

4 harmful effects from the road may not be known to you

Here are 4 dangerous dangers from the road that you may not have known. Stay tuned to know why we should limit eating sweet pastries!

1. 3 simple ways to treat numbness of the feet and toes
2. If your body has these 12 signs, you are eating too much sugar!
3. What will happen if you stop smoking now?

Sugar is an indispensable spice in every family's daily meals. Absorbing a moderate amount of sugar every day makes us feel better and more cheerful. However, few of us know that if the amount of sugar entering the body is more than permitted, it will cause very dangerous harm.

People probably don't know that **sugar has a negative effect on our teeth and waist**. However, this is not the only or even the worst impact that sugar has on our bodies. On the Bright Side page that gives you **4 dangerous dangers from the road, you may not know**, the reason to say "no" to the road.

Stay tuned to know why we should limit eating sweet pastries!

1. Sugar increases the aging process of skin



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One of the harmful effects of sugar is **to increase the aging process of the skin** . When entering the blood, the sugar links chemically with proteins like collagen and elastin - substances that ensure the youthfulness of the skin.

1. First of all, that interaction will destroy proteins (*collagen and elastin*). The destruction of collagen and elastin will dry the skin and appear more wrinkles on the skin.
2. Then create new harmful substances. For example, they make the skin weaker and easier to catch the sun, making the aging process faster.

2. Sugar promotes inflammation



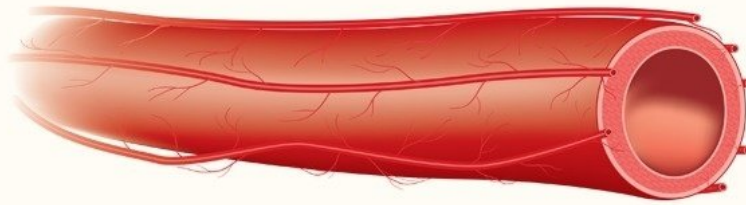
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Sugar exacerbates inflammation, meaning it promotes the appearance of pimples and wrinkles on your skin. It also increases the risk of many diseases such as arthritis.

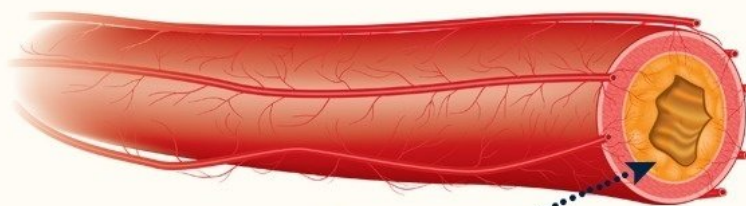
Even if we drink sweet tea to treat colds, the sugar will become a proliferation of bacteria in the already inflamed throat. Therefore, it shows that traditional methods not only do not bring efficiency but also harm the body.

3. Sugar causes cardiovascular disease

HEALTHY ARTERIAL WALLS



ATHEROSCLEROTIC ARTERIAL WALLS



Sugar

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During the 20th century, doctors thought that **cardiovascular disease** could be prevented by reducing the consumption of fat that raises cholesterol levels. Sugar is considered to be less dangerous than animal fat, and people continue to eat a fat-free diet but do not cut sweets.

However, by the 21st century, that concept was completely changed. Recent studies show that sugar significantly increases cholesterol levels, no less than animal fats. When absorbing a large amount of sugar into the body, they will cling to blood vessel walls, **hinder the process of blood circulation and cause cardiovascular disease** .

4. Sugar can cause depression

1. Studies show that **sugar can cause depression** . This happens because sugar lowers BDNF hormone levels, inhibited in people with depression and schizophrenia.
2. Other studies show that eating too much sugar can make your body **depressed and tired** .
3. In another experiment, it was shown that when the rats ate too much sugar, the results were that they became more stupid and dull. Scientists also warn that substances in sugar cause damage to the connections between brain cells, thereby **reducing your memory** .

These are the harmful effects of sugar that each of us needs to know. We hope this article can contribute to making your life better and better.

See also: What happens to your body after 10 hours of nail polish?

Having fun!

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