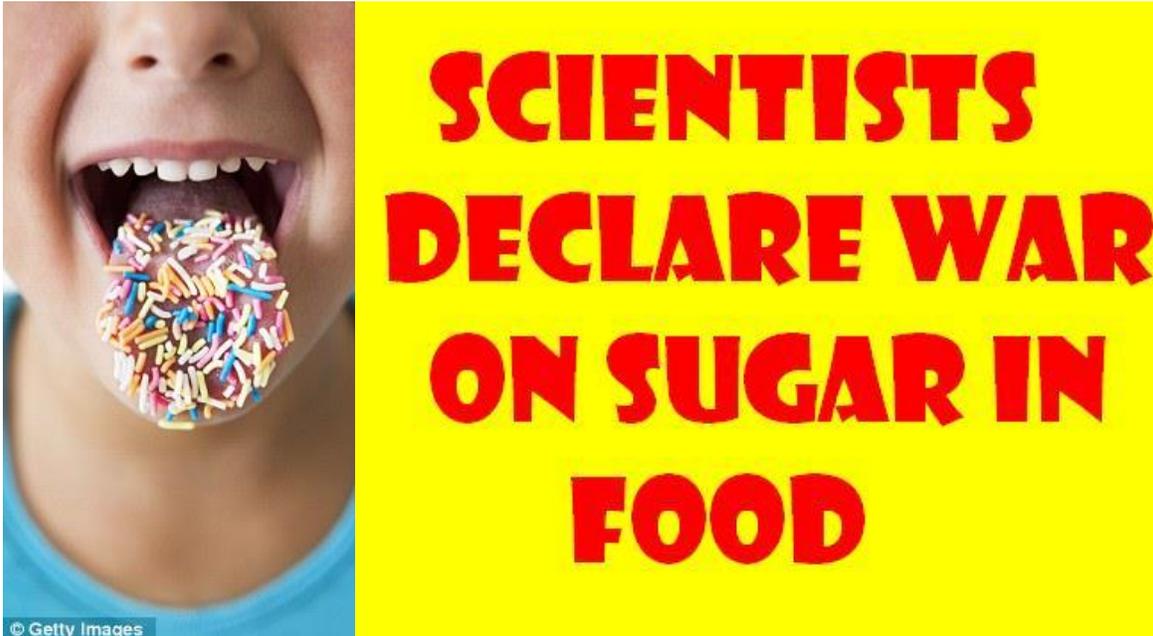


# Pure, white and deadly: No, not cocaine but sugar

By [DR ROBERT LEFEVER FOR THE DAILY MAIL](#)



Big brother: Scientists at the University of California have not said sugar should be illegal, but they are saying its sale should be regulated

Cocaine is pure, white and deadly but so is sugar.

Scientists at the University of California have not said that sugar should be illegal, but they are saying its sale should be regulated. Some hope!

The scientists point out that obesity is now a bigger problem in the world than malnourishment. I don't believe that. The populations of China, India, Africa and South America may know more about malnutrition than people living in California, but they may not have the scientists to study it or doctors to treat it. The developed world does not appear to know how the other half lives.

The American scientists say that sugar is a poison and that its sale should be as tightly regulated as nicotine and alcohol. Such hyperbole is not persuasive. They get publicity for going over the top but I doubt that they will have influence where it matters - in the shops and at the table.

That being said, they did draw attention to the fact that sugar not only makes people fat, but also changes the body's metabolism, raises blood pressure, throws hormones off balance and harms the liver. Its effects are similar to those of alcohol, which is itself made from sugar.

They claim that sugar kills 35million people in the world each year. Many will have died from diabetes or from heart attacks and strokes.

I certainly believe that sugar and alcohol are major contributors to these clinical conditions. However, it does not follow that the law should be involved in protecting people from themselves.

Nobody has been prosecuted - so far - for being fat in charge of a motor vehicle. But maybe that is on the agenda for the health fascists and nanny statisticians.



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Research: The American scientists say that sugar is a poison and that its sale should be as tightly regulated as nicotine and alcohol

One thing the researchers did get right was to say that teaching children about diet and exercise is unlikely to be effective. Children and adults do what we want, not necessarily what is good for us.

I myself have not eaten sugar or white flour for 27 years. I am addicted to them. They make me crave for more. I don't want death by chocolate.

Alcohol has the same effect on me as sugar so I don't drink it. I don't smoke because I can't stop when I start. Unlike Demi Moore, I don't drink caffeine in Red Bull or anything else.

The end result is that I am fit and healthy and I experience the full range of my feelings, rather than push them down with mood-altering substances. I enjoy my life enormously but I am not enormous.

The law should be involved when people are incapable of making rational judgements for themselves and when their behaviour is a risk to others.

We need to be able to identify those of us who have an addictive nature. Sometimes the law helps in identifying those people. This is why I support the decriminalisation but not the legalisation of drugs.

But to bring in the law to control the sale of sugar would make the law 'a ass, a idiot'.

## UCSF Scientists Declare WAR on Sugar in Food

[Erin Allday, Chronicle Staff Writer](#)

02/01/12



Like alcohol and tobacco, sugar is a toxic, addictive substance that should be highly regulated with taxes, laws on where and to whom it can be advertised, and even age-restricted sales, says a team of UCSF scientists. (*University of California San Francisco*)

In a paper published in *Nature* on Wednesday, they argue that increased global consumption of sugar is primarily responsible for a whole range of chronic diseases that are reaching epidemic levels around the world. The health care expense of sugar caused diseases is massive.

Sugar is so heavily entrenched in the food culture in the United States and other countries that getting people to kick the habit will require much more than simple [education](#) and awareness