

Affects of Sugar & Insulin

Starches & Sugars

Bread
Pasta
Potatoes
Rice
Fruit
Cookies
Candy
Etc.



- AGE's (Aging)
- ↓ Immune System
- ↓ Minerals
- ↑ Cancer
- ↑ **Blood Sugar**
- ↑ **Insulin**

Insulin



- Thickens walls of arteries
- Stores body fat (*NOT burning it*)
- Raises blood pressure
- ↑ LDL cholesterol
- ↓ magnesium
- Causes vicious cycle of hunger & sugar cravings

