

Sugar:

The Sweet Enemy Sabotaging Your Health

Dr. Bilkisu Gaye



Test your knowledge!

(Answers at the end)

- 1.** Agave is a healthy alternative to sugar and definitely to high fructose corn syrup
- 2.** Sugar may be more addictive than cocaine
- 3.** You can lose weight by replacing sugary drinks with diet drinks



Harm caused by SUGAR



DIABETES

-Spikes Blood Sugar



HEART DISEASE & STROKE

-Sugar increases triglycerides, insulin, weight, stress hormones. Lowers HDL and causes blood to thicken

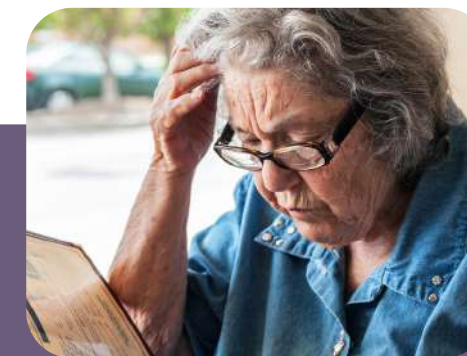


CANCER

-sugar and weight gain are directly linked to cancer



DEPRESSION



DEMENTIA



-It causes inflammation & accelerates weight gain

Things you need to **KNOW**



1.

Sugar is the bad guy
and not fats

5.

Artificial sweeteners
are bad for you

2.

Sugar is addictive

6.

Sugar alcohols

3.

