orange juice, and organic unpasteurized tamar)
- Toast (nut butter, bananas, & maple syrup)

Maple syrup is the concentrated sap of maple trees. It is recorded as having over 80 nutrients and is especially rich in minerals like manganese, potassium, and zinc. The North American Indians traditionally used it both as a food and as a medicine

Health Benefits

- Contains a high concentration of zinc
- Contains manganese
- Maple syrup has a higher concentration of minerals than honey.



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24

Natural Sugars to Avoid:

- Agave nectar
- Evaporated cane juice (Muscovado & Demerara)
 - Florida Crystals
 - Fructose
 - Molasses
- Organic cane sugar
- Organic raw sugar
- Sugar in the raw
- Stevia—liquid or white powder
 - Turbinado



25

Chemical Sugars to Avoid:

- Acid saccharin
- AminoSweet®
 - Aspartame
- Calcium saccharin
 - Canderel
 - Equal®
- High-fructose corn syrup
 - NutraSweet®
 - Saccharin
- Sodium saccharin
 - Splenda®
 - Sucralose ®
 - Sweet'N Low



26

Bottom Line:

Moderation is advised when heating any natural sweetener, as in baking.
It should be a treat, not an everyday occurrence.

The good news is that you and your family can enjoy your favorite recipes using pure, whole, natural sweeteners—with great health benefits to your body!



27



28
