



Podcast Ebook
Is Sugar Really That Bad?

Nisha Jackson PhD

The Nisha Jackson Show - Is Sugar Really That Bad?

Rusty Humphries: Hello. It is the Nisha Jackson Show. Thank you for being here. My name is Rusty Humphries. She is Dr. Nisha Jackson. And I just got back from Orlando, Florida. That's why I have on my podcaster T-shirt, Nisha. I went to a podcast convention last week.

Nisha Jackson: Yehey, it's so nice. I love it.

Rusty Humphries: You like that?

Nisha Jackson: You look so podcaster smart right now.

Rusty Humphries: I know podariffic ... Anyway, so the good news is, we've got more things coming for you, the viewer and the listener, and we've got some new cool things coming, so just stick around. Make sure you subscribe to this podcast, whether you're watching on video or listening to it, Facebook, YouTube, iHeart, iTunes, ApplePodcasts, whatever it is. We appreciate you but subscribe and share this with people if you would. I am a little tired, so I got my- Diet Coke

Nisha Jackson: Oh, no. Stop right now.

Rusty Humphries: ... and you know what really get-

Nisha Jackson: ... I can't believe you even you have that parked in your house. No-

Rusty Humphries: You know what really gets me going-

Nisha Jackson: ... It's not that either.

Rusty Humphries: ... is Double Stuf Oreos. I got some Double Stuf Oreos, so obviously I-

Nisha Jackson: Have I not taught you anything? Seriously.

The Nisha Jackson Show - What's So Bad About Sugar?

Rusty Humphries: Obviously, I'm paying attention to the show a lot. Today, we're going to talk about sugar. I have something with sugar, the Double Stuf and then something to counteract that sugar according to the commercials, the zero sugar Diet Coke, so how am I doing?

Nisha Jackson: Well, you know I'm going to stop telling you ahead of time what my topics are because you just mess it all up by eating all that garbage in front of me.

Rusty Humphries: I'm guessing that's not what I'm supposed to be doing right now and when I complain going, "This is the picture of low testosterone here," now we know why. That's a good suggestion of what's the problem.

Nisha Jackson: Right. Well, that's a good lead in. Thanks, Rusty. I really appreciate that. Sugar is evil.

Rusty Humphries: Let's just get right to it.

Nisha Jackson: Sugar is a lie.

Rusty Humphries: Sugar is the food of the devil.

Nisha Jackson: Sugar is a lie. It's a lie and it's hidden in everything. I want to do a show today that's going to be super short, but I want to talk about the hidden sugars in foods.

Rusty Humphries: Okay.

Nisha Jackson: Right? Because why is it important to think about sugar?

Rusty Humphries: I don't know... Because it's bad for me.

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Nisha Jackson: Well, it's bad for you because sugar is ubiquitous. It's like everywhere. It's in all of our foods. It's hidden in foods. People don't know how to read labels. They don't know how to interpret the sugar in foods, which we're going to talk about today-

Rusty Humphries: Well, heck even if you do know how to read the labels, the labels aren't always accurate, right?

Nisha Jackson: When you have a high sugar diet, you're going to make more insulin. When you make more insulin, you're going to store fat at a higher rate. When you store fat at a higher rate, you're going to have more fat around your midsection. You're going to have the big muffin top going on, right. It ain't pretty, okay? We don't want that as we age, you're going to be at a higher risk for heart disease, higher risk for diabetes. You're not going to feel so great. It's going to affect your hormone levels, it's really just an unhealthy thing to partake in.

Nisha Jackson: I want to spend just a little bit of time talking about where is sugar hiding and why do we need to know more about it? How do we even calculate that? I thought it'd be kind of fun to do a little quiz today to ... Well, it'll just be kind of like a quiz between you and I, but people can kind of listen along and figure out how many grams of sugar are in certain foods because I think it's time to wake up and not believe the lie anymore about sugar.

Rusty Humphries: All right, I'm in. I'll play your game.

