

THE HARMFUL EFFECTS OF SUGAR

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Medical Disclaimer

The information in this presentation is not intended to replace a 1 one-on-one relationship with a qualified health care professional, and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dawn Cumings. I encourage you to make your own healthcare decisions based upon your research and in partnership with a qualified health care professional. This presentation is provided for informational purposes only and no guarantees, promises, representations or warranties of any kind regarding specific or general benefits, have been or will be made by Dawn Cumings. Dawn Cumings is not responsible for and shall have no liability for any success or failure, acts and/or omissions, the appropriateness of the participants decisions, or the use of or reliance on this information.



About Me

Hi I'm Dawn Cumings, a certified health coach also a registered nurse. I have a passion for helping people balance their blood sugars naturally.



How Does Sugar Affect the Body

➤ **Mouth**

➤ **Brain**

➤ **Heart**

➤ **Liver**

➤ **Pancreas**

➤ **Kidneys**

➤ **Gastrointestinal**

➤ **Blood Vessels**

➤ **Eyes**

➤ **Inflammation**

Mouth

- Dry Mouth
- Dental Plaque
- Cavities
- Gingivitis
- Bad Breath



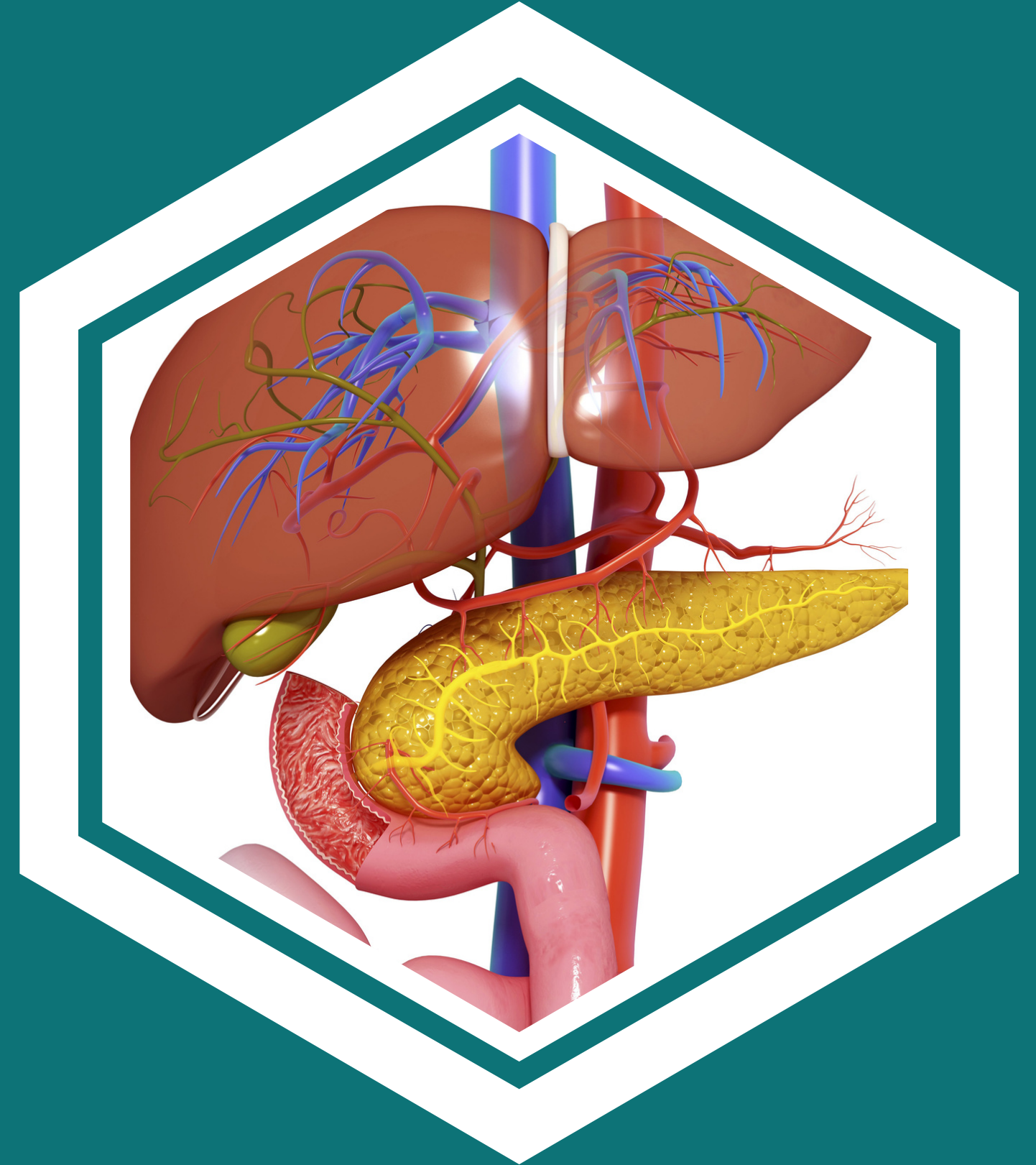
Gastrointestinal

- Yeast and unwanted bacteria love sugar
- GERD
- Gas, bloating
- Diarrhea, constipation
- Gastroparesis



