



Hey Alejandro,

This sugar stat caught me by surprise... and I thought I already knew a LOT about sugar.

👉 Eating just 100 calories a day of sugar (which is about 25 grams of added sugars, or 6 teaspoons) is linked to **45 DIFFERENT** negative health outcomes.

Here's a quick rundown of how much (or how little!) sugar that is:

- 1 can (12 fl oz) of regular soda
- 1 cup (250 ml) of chocolate milk
- 1 cup (245 g) of sweetened yogurt
- 2 Tbsp of honey
- 2 Tbsp of maple syrup
- 2 Tbsp of regular ketchup
- 1 small glazed doughnut
- 2 small cookies
- 1 small candy bar

And just for clarification — that's not all of those things combined.

Each one of those items contains about 25 grams of added sugars.

And here are just SOME of the negative health outcomes linked with a high sugar intake:

- Heart disease

- Diabetes
- Obesity
- Asthma
- Depression
- Some types of cancer (including breast, prostate, & pancreatic)
- High blood pressure
- Stroke
- Obesity
- Liver disease
- High cholesterol

In addition to these, excessive sugar intake can negatively impact our lymphatic system, which plays a crucial role in our immune response and waste removal processes. **High sugar consumption can lead to inflammation, weakening the lymphatic system's ability to function effectively, and contributing to the development of chronic diseases and compromised immune defense.** This can result in toxicity manifesting in our bodies in many different ways, with symptoms including:

- Food sensitivities
- Indigestion
- Skin issues like acne
- Brain fog
- Constant headaches

Any issue you have may be linked to toxicity. Addressing just the symptom will never make it go away because the root is still there. Removing toxins from the body creates an environment that's pure and gives the body the space to do what it's good at - natural healing.

So what should you do about this?

It's true: Quitting sugar cold turkey can be tough. Also, swearing off ANY food is unsustainable for most of us. If you're ready to learn more about toxicity, grab

my book [Lymph-Link](#). Additionally, I recommend starting with stem cell extracts from [@natureprovidesus](#).

Here are the 5 stem cell extract products:

1. **Lymph Health:** for the support of the body's lymphatic system's overall health and flow.
2. **Immune Health:** has the go-to plants for protection and general immune system health.
3. **Total Body Detox:** supports & aids the elimination of the body's toxic burden and is an effective blood cleanser. (available for pre-order)
4. **Black Currant:** supports inflammation and detoxification.
5. **Betulinic Acid:** For apoptosis homeostasis. It is the best diuretic known to nature.

I talk more about these supplements [here](#) if you'd like to listen in.



Want to talk with me first? No problem! [Book a telemedicine appointment with us today.](#)

Simply give us a call at 📞 **(212) 243 5515**. Together, we can create a personalized plan to help you reduce sugar intake, manage toxicity, and achieve better overall wellness.

Yours in health,

A handwritten signature in black ink that reads "Dr. Loretta". The signature is fluid and cursive, with the first name "Loretta" being more prominent than the "Dr." prefix.

P.S. - Grab my most recommended detox products here!

REFERENCES:

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