

## SUGAR – This Is Why You Really Need To Be Careful Consuming It



When sugar was first discovered – “the reeds which produce honey without bees” – it was considered a “fine spice.” But that all changed from the year 1500 AD when technological improvements and New World sources turned it into a cheap, bulk commodity.

Here are a few points on the disadvantages of sugar consumption and how to combat them in your everyday life, thanks to Health Renewal. To be honest, it's actually not that difficult.

Read full article here:

<http://www.2oceansvibe.com/2016/02/04/sugar-this-is-why-you-really-need-to-be-careful-consuming-it-audio/>