Nisha Jackson: Oh, one more thing I want to say. Sugar is a depressant, so if you all-

Rusty Humphries: I thought it makes you feel better and get you more energy when you need it?

Nisha Jackson: It does, but only for a little while and then it drops again. The reason why people are addicted to sugar and some experts, addiction experts hypothesize that the sugar addiction is actually a stronger addiction than heroin.

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Rusty Humphries: Wow. Okay.

Nisha Jackson: I could talk about this for a long time, but suffice to say that sugar is a lie and it is very habitual. And when you eat sugar, it does raise serotonin. It raises the feel good hormone in your brain and when that feel good hormone goes up, you feel happy. You could be stressed out to the max, very angry at a couple of emails you read and you want to go right to the kitchen and start mowing on a Twinkie or a cupcake or something sugary.

Nisha Jackson: The problem is that when you eat sugar, it does work. It does raise serotonin levels and it does make you feel better, but only for a little while and then the drop that you get after you eat sugar is worse than it was when you started.

Rusty Humphries: Wow.

Nisha Jackson: You plummet further. And then when you eat it again because it's habitual, hello, you're going to eat it again. When you eat it again, your insulin level not only goes up to where it went up before ... Now remember, insulin is the fat storage hormone, so not only does it go up to where it was before, it'll go higher and higher and higher, so storing fat, storing fat, storing fat.

Nisha Jackson: I wanted to make sure you knew that. Let's talk about how do you interpret sugar food. I wish I had a little ... I should have done a little experiment in front of you all today. Four grams of sugar equals one teaspoon. When you read on the back of a label and it says four grams of sugar, that's equivalent to one teaspoon, one flat, not rounded, one flat leveled off teaspoon of sugar.

Nisha Jackson: If a product has 32 grams of sugar in it, 32 divided by four would be eight. Eight is the number we're looking for there, Rusty.

Rusty Humphries: Okay, thank you. I didn't finish doctor's school like you did.

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Nisha Jackson: Eight teaspoons of sugar. Eight teaspoons of sugar are in each serving of whatever you're looking at that has 32 grams of sugar in it. Does that make sense?

Rusty Humphries: It does, so why not save the time and just go and just pound the spoon of sugar.

Nisha Jackson: Yeah, exactly.

Rusty Humphries: Try that.

Nisha Jackson: I was thinking about this when my older brother who I adore, his name is Terry. When he and I were little, we would have cereal, unsweetened cereal because we didn't have sweetened cereal when we were young.

Rusty Humphries: What?

Nisha Jackson: Well, we did but we were never allowed to eat it and so we would have unsweetened rice Krispies, and we would take the rice Krispies and when my grandma left the room, because we would always have the rice Krispies at her house. When she left the room, we would take the sugar bowl and we'd start putting like teaspoons of sugar because then the sugar would kind of get on the bottom of the cereal bowl and then you'd take like that big teaspoon of sugar with some milk and it was so good.

Nisha Jackson: We would put like two or three teaspoons of sugar on the cereal and we thought we were being so naughty, like so bad and so sneaky, but that's nothing compared to how much sugar is in foods today because just like I said, if it has 32 grams of sugar in it, that is eight teaspoons of sugar.

Rusty Humphries: Wow.

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Nisha Jackson: Just imagine taking a food product and putting it in front of you and taking a sugar bowl and taking eight teaspoons and putting it on top of that product because that's what you're eating.

Rusty Humphries: Wow. Okay, so did you-

Nisha Jackson: Okay, that's the visual. That's the visual I want to give you.

Rusty Humphries: It's a good visual.

Nisha Jackson: Start reading the labels and just remember four grams of sugar equals one teaspoon, not heaping. It's flattened teaspoon. If it's heaping, it has seven grams of sugar.

Rusty Humphries: Any idea how much one of these Double Stuf Oreos have? Any guesses?

Nisha Jackson: I don't have that here but if you look at the package, it probably tells.

Rusty Humphries: I could run and get it, but no, we don't have time for that, but it's probably not good.