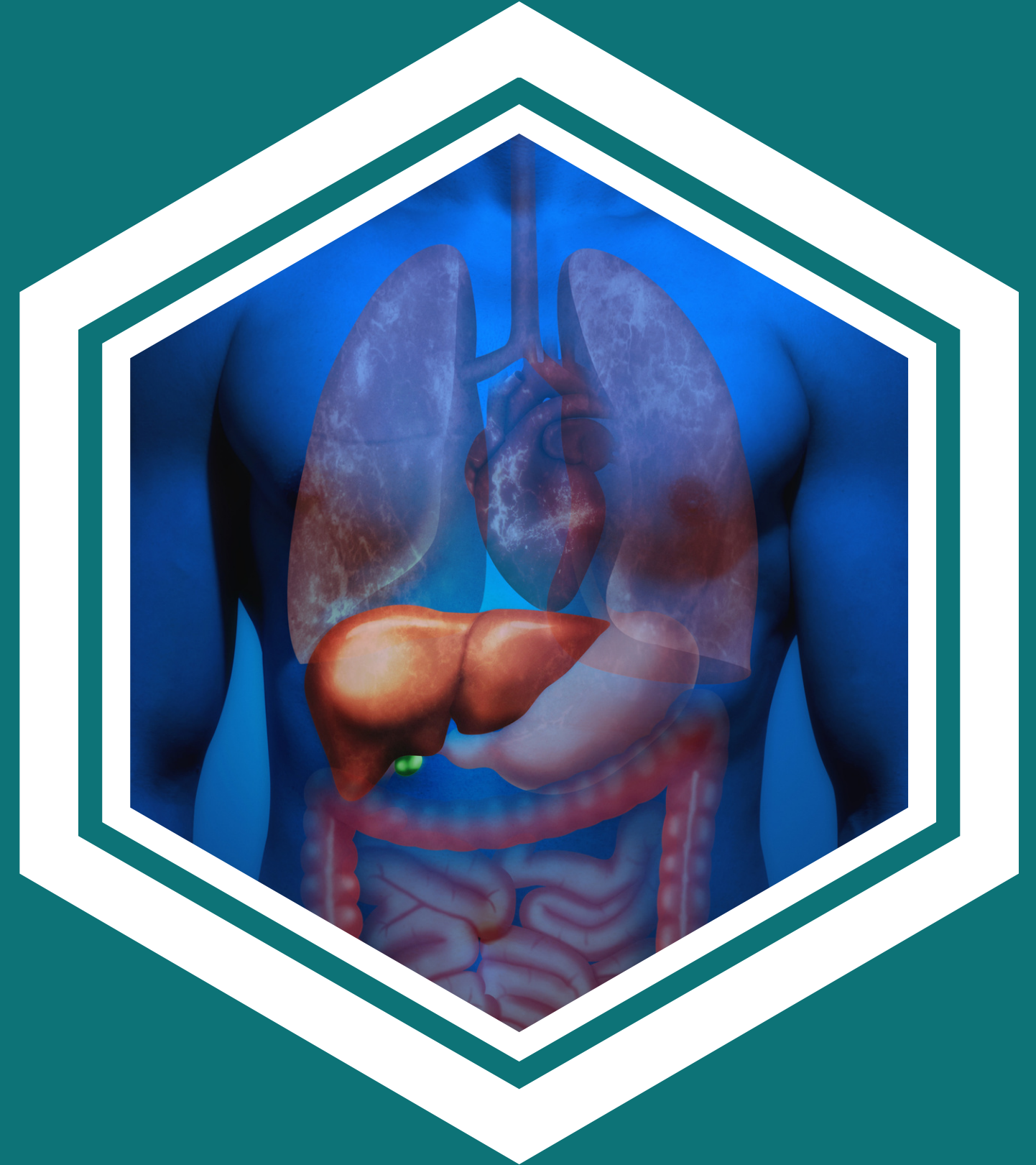
Pancreas

- Insulin resistance
- Overwork the pancreas
- Diabetes
- Pancreatic Cancer



