

If your body has these 12 signs, you are eating too much sugar!

So how do you know if you eat too much sugar? Please join us in reference to 12 signs that you are eating too much sugar below!

Sugar is important and indispensable for the functioning of the internal organs. However, eating too much sugar can be counterproductive.

1. What miracle will come to the body when holding hands in these ways?
2. 7 warning signs your body is "calling for help"
3. How to drink water? See advice from experts!

Most of us think that only people with diabetes have high blood sugar levels. However, this is not the case. Anyone can experience high blood sugar and it can cause great damage to nerves, blood vessels and other organs.

On the Bright Side site believes that to prevent complications, it's important to recognize symptoms promptly and take appropriate measures. So how do you know if you eat too much sugar? Please join us in reference to **12 signs that you are eating too much sugar** below!

1. Frequently feel hungry



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High blood sugar is the agent that prevents cells from absorbing glucose. As a result, the body does not receive energy and keeps asking for more food: it is a vicious circle.

2. Or tired



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When blood sugar is too high, the body will not be able to store and absorb glucose properly. This will lead to energy not being used effectively, making body cells not receive the fuel they need. Therefore, people with high blood sugar often feel tired but not sure why.

3. Continuous urination



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If the blood sugar is too high, the kidneys cannot absorb the liquid. Therefore, the body must try to balance the concentration of glucose in the blood and in the cells, dissolving blood with the fluid in the cell, thereby making the glucose concentration normal. This leads to frequent urination.

4. Quickly thirst and feel dry mouth



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The mouth is dry and always feels thirsty, which is how the body responds when **losing a serious amount of fluid** . This causes the hypothalamus (*in the brain*) to assess the degree of dehydration and thirst, and then send the corresponding signal to the brain. Of course, this will prevent you from refusing to drink water, but in this case it is better to choose sugar-free water or tea.

5. Lose weight

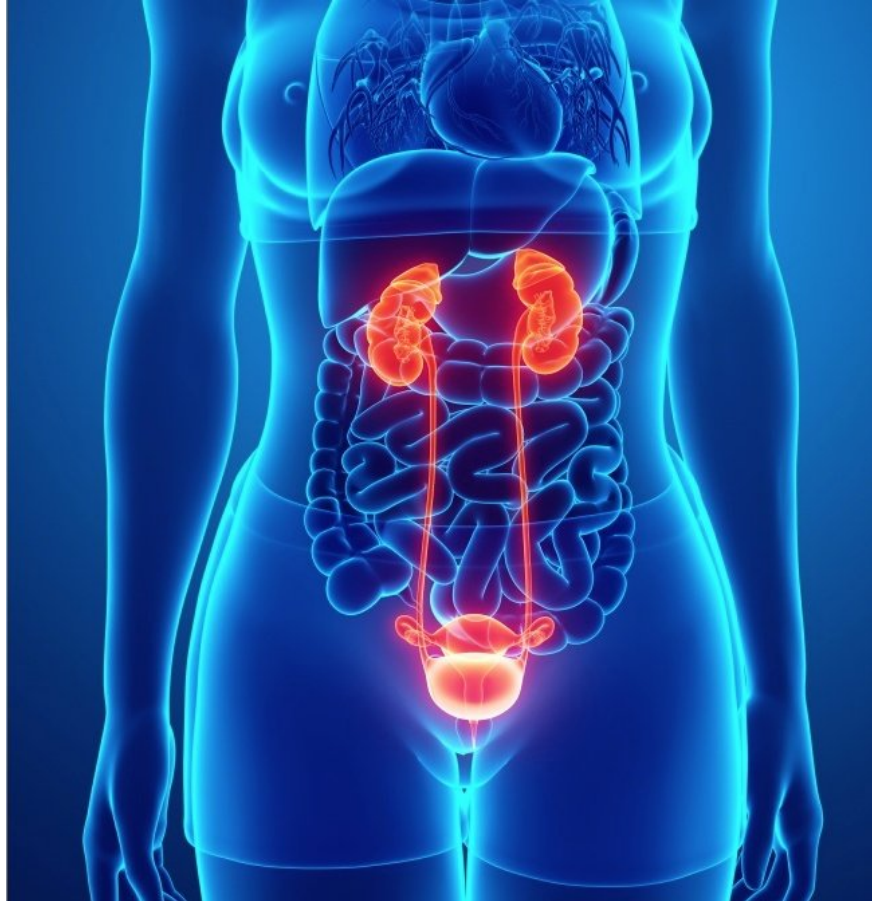


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High blood sugar levels can make you **lose weight** in a short period of time, whether you eat regularly and foods high in calories. And here are some reasons for this:

1. Dehydration due to frequent urination results in low levels of fluid throughout the body, leading to reduced weight.
2. When insulin levels are not enough to metabolize glucose, the body will turn to **burn fat** .
3. A large amount of urine has a high level of glucose, which makes the body consume more calories than usual. This is how the body tries to remove excess sugar from the body.

6. Infectious diseases



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Urinary tract infections (UTIs) and yeast infections can occur in both men and women. However, they are more common in women when the body has high sugar or diabetes. A high amount of sugar in the body will create an environment that is no better for the reproduction of yeast and pathogenic bacteria.

See also: 3 minimum things to do to have a healthy life

7. Dry skin



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Increased sugar levels disrupt the activity of sweat glands and affect the moisture balance in the skin. Dry skin may be related to high blood sugar levels for a number of reasons:

1. Excessive urination causes dehydration, which can lead to dry skin.
2. Skin problems in the feet are a sign of **atherosclerosis** - hardening, narrowing of the arteries and a decrease in blood circulation - a common symptom in people with diabetes.
3. Damaged nerves can disrupt the normal functioning of sweat glands and affect the balance of water in the skin.

8. Distracting



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High sugar levels prevent glucose from entering the brain cells, making it difficult for the brain to **absorb energy** . This affects the speed of brain thinking and decision making.

9. Reduced vision



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Amblyopia is also a side effect of dehydration because blood sugar is too high - it also seriously affects eye cells. Therefore, our eyes are often blurred and lose the ability to focus on observing accurately at anything else.

10. The wound on the body heals



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This causes **blood vessels to be damaged** by high blood sugar. Since then, adversely affects blood circulation, especially in the legs and arms, the lack of nutrition of tissues, making the wound healing process take longer.

11. Erectile dysfunction



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This can happen when blood sugar is high. Difficulties in maintaining an erection can also occur when blood sugar levels are high. Healthy erections require healthy nerves, good blood flow and hormonal balance. However, an excessive amount of sugar in the blood can adversely affect the operation of this system.

12. Hard



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According to research shows, people with high blood sugar often feel anxious, frustrated and irritable. Because the brain depends on the supply of certain glucose and the "jump" of this glucose supply will negatively affect all body activities. As a result, our mood is always worse than usual.

In addition, sugar also affects the absorption of other nutrients related to mood: chromium. This mineral is extremely necessary to maintain blood sugar stability thanks to insulin, cleansing blood sugar and our bodies will not be able to function normally without it.

It is because of the above harms that right now, let's practice for yourself to use the road properly.

See also: Apply these 10 methods if you often lose sleep!

Having fun!

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