

How Sugar Affects Your Body

Sugar isn't as sweet as it tastes. Here's what sugar can do to your body if you eat too much of it.

Brain

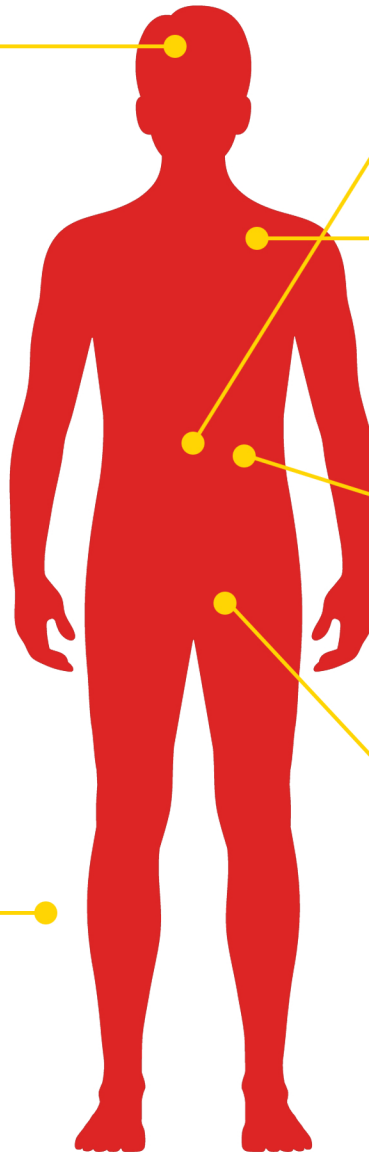
sugar can rewire your brain's pathways. Sugar-heavy and processed diets can increase the risk of depression.

Skin

when sugar enters your body, proteins incorporate it as part of their structure, aging your skin and causing wrinkles.

Joints

High sugar diets pump inflammatory cytokines into your bloodstream, which can exacerbate arthritis.



Pancreas

Eating sugar on regular basis may result in pancreatic failure.

Heart

sugar inflames the linings of the arteries to your heart, increasing your risk of heart attack and stroke.

Kidneys

Sugar overload can damage your kidney's filtration system. Diabetes is one of the main causes of kidney failure.

Sexuality

Chronically high levels of sugar in the bloodstream can make men impotent.



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