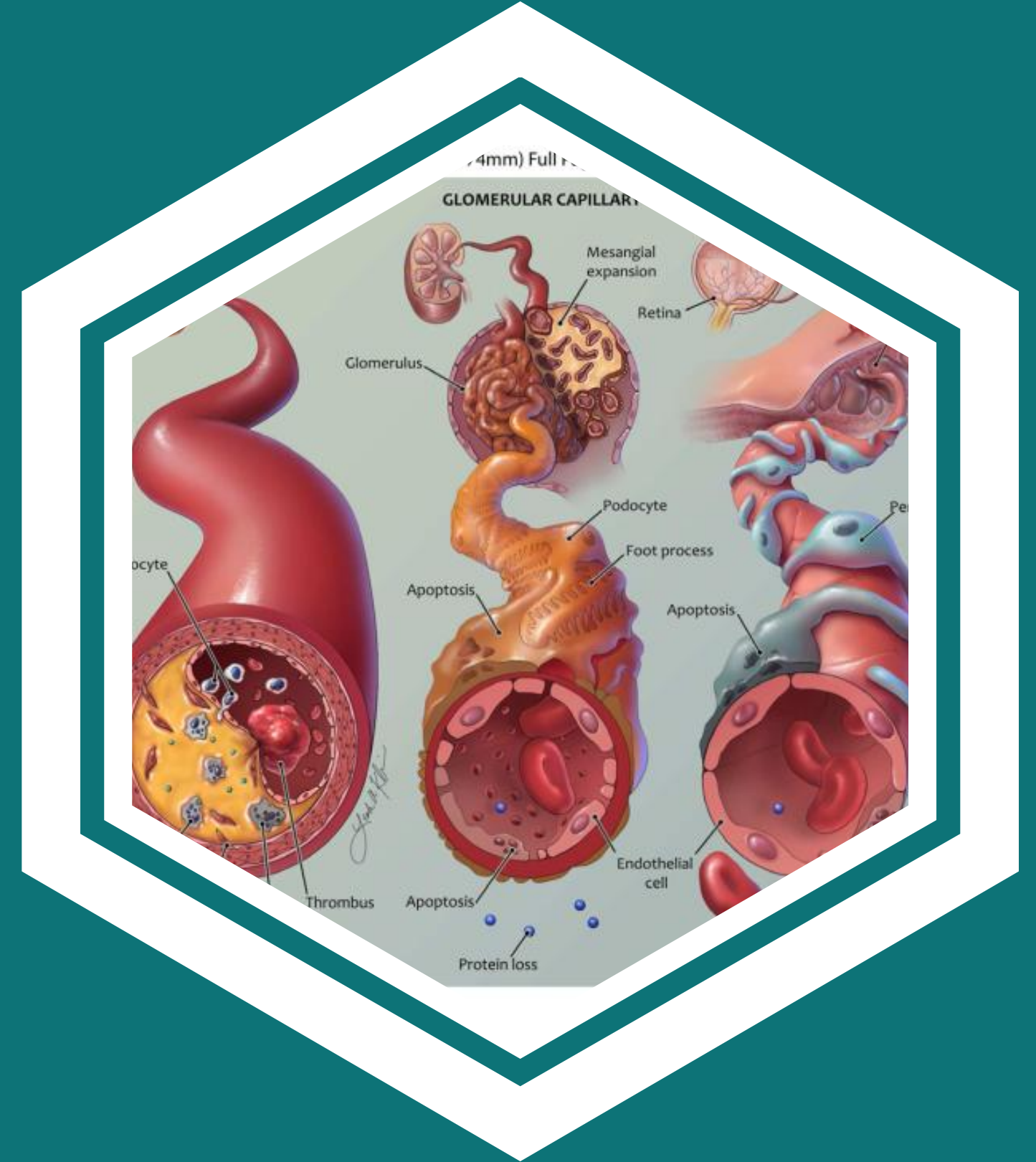
Liver

- Fatty liver disease
- Insulin Resistance
- Protein, Lipid, Carbohydrate metabolism



