

The Special Dangers of Sugar to Women Over 40

[Video Transcript](#) of the Interview with Dr. Northrup

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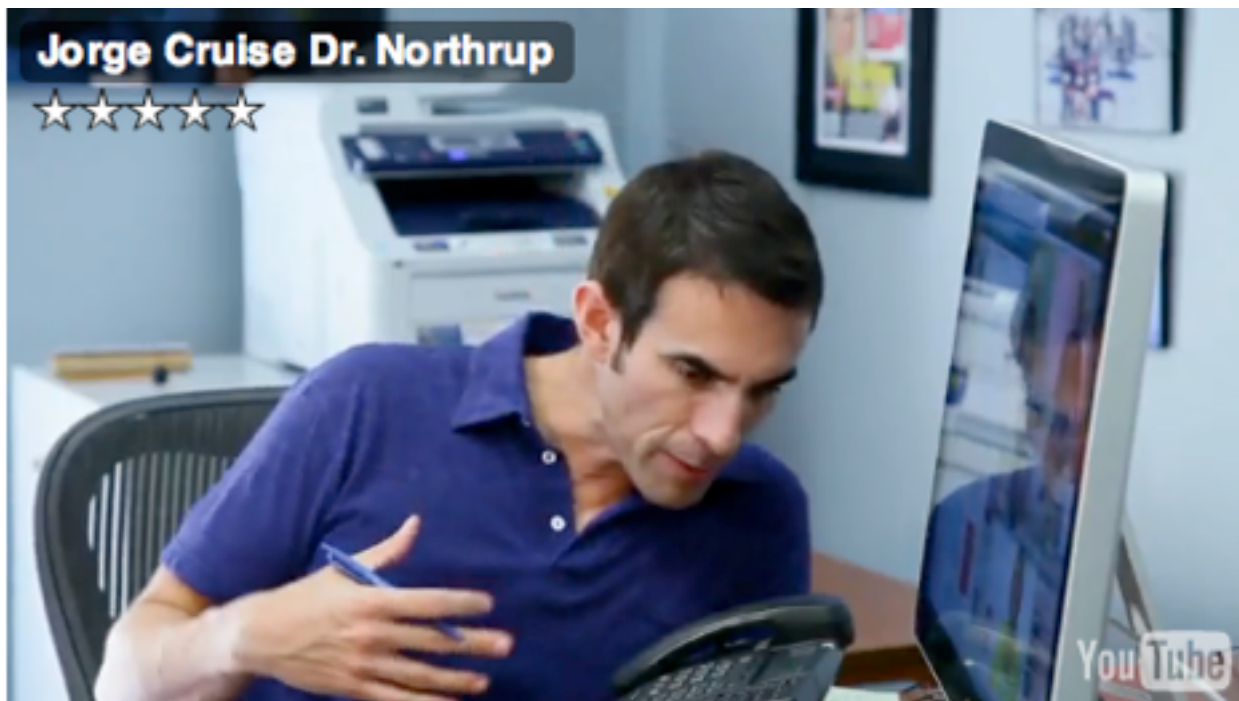


Jorge Cruise interview w/Dr. Northrup – January 2010

If you're over 40 and you're concerned about health issues outside of the belly fat, I've got a video you've got to watch. And this is for women particularly – sorry, guys – but for the women that are over 40. because so many of my clients are in this stage of their lives where they're entering a new phase of their life and probably the gal, or the woman, or the doctor, who is the expert is this woman here – Christiane Northrup. She's been on *Oprah*, she's written probably, truly the most empowering book out there on menopause and perimenopause

as well. And she is an extraordinary expert. She's been on *Oprah*; she's been on all the shows. She rarely gives interviews so I have her number, and she's waiting for us to take her call. And we're gonna talk about sugar and the effect, the special dangers to a woman's body who is over 40 and what it can do to our bodies if you're a woman. So let's listen in and see what we get.

