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Functional Medicine

**TWEET GM #39**

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Title

Created

**I HAVE BEEN SHOUTING THIS WARNING FOR AT LEAST 10 YEARS!**

We have just posted QUOTE GM #39 today, which you will hopefully read.

This article has just been "e-published" and will only be published by *The Journal of Pediatrics* in the New Year. Finally, we access such information duly stated by a prestigious peer-reviewed medical journal: not too soon!

It appears that **sugar** intake, especially from soft and/or sweetened drinks, increases the risk to develop moderate-to-severe **acne**. All those terrible drinks are equally targeted: not just carbonated sodas, but also sweetened tea drinks and fruit-flavoured drinks. Once adolescents reach more than 100 grams of sugar daily intake "from any type of soft drink", their odds ratio for developing *acne vulgaris* exceeds 3 folds: they easily get there...

What would you then think is the treatment they receive: antibiotics that further upset intestinal microbiota! Are they told to reduce sugar intake? No, or rarely. Always reacting with (damaging) drug, which shows easier than modifying dietary or lifestyle habits, of course. That does not work!

For at least 10 years (rather 15 in fact) I have been shouting about giving processed fruit juice plastic bottles for kids' morning breaks to replace the buying of soft drinks from vending machines, which have been banned in most schools. Such juices contain little fruit but loads of "HFCS" or high-**fructose** corn syrup that allows expiry dates in months if not years. Plus, juicing fruit eliminates beneficial fibres while making fructose much more aggressive to spike blood sugar level. All that is offered in plastic bottles full of endocrine disruptors, which together with lots of sugar/fructose will probably add insulin resistance if not prediabetes or obesity to skin ordeal.

The problem was that 10 or 15 years ago, everybody (including all health authorities) were blaming fats for being fat. Sugar was great for giving the energy kids need to play and grow; fructose was even better and always highly recommended to diabetics because it was not insulinogenic. What a joke: fructose is by far the most diabetogenic sugar of all, unfortunately.