

## High Sugar Diet Found to Be as Damaging to Your Brain as Being Abused

By Jennifer Lea Reynolds, *Natural News*



Imagine constantly being yelled at, physically harmed, and witnessing traumatic events on a daily basis. Obviously, such abuse and stress isn't healthy or enjoyable, so you'd do your best to try to avoid such situations, right?

Well, according to a recent study published in *Frontiers in Molecular Neuroscience*, people are willingly putting themselves through such abuse every single day. However, this isn't about domestic violence or other high-stress situations, but rather all about the junk foods they're eating. Specifically, the study's researchers focused on how sugar can alter a part of the brain called the hippocampus, which is related to stress and memory. Interestingly, they found that a high-sugar diet alters this portion of the brain in a way that closely mimics the changes that occur when one is exposed to abusive and stressful situations in the early developmental stages of life.<sup>(1,2)</sup>

That's right, when it comes to your brain, consuming a high-sugar diet is akin to being abused. Still want that soda and candy bar?

### **Experts say controlling excessive sugar intake could reduce 'burden of psychiatric disorders'**

In a *Daily Mail* article discussing their findings, study authors Jayanthi Maniam and Margaret Morris elaborate on the eye-opening issue. "People who were exposed to early life trauma have

changes in the structure of their hippocampus. In humans, those consuming the most 'western' diet had smaller hippocampal volumes, in line with data from animal models."<sup>(1)</sup>

The authors express concern over the fact that many people do not shun sugar; in fact, quite the opposite is true. "The changes in the brain induced by sugar are of great concern given the high consumption of sugar-sweetened beverages, with particularly high consumption in children aged nine to 16 years."<sup>(1)</sup>

Further elaboration in *Frontiers in Molecular Neuroscience* states the following: "... early life adversity and high sugar diet may independently increase the risk for psychopathology later in life. ... The similarity in the hippocampal molecular deficits induced by sugar and early life stress is of great concern given the cheap and easy accessibility of sugar-sweetened beverages ... Manipulating the later environment of those exposed to early life adversity, and controlling the consumption of sugar-sweetened beverages across the community may be an effective way to curtail the burden of psychiatric disorders."<sup>(2)</sup>

Those are some powerful words, folks. The fact that excessive sugar consumption may be linked to psychiatric disorders, is not something to ignore.

After all, it's perfectly logical.

### **More and more proof that sugar is addictive and mind-altering**

Sure, we know that too much of the refined stuff contributes to obesity, diabetes and other health problems, but worse than that, it can alter brain function and personality. In fact, it's downright addictive.

For example, studies have found that sugar acts as a stress suppressant. If you think there's nothing wrong with that, consider that sugar has been shown to make comfort-craving people become addicted. The fact that sugar diminishes stress levels in the brain makes stressed out folks reach for sugary sodas and similar junk foods all the more, reinforcing a seemingly never-ending chain of unhealthy behaviors.<sup>(3)</sup>

Other studies continue to expose the harms associated with consuming so much refined sugar. Researchers from the David Geffen School of Medicine at UCLA have also noted the hazards associated with consuming too much sugar and fructose. Published details indicate that they wreak havoc on memory and cognition in teens and young adults, making the strong case that what a person eats is directly related to the brain's ability to function optimally.<sup>(4)</sup>

The bottom line, as shown by numerous studies, including this more recent one by Jayanthi Maniam and Margaret Morris, is that refined sugar and the junk foods filled with it can severely compromise the brain and body. Do your best to avoid added sugars by eating fresh, whole foods, and plenty of nuts and seeds, and try to help friends and family members eat in the same sensible manner.

**Sources for this article include:**

(1) [DailyMail.co.uk](http://DailyMail.co.uk)

(2) [Journal.FrontiersIn.org](http://Journal.FrontiersIn.org)

(3) [NaturalNews.com](http://NaturalNews.com)