So, Dr. Northrup, tell us, I know a lot of, you know, a lot of the people I work with, a lot of my clients that are following The Belly Fat Cure – just clients that are new to what I'm talking about, this whole way of living and doing these carb swaps so that they're more aware of smarter ways to eat. But I've heard you talk about this, and I would love to get your feedback, Dr. Northrup, on what specifically sugar does to a woman's body



who's in her 40s or a little beyond that, you know, and how, if

there are dangers, I want to hear what you can share this us. Because I think this is a very important topic for women over 40.

Dr. N: All right. So the first thing that I can tell you is – it is the decade of your 40s when you're going through perimenopause, which simply refers to the years around the final menstrual period. Menopause itself is the final menstrual period.

Yup.

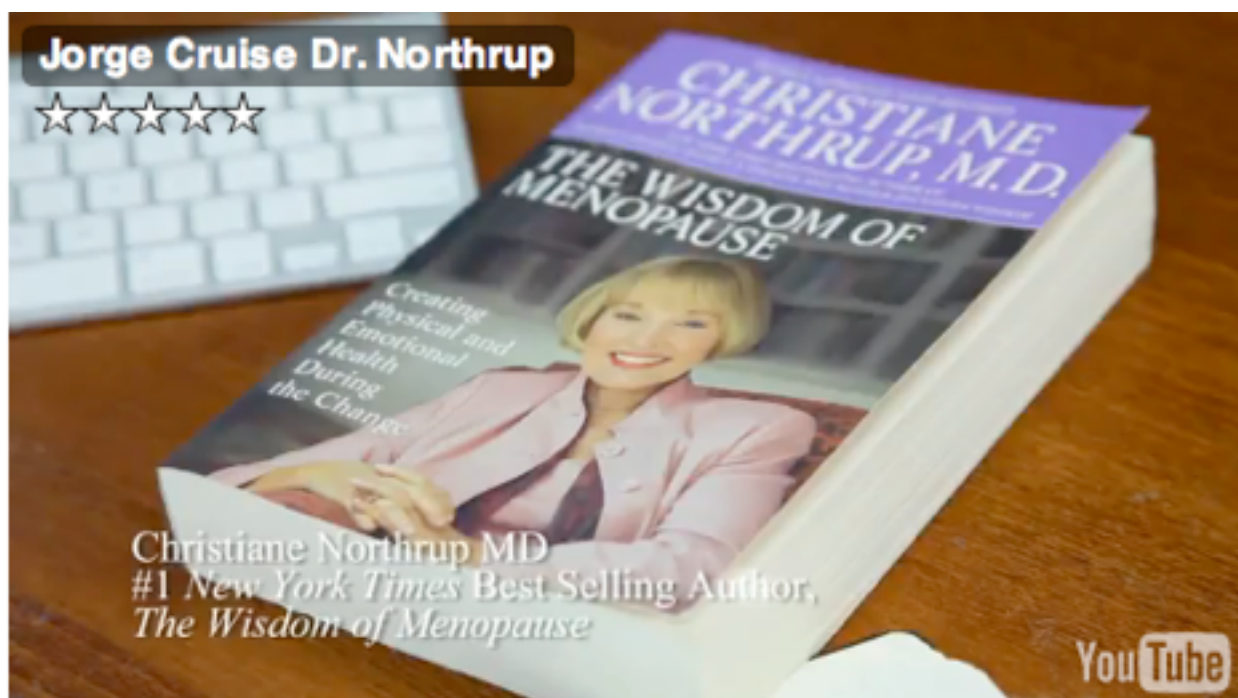
Dr. N: But in the 40s, leading up to that, what's happening in the body, is you have relatively less progesterone because you're skipping ovulations and relatively more estrogen. Now, in the face of too much sugar in the diet, that excess estrogen, in the face also of the insulin – the hormone insulin from consuming too much sugar – what happens is, that creates a metabolic cascade that takes that estrogen “dominance” we call it, “estrogen dominance,” and sends it down a metabolic pathway toward more cellular inflammation than you've ever had before. And that is what's behind these premenstrual migraine headaches that so many women have and insomnia and excess hair growth on the face and the beginning of maybe a little hair loss on the head and, of course, as we know, that little roll of fat around the belly that is nature's way, I think, of trying to create some estrogen later on when the ovaries are changing their role. However, none of us needs more than a couple of pounds to create a little estrogen. And the fact is, with the kind of high sugar diet that many, many people are on, they are creating hormone havoc and you have less resilience around sugar after the age of 40 than you did beforehand. And some of that is the

