

Best Sugar Drinks “*To Your Health*” - Smart Sugars Lesson #5

Comments by J. C. Spencer

This morning I received a phone call from a professional healthcare practitioner telling me of his success with the sugar trehalose and how he is recommending it to his patients. Then he commented to me on the excellency of apple cider vinegar. I told him how right he was and how, at that every moment, I held in my hand a morning drink of apple cider vinegar sweetened with trehalose. I had, a few minutes before his call, poured into the glass 2 to 3 tablespoons of raw unfiltered apple cider vinegar (with mother), purchased at the health food store. I added about the same amount of trehalose and then poured in about 4 ounces of water. Sometimes I use hot water and sometimes cold. He said, “I will try that.”

There are a lot of things we can do to improve our health by modifying our lifestyle just a little. Back away from the unhealthy soft drinks and start substituting them with some good things that you may enjoy more.

Another excellent hot or cold drink is trehalose lemonade. Squeeze 1 or 2 lemons, add trehalose to almost cover the lemon juice then add hot water. A HOT cup of trehalose lemonade starts the day. It's better than a cup of coffee and provides true sustained energy, not just a caffeine high! During the day COLD lemonade makes one of the “best for you” drinks you can imagine. Just use cold water or add ice.

Do not mix the apple cider vinegar with the lemon because they each have a unique pathway to building your electrolytes and helping balancing your pH. I suggest not drinking one within thirty minutes of the other which gives it time to get into you system.

Adding trehalose to your tea or coffee and cereal is a number of times better than regular table sugar and many times better than many of the sugar substitutes that may provide long term damage to your brain and body.

It is so very exciting to hear back from diabetics telling us that their blood sugar is better while they are eating six tablespoons of trehalose per day than it is when they stop. We believe that when they back off the trehalose they again use more table sugar. So the results is a two fold whammy! A positive two fold whammy is manifest by using trehalose and using less table sugar. It is a negative two fold whammy by stopping the use of trehalose and going back on table sugar.

We welcome your sharing with us recipes you have baked or otherwise prepared with trehalose. We have long desired to prepare a cook book and with your help, we may be able to soon do that. Post your recipes in the **Sugar Science Forum** or e-mail them to us at recipes@endowmentmed.org

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