

白糖危害您健康的多种因素

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除了会导致人体失去平衡外，过量的糖分可能会引发其它严重的后果。以下所列出的是一些从各种医学期刊和其它科学刊物摘下有关由糖所变化成的不良影响。



1. 糖会压制您的免疫系统，削弱您防御传染病的抵抗力。^{1,2}
2. 糖扰乱您身体系统里的矿物质平衡：造成铬和铜的缺乏，并干扰钙和镁的吸收。^{3,4,5,6}
3. 糖可导致儿童的肾上腺素迅速上升、好动症、焦虑、注意力难以集中和急躁症。^{7,8}
4. 糖能够显著提升总胆固醇量、甘油三酯及坏胆固醇，并降低好的胆固醇水平。^{9,10,11,12}
5. 糖会造成人体组织失去弹性和功能。¹³
6. 糖能喂养癌细胞及与许多癌症有关联，如乳癌、卵巢癌、前列腺癌、直肠癌、胰腺癌、胆管癌、肺癌、胆囊癌和胃癌。^{14,15,16,17,18,19,20}
7. 糖会增加空腹血糖水平，并可能会导致低血糖反应。^{21,22}
8. 糖使视力衰退。²³
9. 糖会导致许多胃肠道的问题，其中包括：呈酸性的消化道、消化不良、吸收不良等肠道疾病、增加罹患克罗恩病(Crohn's disease)和溃疡性结肠炎。^{24,25,26,27,28}
10. 糖可导致早衰。²⁹
11. 糖可导致酒精中毒。³⁰
12. 糖可使您的唾液变成酸性、引发蛀牙和牙周病。^{31,32,33}
13. 糖会造成过胖。³⁴
14. 糖可引起自体免疫性疾病，如：关节炎、哮喘、多发性硬化症。^{35,36,37}
15. 糖可极力促使白色念珠菌无节制地增长（酵母菌感染）。³⁸
16. 糖可导致胆囊结石。³⁹
17. 糖可引起阑尾炎。⁴⁰
18. 糖可引起痔疮。⁴¹
19. 糖可导致静脉曲张。⁴²
20. 糖可提高口服避孕药者对血糖和胰岛素反应。⁴³
21. 糖可造成骨质疏松症。⁴⁴
22. 糖可导致您对胰岛素的敏感性降低，从而导致胰岛素水平异常提高，并最终引发糖尿病。^{45,46,47}
23. 糖会降低您的维生素 E 水平。⁴⁸
24. 糖可增加您的血压的收缩压值。⁴⁹

25. 糖可引致昏睡及降低儿童的活动率。⁵⁰
26. 高糖量摄取会提高高度糖基化终产物 (AGE) (一种糖分子聚合物, 会破坏人体内的蛋白质)。⁵¹
27. 糖可干扰您的蛋白质吸收。⁵²
28. 糖会导致食物过敏。⁵³
29. 糖会导致妊娠毒血症。⁵⁴
30. 糖会增加儿童罹患湿疹的风险。⁵⁵
31. 糖可导致动脉粥样硬化症和心血管疾病。^{56,57}
32. 糖可损害 DNA 的结构。⁵⁸
33. 糖会影响蛋白质的结构, 并永久性地改变蛋白质在您体内所产生的功效。^{59,60}
34. 糖可使您的皮肤胶原结构产生变化、导致肌肤老化。⁶¹
35. 糖可导致白内障和近视。^{62,63}
36. 糖可引起肺气肿。⁶⁴
37. 高糖量摄取会破坏许多身体系统的平衡。⁶⁵
38. 糖会降低酵素的反应能力。⁶⁶
39. 帕金森氏症病患的糖分摄取量比一般人高。⁶⁷
40. 糖可增加肝细胞分裂而使肝脏变大, 同时增加肝脏的脂肪量。^{68,69}
41. 糖会增加肾脏的尺寸和造成肾脏病理学上的改变, 如形成肾结石。^{70,71}
42. 糖会损害您的胰腺。⁷²
43. 糖会增加您体液的滞留。⁷³
44. 糖是您肠胃蠕动的头号敌人。⁷⁴
45. 糖会危及您的毛细血管。⁷⁵
46. 糖会使您的肌腱更脆弱。⁷⁶
47. 糖会造成头痛, 包括偏头痛。⁷⁷
48. 糖会降低学习能力, 影响孩童的成绩, 而且会造成学习障碍。^{78,79}
49. 糖会增加 δ (Delta)、 α (Alpha)及 θ (Theta)的脑电波, 并改变您的思考能力。⁸⁰
50. 糖会造成忧郁症。⁸¹
51. 糖会增加您罹患痛风的风险。⁸²
52. 糖会增加您罹患阿尔茨海默氏病的风险。⁸³
53. 糖会导致荷尔蒙失衡, 如: 提高男性的雌激素含量、加剧经前期综合症, 并减少生长激素。^{84,85,86,87}
54. 糖可导致头晕。⁸⁸
55. 高糖分摄取量会增加自由基与氧化应激。⁸⁹
56. 高糖饮食会显著增加血小板粘附性及周边血管疾病。⁹⁰
57. 怀孕间摄取高糖分会导致怀孕期缩短和产下体型过小的婴儿(SGA)之双重风险。^{91,92}
58. 糖是一种会令人上瘾的物质。⁹³
59. 糖像酒精一样会令人感到兴奋。⁹⁴
60. 给早产儿食用糖可影响他们的二氧化碳制造量。⁹⁵
61. 减少食糖摄入量可提高情绪稳定度。⁹⁶

62. 糖在您的血液中变化成脂肪的指数是淀粉的 2 至 5 倍。⁹⁷
63. 糖会在肥胖者的体内快速被吸收，导致他们摄取过量的食物。⁹⁸
64. 糖会进一步使注意力不足过动症(ADHD)的儿童的症状恶化。⁹⁹
65. 糖不利于尿液电解质的组成。¹⁰⁰
66. 糖会减慢您的肾上腺功能。¹⁰¹
67. 糖在正常健康的个体中具有能导致不正常代谢过程的潜能，并会促进慢性退化疾病。¹⁰²
68. 由静脉喂养的糖水会阻断脑部的氧气。¹⁰³
69. 糖会增加罹患脊髓灰质炎的风险。¹⁰⁴
70. 高糖分摄取量可引起癫痫症发作。¹⁰⁵
71. 高糖造成肥胖者血压提高。¹⁰⁶
72. 在重症监护病房：减少糖分摄取量可拯救生命。¹⁰⁷
73. 糖可诱导细胞死亡。¹⁰⁸
74. 在少年康复营地中，当提供孩子们低糖的饮食，反社会行为可下降 44%。
75. 糖使新生儿脱水。¹¹⁰
76. 糖会导致牙龈疾病。¹¹¹

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