



MMA Vol. 6 Relationship between Sugar and Stress

Eastern Medicine categorizes diseases into 2 kinds.

One is caused by external conditions such as cold, heat, virus, etc.

Another is caused by internal conditions such as sadness, anger as mental stress, eating bad foods for a long time, etc.

Today I would like to talk about disease caused by internal causes.

The characteristics of this kind of disease are:

- Difficulty knowing when it occurred and clearly what caused it.
- Symptoms become strong when they are found.
- Mental Stress as a main cause.

Examples of such diseases are cancer, diabetes, thyroid problems, ulcerative colitis, etc.

Mental stress such as anger, sadness or doing something disgusting, creates a kind of hormone called adrenalin or epinephrine in our body and adrenalin raises blood sugar. Eating sugar causes this same condition.

Let me talk about SUGAR a little bit.

The white blood cells in the blood play a main role in our immune system and one white blood cell has the ability to eat 14 bacteria.

But if you eat one donuts, the ability drops down to 10, and if you drink one can of soda, it drops down to 0 (zero). That is to say, **eating sugar weakens your immune power.**

So if you have a chronic disease and keep eating a lot of sugar, you won't get better.

I think you understand this is something dangerous to our body.

Please be careful not to eat too much sweets.