

Sunday, Sept. 18



## HEALTH

Lawrence E. Lamb, M.D.

### Baloney about sugar

By Lawrence E. Lamb, M.D.

DEAR DR. LAMB — The other day I attended a meeting with a group of women. The speaker spoke about sugar and how bad it is for the body. She said we could avoid many diseases by avoiding sugar. She showed us how sugar was added to so many items on the market. Her family eats raw vegetables or dried fruit for snacks. They only have milk with dry bran cereal for breakfast. The rest of the day no one gets milk to drink. For lunch they have cheese and natural peanut butter and whole wheat bread.

For dinner they have lean meat, cooked and raw vegetables and a piece of cheese with raw fruit for dessert. We wonder if a young family with children would get enough calcium when consuming so little milk.

She showed us how a half teaspoon of brown sugar would weaken the arm for weeks. A person stood up with one arm stretched out shoulder height and she tried to press it down, but the arm stayed in place. Then she gave the person the sugar to eat and tried the same again. The person could not keep the arm stretched out.

DEAR READER — Watch out! You listened to show biz, not health information. She may be a well meaning individual but she is a bit off the beam about scientific facts.

That arm trick was plain fakery. It is in the realm of suggestive responses or hypnotism. One half teaspoon of sugar, brown or white, is not going to weaken a person's arm. Moreover it would take a minimum of 30 minutes for it to be dissolved and emptied by the stomach into the small intestine and finally absorbed into the blood stream. The brown sugar had nothing at all to do with the woman's arm response.

I can do the same thing without giving a person anything and so can anyone else who knows anything about the power of suggestion and hypnotism. It is just a parlor trick.

Sugar is glucose and fructose. You find both in fruit.

That dried fruit the woman's family eats contains the same sugars found in table sugar. The body doesn't know if the sugar came from the fruit or the sugar bowl. The big difference is that table sugar doesn't have any bulk or vitamins or minerals. After all, sugar comes from beets and cane.

The starch in vegetables and fruit is broken down to glucose in the small intestine before it is absorbed and it is the same glucose you get from table sugar. Milk sugar (lactose) contains glucose and galactose. The glucose is the same wherever it comes from. Fructose and galactose is converted to glucose in the body so it all comes out as the same basic food in the long run regardless of how it is packaged.

Sugar can be harmful if it means eating too many calories or using it in place of foods that provide important vitamins, minerals and bulk or in those individuals who seem to have yoyo blood sugar responses to eating sugar, but the problem is drastically overdone. Sweets between meals can cause dental problems (so can other foods between meals).

I am sending you The Health Letter number 3-8, Sugar and Starch: Carbohydrates. It will give you a sensible analysis of sugar and how it fits into the scheme of all the carbohydrate foods. Others who want the actual facts can send 50 cents with a long, stamped, self-addressed envelope for it to P.O. Box 1551, Radio City Station, New York, NY 10019.

The diet you describe is calcium deficient which can be a much bigger problem than a little sugar. The processed cheese and peanut butter may increase the fat and particularly the saturated fat consumption which could be bad.

(Dr. Lamb answers representative letters of general interest in his column. Write to him in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10019.)

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