



WHO remains silent about relation between diabetes and sugar addiction



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Is there a relation between high blood sugar levels (diabetes) and the excessive sugar intake, which has tripled over the last 50 years?

Scientists have shown with experiments on rats that sugar works like a drug. They allowed rats to regularly take in abundant amounts of sugar.

Over the course of time, the rats not only increased their intake, they also suffered withdrawal symptoms when denied the sugar and even after longer periods of abstinence they tended to relapse into addiction. The reason was that sugar increases the brain dopamine levels creating a sense of well-being.

Over time, the animals showed a habituation effect. For the same sense of well-being they needed more sugar. This is how their cycle of addiction started. The annual World Diabetes Day would be the perfect occasion for the WHO to make people aware of these relations. Despite the WHO's aspiration, "the attainment by all people of the highest possible level of health," it does not put a stop to the worldwide business with sugar addiction—much to the delight of the big global players in the food and pharmaceutical industry.

Why is that? We would like to conclude with a quote by British writer Aldous Huxley: "Medical research has made such enormous advances that there are hardly any healthy people left." Aldous Huxley, British writer (1894–1963)

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Sources:

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