

Change Your Sugar, Change Your Life

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Premature aging and the diseases associated with aging are appearing in our children in unprecedented numbers. Everyone wants to be healthier. Once people face serious health challenges, it is often too late to reverse the effects of years of aging and damage at the cellular level. Therefore, the earlier in life good habits are instilled, the better long-term quality of life a person should have. This is the first generation that is not expected to live as long as their parents or be as healthy as their parents. This is alarming!

Instead of boring you with 148 documented harmful side effects of regular table sugar or the disease connections between regular table sugar and health challenges, we want to tell you about a class of sugars called super sugars.

Most of you would not even be interested in changing your sugar unless you were already aware that regular table sugar can be bad for you. Therefore, the purpose of this article is to inform you that there are actually sugars that can be good for you and to give you hope that you can improve your health by simply changing the type of sugar that is in your sugar bowl.

Researchers are giving the class of sugars called super sugars a serious exploration. Glycomics is the field of study that encompasses super sugars (we will give you the names of the ones that have been identified in a moment). More physicians are beginning to incorporate these sugars into their practice while drug companies are rushing to synthesize these sugars into new drugs. There are over 150,000 patents that have been issued related to super sugars, and two-thirds of these have been just since 1995.

Super sugars are evidence-based and the results are in the facts. The facts that have emerged from research are nothing short of amazing, but we want you to decide for yourself. Are there obvious benefits and results, or are these super sugars really just worthless sugar pills?

We are presently aware of nine very significant super sugars. Eight of these were presented by Robert K. Murray, MD, PhD, and published in the last six editions of Harper's Biochemistry.

The reason these are, indeed, super sugars, is not only their efficacy individually but the fact that scientists have discovered that they work together. They work together to strengthen the cell and cell membrane so the cell can become proficient with other cells to form your whole neurological communication and motor system.

In short, without these super sugars, you would have no quality of life. Some scientists debate that your body can produce all of these sugars without ingesting them if you have only glucose in your body to start with. It is theoretically correct that your body could manufacture the other sugars from just one. It is a fact, however, that while your body has the potential ability to manufacture them, your body does not manufacture enough of them because of the time and energy required and the enzymatic gymnastics necessary to make it happen.

The nine super sugars needed to build the communication system and the strength of your cells are:

- fucose (not to be confused with fructose)
- galactose
- glucose
- mannose
- n-acetylgalactosamine
- n-acetylglucosamine
- n-acetylneuraminic
- xylose
- trehalose

Trehalose is probably easiest to use of all of the above. The reason trehalose is easy to use is that:

- it does not require any thing other than changing what is in your sugar bowl
- it looks like regular table sugar
- it pours like regular table sugar
- while not as sweet, it has a pleasant taste with no aftertaste

The news is just starting to get out about these healthy sugars and you are some of the first to know. Most people would love to make simple changes in their diets that do not require extreme major effort while still rewarding them with beneficial results. Discovering that the simple changing of your table sugar could help you improve your long-term wellness and that of your children and grandchildren is exciting. Now that you have been introduced to the concept of healthy sugars, we believe you will want to find out more about how to do this.

In the future we will be offering you additional free articles that will educate you more about super sugars and how they can help you fight the effects of premature aging and the challenges we face from a toxic environment.