

Sugar, you're bad...

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BSA reader asked: 'Can my blood sugar balance affect my skin? I read an article saying it causes wrinkles and [inflammation](#) that can lead to breakouts. Is this true and how can that be? Surely sugar can't be that bad for you?'

We asked Dr Maurits Kruger from Skin & Body Renewal. Here's what he had to say:

Yes, sugar is that bad for you. Although our bodies require glucose to function normally, the consumption of refined sugar and carbohydrates have a significantly detrimental effect on our bodies.

Ever wondered why it's so hard to cut back on your sugar intake? Well studies have shown that the same reward circuits in our brains light up when we consume sugar, as when recreational drugs are used. Avoid it as much as possible, it really is not good for you for reasons far beyond you skin. Here are just some of the ways it can affect you...

To read the full article visit:

<http://beautysouthafrica.com/healthy-living/sugar-youre-bad>