Quit sugar and get
healthy rapidly

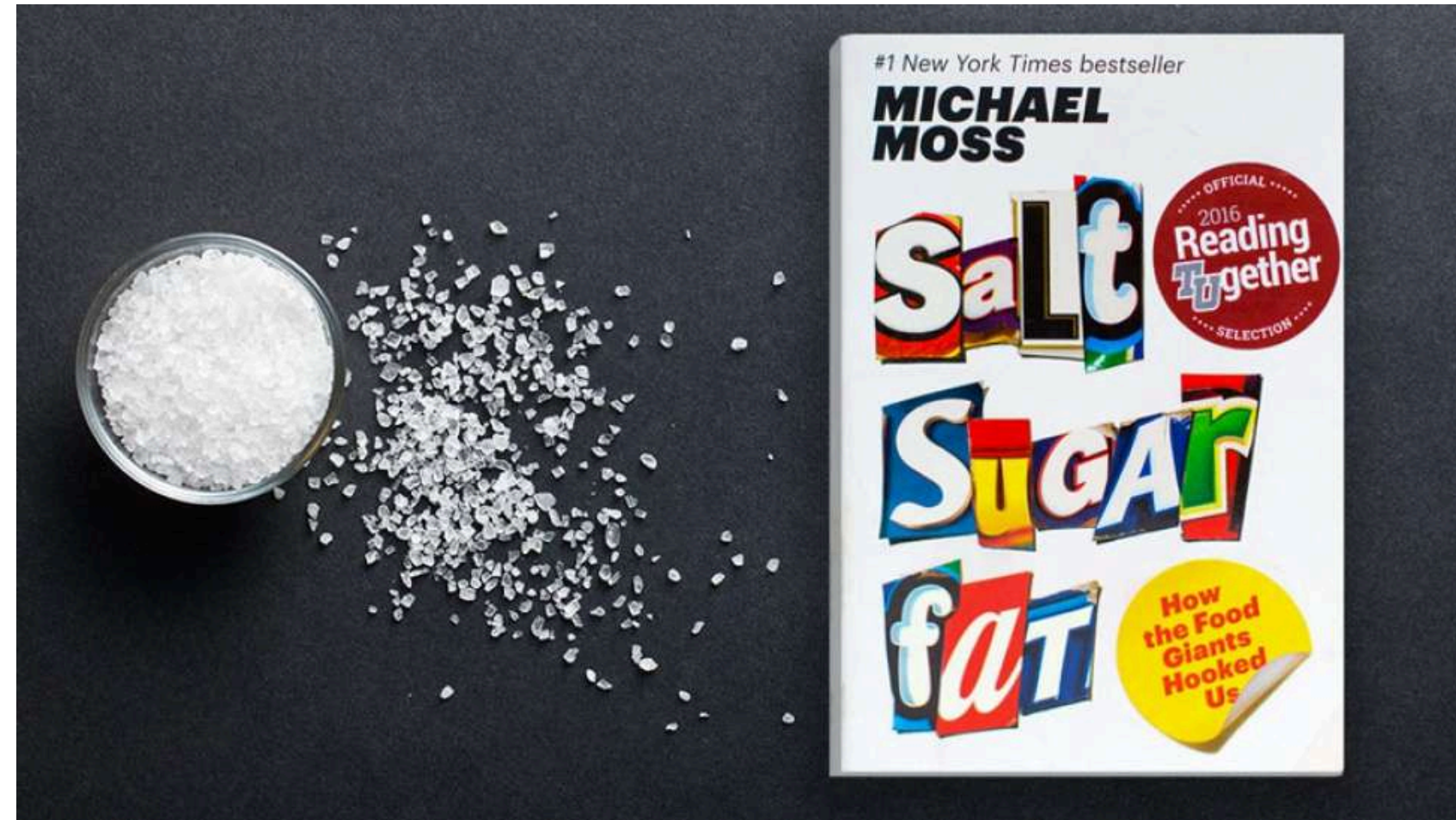
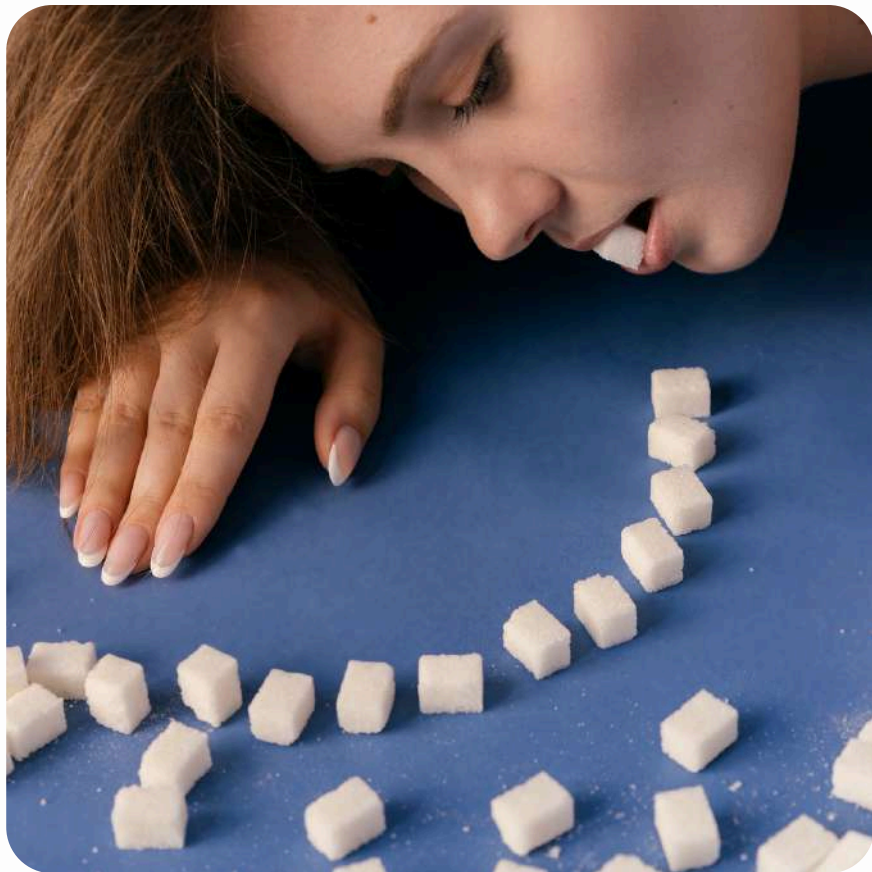
7.

What to know about
natural sweeteners

4.

Many ways to say
sugar

SUGAR is addictive



Alters body's metabolism and brain chemistry. Abstain and suffer intense cravings.

Increase blood flow to nucleus accumbens: regulates cravings, rewards and addictive behaviors. Think Cocaine, gamblers & alcoholics.

Sugar produces binge-like behavior. Biologically addictive. Food industry knows this and uses it for profit.

the Health Benefits of eliminating Sugar



Research shows that eliminating sugar from your diet, even for just **10 days**, can have a dramatic impact on your health. In fact, studies demonstrate measurable improvement in symptoms across virtually all **chronic diseases** — from heart disease and diabetes to autoimmune conditions, digestive disorders, and even anxiety and depression.



Sugar fuels **inflammation, hormonal imbalances, and gut dysfunction**. Once it is removed, the body begins to repair itself almost immediately. Patients often report improved energy, clearer thinking, better sleep, and reduced cravings within days of cutting sugar.