Nisha Jackson: Sugary soft drinks. We're drinking most of our sugar today, Rusty. We're drinking it. Sugary soft drinks are one of the highest soft drinks, but also coffee drinks are one of the highest doses of sugar that you can get. One 12 ounce can sugary soft drink can have 11 teaspoons of sugar in it, just one can.

Nisha Jackson: The other thing is that juices out there. Now, I love this study that was done many, many years ago, I don't know like 10 years ago, that showed that a four ounce glass of orange juice, which is what you give your children when they're coming down with a cold actually reduces their immunity by plummeting a significant reduction in T cell count. That's your immune system, because it's got too much sugar in it.

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Rusty Humphries: Orange juice is bad to give to kids when they're sick?

Nisha Jackson: Yes.

Rusty Humphries: Wow.

Nisha Jackson: It makes them more sick, more vulnerable to sickness. We should not be giving them juice because juices in much of this research and looking at hidden sugars, juices actually have more sugar in them than some of these sugary drinks that people are drinking. Juices are really, really not the way to go.

Nisha Jackson: Let's talk about yogurt. Let's talk about yogurt and you think, "Oh, yogurt is good because it's got like probiotics in it, and it's really good for my-"

Rusty Humphries: Yeah, yogurt is good for you.

Nisha Jackson: Yogurt can have 47 grams of sugar in them, or more. I've seen some with 60. Now, all you have to do is divide by four and that gives you how many teaspoons. We're talking about 13, 14 teaspoons of sugar, not a good option. Even barbecue sauce, one tablespoon of barbecue sauce can have 14 grams of sugar in it. Hello?

Nisha Jackson: That's just barbecue sauce. Ketchup is the same way. Like I said, fruit juice is one of the worst evils out there for sugar. Sports drinks, one 20 ounce can of sports drink can have 32 grams of sugar in it.

Rusty Humphries: I'm not supposed to be drinking Gatorade on a hot day?

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Nisha Jackson: Gatorade, it gives a nightmare. Don't drink Gatorade. Even some of the vitamin waters that are out there have so much sugar in them, or flavored waters can have 8 to 10 to 12 teaspoons of sugar per container. Just try to keep the visual of eight teaspoons going into the bottle and knowing what sugar does to you.

Rusty Humphries: Okay, so then the answer is, is Diet Coke, zero sugar, right? That's the zero-calorie Diet Coke.

Nisha Jackson: Right.

Rusty Humphries: No, right? That's not answer. Why is that not the answer?

Nisha Jackson: We're not even going to talk about the 32 chemicals that are in that Diet Coke.

Rusty Humphries: How many?

Nisha Jackson: And now the research is showing that artificial sweeteners raise insulin level just like sugar, so you might as well just drink the sugary drink.

Rusty Humphries: It doesn't do any good, so it tastes crappy and it doesn't do any good?

Nisha Jackson: Don't do either one. Don't do it. Don't do either one. Okay. Granola, people think that granola.

Rusty Humphries: Dude, granola is good for you.

Nisha Jackson: Just a hundred grams of granola, which is not that big of a serving, can have six teaspoons of sugar in it. Just one little tiny serving, even those little granola bars. Protein bars are awful. Some protein bars that are out there are so laden with sugar. Flavored coffee-

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Rusty Humphries: All these things that taste terrible that we eat because they're supposed to be good for us aren't doing us any good at all? Wow, I want to invent something that tastes terrible.

Nisha Jackson: Yeah, even iced tea, start looking at what you're drinking. Look at the labels. Look at iced tea. Sometimes, iced tea can have 40 to 50 grams of sugar in it.

Rusty Humphries: That's like a Snapple . But if you're brewing iced tea at home and not putting sugar in, that's okay?