changing hormones. I also tend to think that it is because your body has never really liked that much sugar, but you come at mid-life to this crossroads, where one part of the road says “grow”; the other says “die.”

Wow.

Dr. N: So you have to clean up those habits that have never been good for you. But now your body is saying “Wait a minute. We really mean it.” So your hormones are changing and you cannot get away with what you got away with before and your hormonal shifts will intensify with sugar in the diet more than they did in the past. The top three or four dangers of sugar to a woman over 40 are: intensification of heart disease, increased risk of cancer, increased risk of hormonal balance. All can be quelled quite dramatically by simply decreasing the amount of sugar in your diet. It’s actually very simple.

Wow. And the heart disease truly is based on the sugar and the stage of her life. Because I know a lot of women think it has



nothing to do with sugar; it's eating too many eggs is the problem, you know?

Dr. N: Oh no, we have been sold that bill of goods, I think, unfortunately, by the big food conglomerates.

Yes.

Dr. N: The truth is that fat does not make you fat.

Yes.

Dr. N: It is sugar that makes you fat.

Yeah.

Dr. N: But we were the first group out of the slot if you think about it. My grandparents lived on farms. They ate eggs and pork and sausage and all of this stuff and never had the obesity that we have now, never had these problems with sugar. One more thing I want to say about women over 40 – they begin to worry about bone mass, right? So osteoporosis...well, a diet that's high in sugar usually creates an acid condition in the body. And it is acid in the body and acid metabolism that is the real cause of osteoporosis. It has almost nothing to do with dairy products or calcium.

Say that one more time for us, Dr. Northrup. So, this concern about bone mass – it's kind of like another effect – this loss of bone mass because of sugar?

Dr. N: Yes, a high sugar diet creates a blood PH that is slightly acid and to keep your blood alkaline – which is what is required

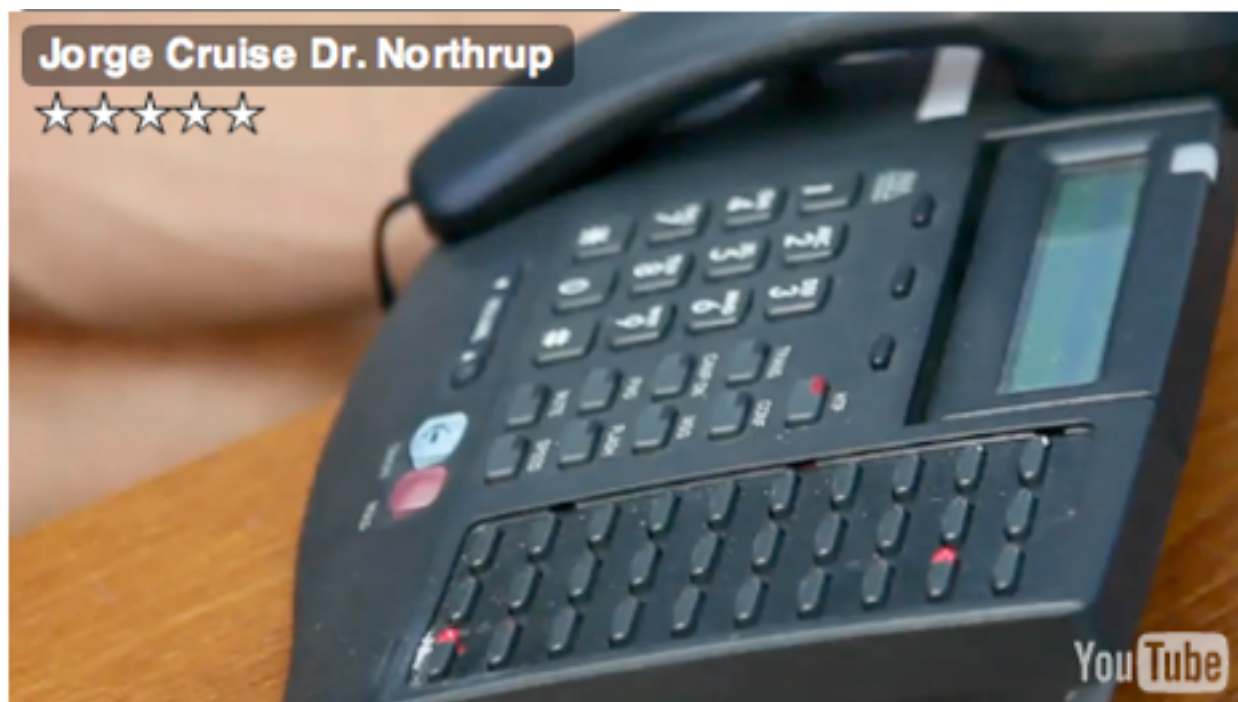
for health – your body will take the calcium out of your bones to keep the blood alkaline. So the minerals in bones are actually an alkalizing system for the body. But every time you eat sugar and it's not balanced...