This is the foundation of the **10 + 20 Longevity & Lifestyle Reset**. By starting with a 10-day sugar and processed food elimination, you allow your metabolism, digestion, and immune system to reset. Over the following 20 days, foods are **reintroduced strategically**, giving you the opportunity to observe how your body responds and identify hidden triggers that may be causing weight gain, fatigue, inflammation, or poor mood.

DESIGNED 4 WELLNESS
The Spa House

THE 10+20 PROGRAM

THE 10+20 PROGRAM

- Our flagship program, the 10 + 20 Program, is a 30-day diet and lifestyle reset designed to help you connect the dots between what you eat and how you feel.

<p>30 DAYS</p> <p>Our program helps you establish a strong foundation for long-term health and happiness, connecting your dietary choices with your overall well-being.</p>	+	<p>EXPERT GUIDANCE</p> <p>Led by Dr. Bilquisi Gaye, a physician with 10+ years of experience and an expert in nutrition and weight loss.</p>	+	<p>MINDFULNESS COACHING</p> <p>Support from a clinical psychologist, Dr Claudia Coker, who will guide you in stress management and mindfulness techniques.</p>
<p>PERSONAL FITNESS TRAINER</p> <p>Receive a customized fitness program from a certified trainer tailored to your goals and needs.</p>	+	<p>NUTRITIONAL EDUCATION</p> <p>Learn to read food labels, avoid hidden sugars, and build a sustainable, healthy lifestyle.</p>	+	<p>SUPPORTIVE COMMUNITY</p> <p>Weekly check-ins, Q&A sessions, and accountability to keep you motivated.</p>

Dr. Bilquisi Gaye



WHY 10 + 20?

This Program will help you:

- ▶ Understand how food affects your body and mental well-being.
- ▶ Manage stress through mindfulness with our clinical psychologist.
- ▶ Break free from sugar addiction and processed food traps.
- ▶ Get fit with a personalized workout plan from your own trainer.
- ▶ Create a sustainable, healthy lifestyle for long-term success.

Learn More Here: <https://www.designed4wellness.us/nutrition>

Because the program is **science-based**, it delivers effective and measurable results. Improvements often include:

- Better energy and stamina
- Improved digestion and reduced bloating
- Balanced blood sugar and reduced cravings
- Weight loss without calorie counting
- Deeper, more restorative sleep
- Sharper focus and improved mood

By combining whole-food nutrition with movement, mindfulness, and restorative practices, the **10 + 20 Reset** goes beyond a simple cleanse. It equips you with the knowledge and habits to sustain these benefits for the long term — transforming your health at the root level.

Sugar's Many Disguises

- The food industry has become an expert at hiding sugar in plain sight. It shows up under dozens of different names — from “*evaporated cane juice*” to “*brown rice syrup*” to anything ending in *-ose*. These tricks make it easy to overlook just how much sugar is sneaking into your diet. That’s why I created a **cheat sheet** for you — a simple guide to help you spot sugar’s many disguises on ingredient labels so you can make smarter, healthier choices and avoid being fooled.



Tip: If it ends in *-ose*, contains “*cane*,” “*malt*,” or “*syrup*,” it’s probably sugar.



AGAVE



Pure fructose. causes fatty liver, diabetes, inflammation, increases bad cholesterol

ANYTHING WITH "CORN"
OTHER THAN WHOLE CORN



E.g. corn sweetener, high fructose corn syrup, etc

ANY DERIVATIVE OF RICE,
EXCEPT RICE VINEGAR



E.g. brown rice syrup

ANYTHING BEGINNING
WITH "CANE"



E.g. cane juice or cane syrup.
Infact any fruit concentrate or juice in list of ingredients = sugar

ANY WORD WITH SUFFIX "-OSE"



E.g. fructose, dextrose, trehalose, sucrose, dextrose, maltose

Many ways to say sugar. Don't be fooled!

ANYTHING WITH THE WORD "MALT"



E.g. malt syrup or flo-malt, maltodextrin

ANYTHING WITH PREFIX "ISO-"



E.g. isomaltulose, isoglucose

ANYTHING WITH WORD "SYRUP"



E.g. sorghum syrup, corn syrup..

ANYTHING SWEET



like Molasses

ANYTHING WITH WORD "SUGAR"



E.g. date sugar, coconut sugar, beet sugar, brown sugar, confectioners' sugar

The Dangers of Artificial Sweeteners



- Artificial sweeteners may seem like a healthier swap for sugar, but research shows they come with their own risks. They can **disrupt your gut microbiome, increase cravings,** and even interfere with **insulin sensitivity,** making weight loss harder. Some studies also suggest possible links to long-term health issues, including **metabolic disorders.**

The best approach is to limit both sugar and artificial sweeteners — and focus on **real, whole foods** instead.