Nisha Jackson: Exactly. Well, you don't read a label if you're brewing it at home, right? So it's just au naturel because tea is actually good for you. Green tea would be awesome. Just don't add the sweetener. Don't add the 15 pumps of sugar at Starbucks. Just skip the sugar. Maybe carry around if you really want something sweet, carry around some xylitol packets or carry around some Stevia packets. Those are natural sugars that you can put in them that don't raise insulin levels and they actually taste pretty good.

Rusty Humphries: What do you think about, I've seen this lately on Amazon where you put fruit in like a little basket in a bottle of water and it sits there and kind of steeps in there and you could have that in all day. Is that pretty good?

Nisha Jackson: That's awesome. That would be awesome.

Nisha Jackson: This is why I actually don't like juices because when you eat, when you ... Instead of having an apple, I actually think everybody should start their day with lemon juice in warm water and I think they should have one apple a day. I think an apple a day is very medicinal.

Rusty Humphries: Okay.

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Nisha Jackson: We can do a show just on one apple a day, Rusty. We should do that.

Rusty Humphries: Okay. I would love to do that. Now you brought up something I've heard also somebody say. Warm lemon juice or lemon juice, warm water and cayenne pepper, and drink that in the morning. That's supposed to be very, very healthy, yes?

Nisha Jackson: It is because it's an excellent liver tonic. And our liver's job is detoxify everything we come in contact with. Everything through our skin, everything we inhale, everything we digest, everything we drink has to go through the liver for our detoxification process. If it's not detoxified appropriately, it accumulates in the fat cells of the body.

Nisha Jackson: Hello? We don't need toxins accumulating in our fat cells. We're already toxic enough. Starting your day out with a good liver tonic, it can be really helpful for not only fat metabolism, but it can help you with your blood sugar. It can help you with your cravings and your appetite throughout the day.

Rusty Humphries: It sounds like an old 1800's sales pitch, "Get your tonic here. Get your blood tonic."

Nisha Jackson: You know what? I just was thinking of my sweet Nana today. My Nana at almost 99, just a couple of weeks away from her 99th birthday passed away.

Rusty Humphries: Oh, I'm sorry.

Nisha Jackson: She literally was vibrant up to two months, driving two months before she passed away, like still driving.

Rusty Humphries: Wow.

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Nisha Jackson: She got her license renewed at 98. She goes, "I'm good for another six years, yeah." Hilarious.

Rusty Humphries: Would she drink up tonics like that?

Nisha Jackson: I always say we should have never strayed away from what our grandmothers or great-grandmothers told us because they were kind of dead on. They were drinking from glass bottles. They weren't eating a lot of sugar. They didn't have a lot of packaged foods. They had a garden. They fixed things in their garden. They were healthy. They understood the importance of preparing food and sitting down and having dinner and having your biggest meal during the day instead of at night.

Nisha Jackson: Really, they had it right but they were doing tonics. They were doing lemon water in the morning.

Rusty Humphries: How about the biscuits and gravy? My grandma did biscuits and gravy. That's probably not great. lol

Nisha Jackson: She did biscuits and gravy, that's true. The biscuits aren't that great, but again, they weren't ODing on them like we are. We're just like over feeding ourselves this stuff

Rusty Humphries: How about the bacon grease on the side of the stove in the bowl?

Nisha Jackson: Nope.

Rusty Humphries: Okay, so not everything.

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Nisha Jackson: No, seriously, that was actually good for cooking things in the bacon grease. It's suffice to say that you guys need to become more informed about sugar. We don't want you to harm your body. We don't want you to become addicts. We don't want you to become dependent on stuff that ultimately makes you depressed, fat, irritable, and then cause a hormone imbalance because that eventually is what it leads to, is it imbalances all of your hormones and it stresses your system. It stresses your body. You're going to end up being on medications that you don't need to be on.

Nisha Jackson: Let's start paying attention to how much sugar in the foods that we're eating. And just remember that when you put a piece of bread in your mouth, it's going to turn to sugar just as quick as a Snickers bar is in your mouth.

Rusty Humphries: Ain't that crazy?

