

Regular table sugar is 50 percent **Fructose** and 50 percent **Glucose**, and the two are metabolized very differently. Nearly every cell in your body was designed to use glucose for energy, especially your brain cells. However, fructose breaks down into a variety of toxins that can have devastating effects on your health.

Fructose has the following adverse metabolic effects:

- Fructose does not stimulate a rise in **Leptin**, so your satiety signals are suppressed.
- Fructose raises your **Insulin** and your **Triglycerides**, which effectively reduces the amount of leptin crossing your blood-brain barrier. This interferes with the communication between leptin and your **Hypothalamus**. Your brain senses starvation and prompts you to eat more.
- Fructose does not suppress **Ghrelin** like glucose does. Ghrelin is the "hunger hormone," making you want more food.

All of this also sets the stage for overindulgence and hence overweight, placing you on the path toward **Diabetes**.