Blood Vessels

- Atherosclerosis
- Large and Small Vessels Affected



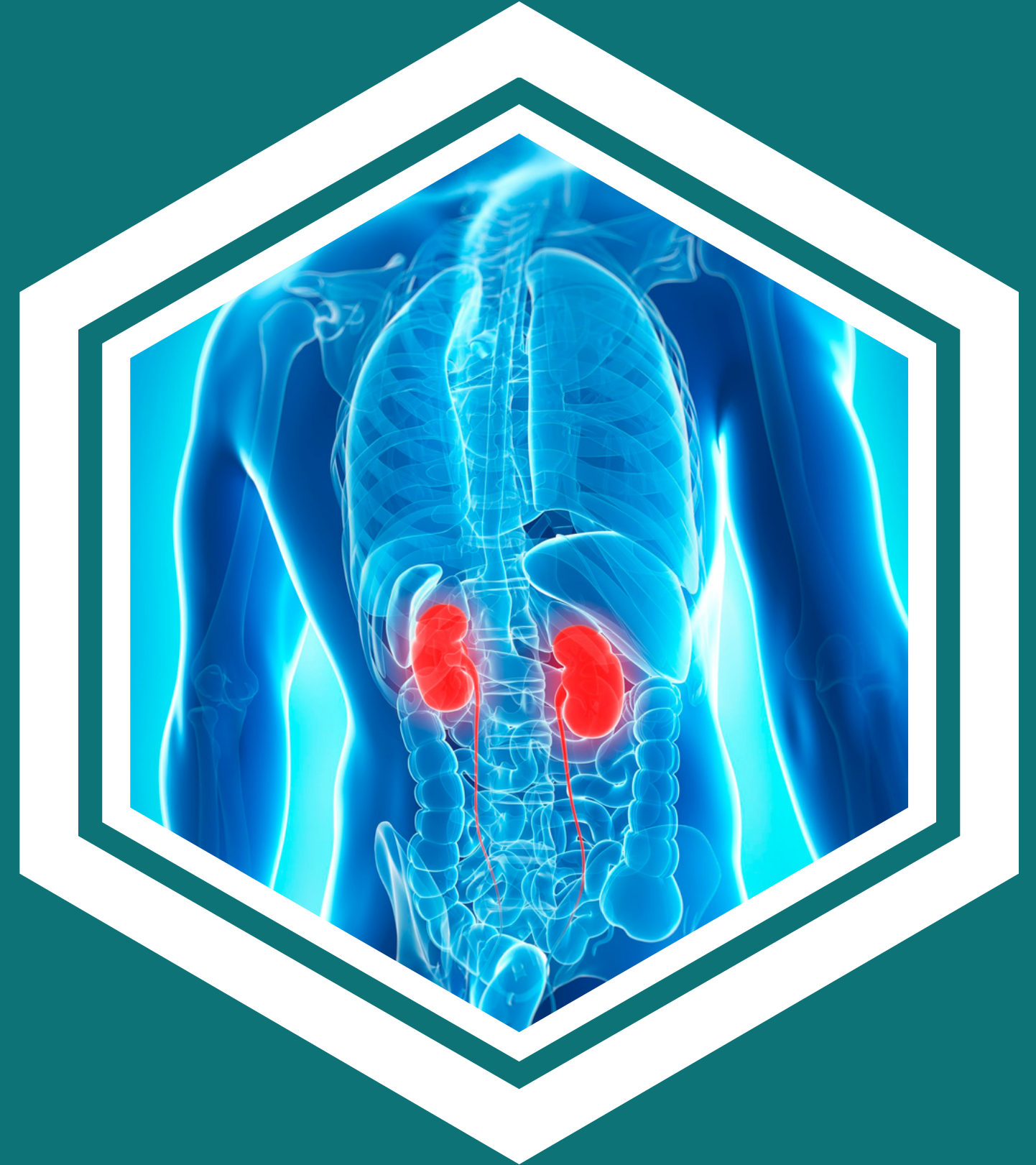
Heart

- Damage the blood vessels
- Damage the nerves in the heart
- High Blood Pressure



Kidneys

- Kidney stones
- Damage to microfiltering system of the kidney
- Kidney failure



Brain

- Addictive
- Depression
- Lack of Focus
- Brain Fog
- Cognitive decline



Eyes

- Blurry Vision - lens swelling
- Cataracts
- Glaucoma
- Retinopathy



Inflammation

- Joint pain
- Muscle aches



Disease Does Not Have to be Your Destiny



Small lifestyle changes will help to balance blood sugar



**THANK
YOU**

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