Nisha Jackson: Bread is a quick carbohydrate. Flour products are quick carbohydrates. They will metabolize just as if it was sugar.

Rusty Humphries: Are any breads good? I mean I heard like sourdough bread is better than Wonder Bread, for example.

Nisha Jackson: The higher the fiber, the better it is. Obviously, Wonder Bread does not carry the same. It carries a bigger punch as far as sugar release and insulin release than something like Ezekiel Bread, which is made from barley. It's very high in fiber. Obviously, there are some huge differences in breads.

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Nisha Jackson: But the take-home message here is we really are not cows. We do not need to be ODing on grain. We don't, we don't need it. But if you're going to have it, have a little bit of it. Use it more as a treat rather than a main staple in your diet. And I know this is hard to get away from because we were brainwashed for 20, 30 years about the food pyramid that we should be eating 6 to 11 bread servings a day. We were brainwashed.

Rusty Humphries: It wasn't true. It was a thing from the government to sell more corn and wheat.

Nisha Jackson: It was never proven by research. There's not one research study out there that showed that US RDA food pyramid was backed by any research. Not one study was done on this. Try to find it. It doesn't exist. Anyway, it's not true and I want you all to be healthy. I want you to have vibrant, healthy lives. I don't want you to become overweight. I want your hormones to be balanced. I want you to feel good about yourself and not addicted to this crack stuff called sugar.

Rusty Humphries: Her name is Nisha Jackson and she has a great website. It's nishajackson.com. Also, peakmedicalclinic.com. Also on Twitter, [@PeakMedicalClinic](https://twitter.com/PeakMedicalClinic). You can also find her on Facebook at Peak Medical Clinic. Her book is out there as well, Brilliant Burnout: How Successful, Driven Women Can Stay in the Game by Rewiring Their Bodies, Brains, and Hormones by Nisha Jackson is available everywhere. Nisha, anything you want to say goodbye with?

Nisha Jackson: Start reading your labels. I'm going to repeat one more time. Four grams of sugar equals one teaspoon, so just keep that visual in your mind about how many teaspoons you want to be putting into your body and being an addict. Just think about it. It's not working for you.

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Rusty Humphries: All right, hit the subscribe button. Tell people about the Nisha Jackson Show. Make sure you check us out. We're here every week and just subscribe here on YouTube or iTunes, Apple Podcasts, Google Play, RadioPublic, any one of the hundreds of places you can find the podcast. Yes?

Nisha Jackson: I have one more thing I almost forgot. This is a great snack. You can get this in the stores. This is SuperSeedz. This has a lot of nuts and seeds. It has a coconut flavor, which I adore.

Rusty Humphries: Where do you get that?

Nisha Jackson: You can get it at any of the stores. This is a really good snack, so instead of breaking for Oreos, you should be breaking for this, nuts and seeds in a little cluster. They're delicious or possibly a little bit of these blueberries with it.

Rusty Humphries: Okay.

Nisha Jackson: It's super good.

Rusty Humphries: All right, Nisha. We'll close in on that. We'll see you next time. She's Nisha Jackson, and this is the Nisha Jackson Show.



Nisha Jackson

PhD MS NP HHP

NISHA JACKSON, PhD, is a nationally known hormone expert and functional medicine specialist. Nisha founded and is the director of Peak Medical Clinics, which specialize in functional medicine, hormone balance, age management, and disease prevention. For 28 years Nisha has subspecialized in hormone balancing for men and women. With in-depth testing and balancing of the adrenals, thyroid, brain chemistry, gut, and sex hormones, she has successfully helped thousands of men and women reverse chronic problems such as fatigue, brain fog, weight gain, and depression and regain focus, stamina, drive, and optimal mood and energy. Nisha is a renowned lecturer, motivational speaker, radio host, columnist, and author. She is the founder of Peak Medical Clinics in Oregon, Texas and California and the founder/owner of Balance Docs Inc., a nutritional supplement company, and Peak Laboratories, a full-service laboratory for in-depth specialized testing and research.