

Sugar Related Diseases & More Resources:

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Dr. Mark Hyman on heart disease, obesity, cancer, dementia, liver failure, tooth decay, and more."
<http://drhyman.com/blog/2011/05/13/5-reasons-high-fructose-corn-syrup-will-kill-you/>

Dr. Josh Axe on cancer, obesity, liver disease, heart disease and leaky gut.
<https://draxe.com/high-fructose-corn-syrup-dangers/>

Mayo Clinic on weight gain, type 2 diabetes, metabolic syndrome and heart disease:
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/high-fructose-corn-syrup/faq-20058201>

Harvard Health article on the dangers of liver and heart disease from fructose: <https://www.health.harvard.edu/heart-health/abundance-of-fructose-not-good-for-the-liver-heart>

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Harvard Medical School on weight GAIN, addiction and type 2 diabetes:
<https://www.health.harvard.edu/blog/artificial-sweeteners-sugar-free-but-at-what-cost-201207165030>

The American Heart Association and American Diabetes Association on reasons to avoid artificial sweeteners:
<http://circ.ahajournals.org/content/early/2012/07/09/CIR.0b013e31825c42ee>

Findings that artificial sweeteners may cause obesity, heart disease and issues with pregnant mothers:
<https://www.sciencedaily.com/releases/2017/07/170717091043.htm>