



The Master's Club
Fitness & Lifestyle Wellness

YOUR BODY ON SUGAR



Brain

Sugar lights up your brain's reward center with dopamine. Some studies say it is more addictive than cocaine.



Skin

Sugar accelerates aging and exacerbates conditions like acne and rosacea.



Kidneys

When blood sugar is too high, the kidneys spill sugar into the urine, which can cause permanent damage.



Pancreas

Sugar spurs the pancreas to put insulin production into overdrive.



Mouth

Sugar consumption leads to tooth decay and gum disease.



Heart

Too much sugar hardens arteries & damaged heart tissue.



Liver

The liver converts surplus sugar into fat. Overloading the liver with sugar is similar to overloading it with alcohol.



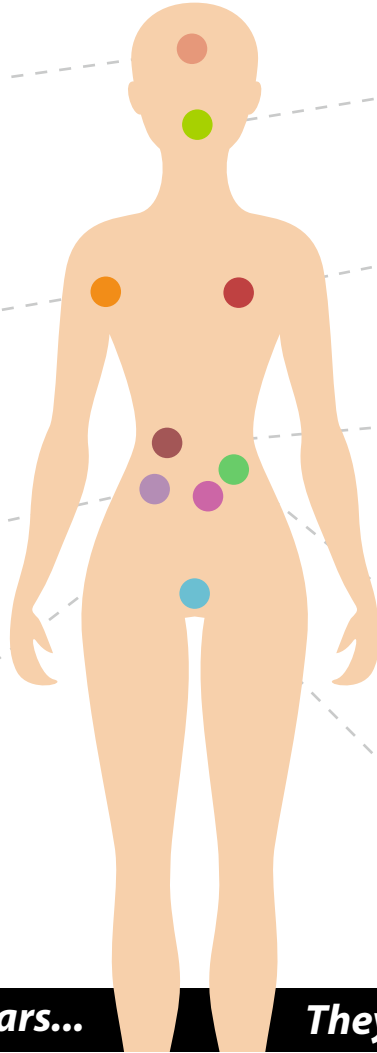
Stomach

Sugar throws off gut health, interrupting the microbiome of the digestive tract.



Fertility

High blood sugar impairs reproductive function in both men and women.



Be Aware of Added Sugars...

They are Everywhere!



SUGARY DRINKS

- Flavored Milk
- Sports/Energy Drinks
- Soda / Soft Drinks
- Flavored Coffees & Teas
- Juice & Fruit Drinks



SWEETENED BREAKFASTS

- Cereal / Energy Bars
- Smoothies
- Granola & Muesli
- Flavored Oatmeals
- Yogurts



SYRUPS & SWEETS

- Maple Syrups
- Honey & Molasses
- Jelly, Jam, Spreads
- Drink Mixes
- Candy



FROZEN TREATS

- Ice Cream & Gelato
- Frozen Yogurt
- Popsicles
- Sherbert & Sorbets
- Frozen Desserts



SWEET PASTRIES

- Sweet Rolls & Breads
- Cakes, Cookies, Pies
- Donuts & Pastries
- Snack Foods
- Desserts