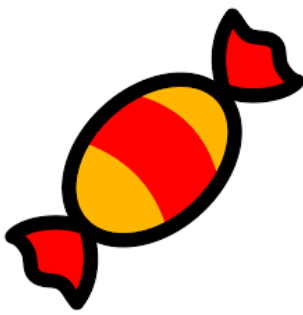

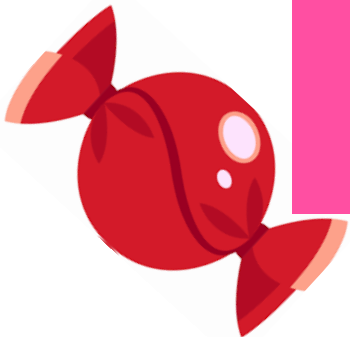








10 Symptoms of Sugar Addiction

Malaysians need to be aware that excess sugar intake contributes to extra calories. When the extra calories are not used as energy, mainly through physical activities, they will be stored as fat. Over time it will lead to weight gain and obesity.

Here are 10 reasons why eating too much sugar is bad for your health.

- 
- 
- 
- 
- 
- 
- 
- Causes sugar rush or low in energy
 - Weight gain
 - Low sex drive
 - Unexplained bloating
 - Insomnia
 - Weakened immune system
 - Constantly craving sugar
 - Taste buds are dulled to sweet foods
 - Skin breakouts caused by inflammation
 - Increase in cavities will destroy tooth enamel