

# LiveIt!

## Nutritional Lessons



### Take The Sugar Challenge

### LiveIt! Lifestyle Lesson 11

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*“Glucose (alias Corn Syrup, Fruit Sugar, Dextrose, Corn Sugar, High Fructose Corn Syrup) ... contributes to a predisposition to heart disease, hypertension, sluggishness, brain fatigue, overweight, irritability, mental depression, impairs the assimilation of calcium, and destroys vital amino acids if they are cooked in its presence.” Dr. Royal Lee 1958*

*From the Pen of Dr. Royal Lee (1895-1967)  
Inventor, Scientist, Genius, Founder of Standard Process, Inc.*



**R**efined sugars are not a nutritional essential. In fact refined sugar, and its “cousin” white flour, are primary causes of the leaching of healthful nutrients from our bodies – while at the same time leading to many unfavorable conditions such as those mentioned above by Dr. Royal Lee over 50 years ago.

Sugar’s empty calories create changes in body chemistry and accompanying nutritional deficiency, bringing on discomfort, degeneration, disease and death at a greater rate than any of the wars this country has ever seen.

Yet every man, woman and child in America consumes an estimated 158 pounds of sweeteners per year.<sup>1</sup> This incredible amount of sugar does not take into account the nutritionally empty carbohydrates from cookies, crackers, breads and so called “fruit drinks.” Some studies estimate that Americans eat an additional 100 pounds of refined carbohydrates, bringing the total to nearly 250 pounds consumed per year. What does the consumption of empty carbs and low quality foods lead to?

The Center for Disease Control reports:

- **65% of Americans are considered overweight and 30% obese**<sup>2</sup>
- **7% have diabetes**<sup>3</sup>
- **11% have heart disease**<sup>4</sup>
- **31% have hypertension**<sup>5</sup>
- **21% have arthritis**<sup>6</sup>
- **40 million office visits are made to doctors for mental health per year (2002)**<sup>7</sup>

Additionally, the leading causes of death in America (2001)<sup>8</sup> are linked to states of overweight and obesity and each of these killers could be turned around with a simple change in diet to the Nutritional Essentials. They are:

- **Heart Disease: 696,947**
- **Stroke: 162,672**
- **Diabetes: 73,249**

**Q: How do refined carbohydrates and sugars cause so many problems?**

**A:** The body is like a factory that needs all the “parts” to complete its purpose of maintaining health. Nature provides nutrients in complexes such as vitamin complexes, minerals, trace minerals, fats, enzymes and coenzymes, making available all the “parts” needed to metabolize food and to complete important health building functions. When the refined forms of these “foods” are ingested, the body attempts to gather all of the missing nutrients from other food you have eaten or from your body tissues to make them complete before assimilating them. These

foods literally suck the vital nutrients out of your body. The essential nutritional deficiency that remains leads to health problems.

**Q: I don’t have any of those diseases mentioned above – why should I care?**

**A:** For a disease condition to develop many stages of degeneration must exist. First the body must become depleted of the nutritional essentials for health. Once this occurs, organs and glands begin to struggle to maintain health and symptoms begin. Over time this degeneration leads to disease and sometimes death. In rare occasions the first symptom experienced is severe. For example, in a third of people who suffer heart attacks their first symptom of heart disease is DEATH.<sup>9</sup>

**Q: What are the symptoms I should watch out for?**

**A:** Fatigue – the feeling of needing the boost that sugar brings. Dizziness upon standing up, allergies, lightheadedness if meals are delayed, craving of sweets, afternoon headaches which eating relieves, emotional instability, heart palpitations, headaches, coated tongue, nervousness, depression and/ or anxiety, leg cramps after exercising, indigestion, joint stiffness and more.

**Q: I have some or all of those symptoms from time to time. What can I do to help myself?**

**A: Take the Sugar Challenge!**

## Take the Sugar Challenge! and Build Your Health

### The Sugar Challenge!

The Sugar Challenge is a three week “test run” to see how much better you might feel after getting off all forms of refined carbohydrates and sugars. Breaking the sugar habit may not be easy, but it is worthwhile. Sugar and refined carbs leach vitamins and minerals out of your body. You need to get off the sugar then build back your stores of those lost nutritional essentials.