INGREDIENT

BRAND NAMES

- Aspartame

NutraSweet, Equal



- Acesulfame K

Sunett, Sweet One



- Neotame

Newtame



- Saccharin

Sweet 'N Low



- Sucralose

Splenda



Sugar Alcohols & Gut Health

- Sugar alcohols, commonly found in “sugar-free” foods, are often marketed as healthier alternatives to refined sugar. However, most of these compounds (**such as sorbitol, maltitol, and xylitol**) are poorly absorbed in the small intestine, allowing them to ferment in the gut where they can disrupt the microbiome and cause bloating, gas, or loose stools. For individuals working to heal their digestive health, these side effects can be particularly problematic.

If choosing from this group, **erythritol** is generally better tolerated, as it is absorbed into the bloodstream and excreted unchanged in the urine—meaning it does not significantly disrupt the gut environment, nor does it raise blood sugar or insulin levels. Still, **moderation is key**, as even gut-friendly substitutes can interfere with long-term metabolic and microbiome balance.



Food Facts

- Fewer calories than sugar
- Derived from plants: fruits/vegs
- Candy, bubble gum, cough drops, chewable vitamins
- Suffix “-ol”

Poor absorption

- We don’t absorb them very well causing diarrhea, bloating, flatulence
- Disrupt gut microbiome
- Bacterial overgrowth

If you must

- Erythritol is almost calorie free
- 60% as sweet as sugar
- Absorbable
- Doesn’t cause digestive issues
- Does not raise Blood Sugar or Insulin

Natural Sweeteners & Metabolic Health



- Don't consume more than 5 teaspoons in a day

- Natural sweeteners such as **honey, maple syrup, coconut sugar,** and **molasses** are often seen as healthier choices because they contain small amounts of minerals and antioxidants. However, in functional medicine we recognize that your body still processes them as sugar, and they can raise blood glucose and insulin just like refined sweeteners when consumed in excess. While these options may be used occasionally in small amounts, they should not be considered a *“free pass.”*

The healthiest approach is to keep natural sweeteners as **occasional flavor enhancers** rather than daily staples, allowing room in your diet for **nutrient-dense whole foods** that truly support metabolic balance.

Good News

- Date sugar
- Blackstrap Molasses
- Dark Molasses

Bad News

- Agave
- Corn syrup
- Brown rice syrup

Almost as good

- Maple syrup
- Raw honey

Plant-Based Non-Nutritive Sweeteners



Stevia and monk fruit (luo han guo) are *natural, plant-derived alternatives* that **do not significantly raise blood sugar or insulin levels.**

Unlike sugar alcohols, they are generally well-tolerated by the gut and do not contribute calories or disrupt metabolism in the same way that refined or natural sugars do.

These sweeteners can be useful tools for those seeking to reduce sugar intake without sacrificing sweetness, especially in a **functional medicine approach** focused on:

- *Stabilizing blood sugar*
- *Supporting hormone balance*
- *Protecting gut health*

Still, **moderation is key:** relying heavily on any form of added sweetener—natural or not— can perpetuate cravings for overly sweet foods and make it harder to *reset the palate toward whole, nutrient-dense meals.*



Sweeteners to Avoid



Artificial sweeteners such as **aspartame**, **sucralose** (Splenda), and **saccharin** may seem like *low-calorie* or “*diet-friendly*” options, but they come with **significant risks**.

Research shows they can:

- *Disrupt the gut microbiome*
- *Increase cravings for sugar*
- *Interfere with healthy metabolism*
- *Contribute to weight gain and insulin resistance over time*

In **functional medicine**, we view these **synthetic additives** as *harmful chemicals* that undermine both digestive and overall health.

For **long-term wellness**, these artificial sweeteners should be **avoided completely** and replaced with *natural, minimally disruptive alternatives* like **stevia** or **monk fruit**—when sweetness is truly needed.



THANK
YOU!



Designed4Wellness is a **subscription-based practice** currently open to seeing patients in **Georgia**.

Patients receive personalized care with an emphasis on *longevity, lifestyle medicine, hormone health, and disease prevention.*

This model allows for deeper **physician-patient relationships** and more *effective, continuous support.*

Follow Dr. Gaye on social media for expert hormone and longevity tips, recipes, and daily inspiration.



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Website: <https://www.designed4wellness.us/>



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FALSE

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Sugar maybe more addictive than cocaine

TRUE

3.

You can lose weight by replacing sugary drinks with diet drinks

FALSE