



## Aimee's Fast Facts, No. 2: "Sugar Is Evil"

Sugar is one of the biggest evils of ALL time!

When I'm talking about sugar, I am not talking about the sugars in fruits and vegetables; those are the "good" sugars – great sugars, in fact – that actually offer our body wholesome nutrients and *naturally* occurring vitamins. I'm talking specifically about "added sugars." Chances are, you are ingesting a lot more than you know.

In Chinese Medicine, sugar is the biggest evil phlegm substance out there. It will hamper your digestion and make your insides murky and gross, cause an overgrowth of bacteria in your colon, make you feel foggy-headed and fatigued, cause conditions like high cholesterol and acid reflux and make your outsides blemished and brimming with flab and cellulite. Avoid added sugars!

### Sugar In Disguise! Bring This to the Grocery Store:

Common names for added sugar:

**Beet sugar, brown sugar, cane syrup or juice, confectioners' sugar, corn syrup, crystalline fructose, dextrin, evaporated cane juice, fructose, galactose, glucose, high-fructose corn syrup, lactose, malt syrup (rice, barley), maltodextrin, maltose, maple sugar, molasses, Sucanat, sucrose, tubinado, xylose**

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