**Step One – What condition are you in now?** Before we embark on The Sugar Challenge you will fill out a Symptom Survey Form and we will perform a nutritional deficiency screening evaluation. This will become our baseline.

**Step Two – Eat whole foods and whole food supplements for 21 days.** A simple lifestyle of whole foods for three weeks is not impossible. We highly recommend you include some important HealthBuilding nutrients to help you “come down” off of sugar and carbohydrates.

**Step Three – Reevaluate.** After The Sugar Challenge we will repeat Step One to determine any short-term response. Some people feel better and better each day and would never go back to their old refined food lifestyle. Some people whose health deficiencies have grown deeper may have a more difficult time during the Sugar Challenge and will need additional support.

#### Q: What foods should I eat during The Sugar Challenge?

**A:** Eat whole foods. No processed foods. Eat salads, lightly steamed vegetables, freshly made soups such as lentil or bean soup, small amounts of high quality protein in smaller meals throughout the day. Enjoy butter or high quality oil on your veggies to help you assimilate your nutrients (See Livelt! Lesson 4).

#### Q: Which whole food concentrates would help me with The Sugar Challenge?

**A:** Catalyn, Diaplex, Cataplex B, Drenamin and possibly other whole food concentrates, depending on your particular condition.

**Catalyn** – Since 1929 this whole food concentrate has been helping people suffering nutritional deficiency. Catalyn has many whole food concentrates in one product, providing you a more complete nutritional support.† (See Livelt! Lesson 2)

**Diaplex** – Since 1959 Diaplex has combined the benefits of digestive enzymes along with stomach, liver, pancreas PMG and kidney HealthBuilding factors. This combination product is excellent in addressing blood sugar handling imbalances. PMGs support important glandular rebuilding and repair.† (See Livelt! Lesson 9)

**Cataplex B** – Since 1934 this whole food source of the B complex of vitamins and their synergists has provided essentials to everyone but has been found especially important for blood sugar handling health concerns. Cataplex B increases nerve motor conductivity, vasoconstriction, carbohydrate metabolism, oxidation of lactic and pyruvic acids.†

**Drenamin** – Since 1935 Drenamin’s special combination of Cataplex C, Cataplex G and adrenal PMGs has been formulated to help support nutritional conditions leading to fatigue, chronic fatigue, hypoglycemia, lowered resistance, allergies, and stress.†

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

1. <http://www.ers.usda.gov/briefing/sugar/background.htm>
- 2 <http://www.cdc.gov/nchs/products/pubs/pubd/hestats/obese/obse99.htm>
- 3, 4, 5, 6, 7 <http://www.cdc.gov/nchs/fastats/>
- 8 <http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>
- 9 <http://www.americanheart.org/>

#### Patients Speak

*“Thank you for help reaching my goal. The secret lies in the supplements, associated with the no-carbs, (no sugar) diet. The first three days were hard. It took a lot of determination but little by little I conquered the cravings. The second week was much easier and by the third week I was already in control. In a month I have already lost 9 pounds, but more importantly, I FEEL GREAT, I do not have that unexplained hunger or cravings at all. I eat very healthy and funny enough I get full very easily. I cannot thank you enough for giving me The Sugar Challenge.” AG*

#### What Did You Learn?

Sugar’s empty calories create changes in body chemistry bringing on nutritional deficiency disorders, degeneration and disease. **True False**

Nutritional deficiency disorders can only be remedied by eating proper nutrition and stopping junk “foods” **True False**

The Sugar Challenge is a chance to see how good you can feel when not eating refined sugar and other carbohydrates. **True False**

Whole food concentrate supplements are helpful during The Sugar Challenge so that you can accommodate to the change in diet and build up the nutritional essentials for health. **True False**

This LiveIt! Lifestyle Lesson is brought to you by:

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