Yeah.

Dr. N: ...with alkaline stuff, then you're gonna lose a little bit of bone mass. And that's why we have so many women with osteoporosis. One other thing with women – they will often go in and have their lipid profile done...

Yeah.

Dr. N: ...when they're 40 or so, their cholesterol, their HDL, their triglycerides, their LDL, well guess what? The HDL



cholesterol – high density lipoprotein – the good cholesterol,

that gets low with a high sugar diet and the triglycerides go way up from a high sugar diet. It has nothing to do with fat in your diet; it has everything to do with sugar.

Wow. So that's, obviously, heart disease, cardiovascular disease can go to that level. You mentioned cancer. Briefly tell us how the sugar in women over 40 is connected to this intensified danger.

Dr. N: Yes, what happens is, again, with sugar in the diet, you get increased insulin. Increased insulin, unrelenting, increased insulin and increased sugar leads to what's called glycemic stress. That is, literally, like rusting in the blood vessels of the body – glycemic stress, cellular inflammation, starting in the [?] lining of every blood vessel in your body. And remember, blood goes everywhere. And these inflammatory chemicals set the stage for cancer, because we know that cellular inflammation is the first thing that leads to chronic degenerative disease – arthritis, cancer, heart disease, diabetes – without any question whatsoever.

Can the body make a comeback, if you will?

Dr. N: Oh, I love that you asked that because the body is capable of healing and repairing itself up 'til the moment of death and it doesn't take very long! If you remove sugar from your diet, you'll feel remarkably better in three days! And I don't care if you're 90.

But you're saying in three days, tell me what they can expect in your, from your perspective.

Dr. N: Almost immediately, they'll have a diuresis, meaning that they will get rid of excess fluid. Too much sugar causes fluid retention, so you'll notice that you will lose weight just from the excess fluid, and your skin will start to look better. This really does start very quickly. Then, you'll probably find, because you have less inflammatory chemicals in the brain, you'll start sleeping better at night. And the other thing that will happen is that your bowel movements may well change, you will wake up feeling far more refreshed. Oh – and here's a biggie – the number one drug in this country is drugs for acid reflux

Yes.

Dr. N: If you reduce sugar in your diet or eliminate it, guess what? You no longer have bloating and indigestion. It just doesn't happen.

Dr. Northrup, I just want to thank you for your time and your caring and I feel so lucky, so thank you, Dr. Northrup.

Dr. N: You're welcome. We'll see you soon.

Oh, you got it. Talk to you soon. Thanks a million. Bye now.

Visit www.JorgeCruise.com for more information about the Belly Fat Cure.