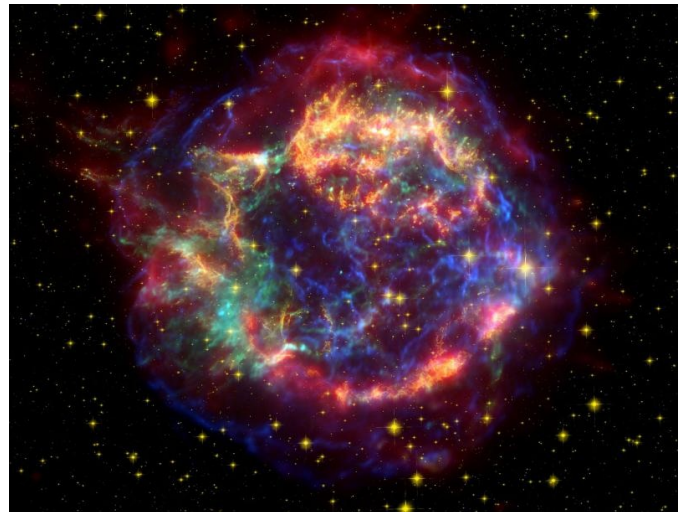
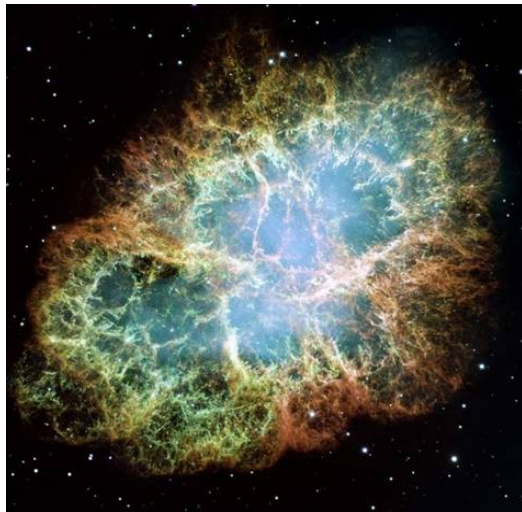


Smart Lesson #1 - The Vastness of Your Brain

by J. C. Spencer
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Neuroscientists have only recently begun to understand the complex networking of over 100 trillion glowing connections in the human brain. The vastness of your brain and the firing of its synapse can be likened unto the Milky Way Galaxy and its countless stars. When I ponder the function of the brain and compare it to the graphic glory of the spiral nebula or the super nova, I marvel at the awesome design. The super nova, some 300 light years across, is like a synapse in the mind of God.



In 1998, I wrote an article entitled, **Good Sugars vs. BadSugars**, where I said, “*Bad sugars may contribute to heart disease, cancer, stroke, bronchitis, osteoarthritis, rheumatoid arthritis, ADD, ADHD, chronic fatigue, and fibromyalgia.*” Since that time, research has taught us much unheeded information about bad sugars. We have learned about good sugars, better sugars, and best sugars. I call the best sugars, “Royal Sugars”. I have researched some twenty Royal Sugars which I will discuss in this Smart Lesson Series.

Today, we have conclusive data of just how bad sugars are for your brain and body taken regularly in small amounts over an extended period of time. We continue to slowly poison our bodies and shorten our life span. Men in thirty-one countries have a greater possibility to live to 65 than in the US. Is it our sugar and sweetener intake? Could it be our drug consumption? Perhaps it is both.

Seniors are spending more money each year for prescription drugs. Here is the growth of sales per Senior from 1992 to 2010: 1992 personal drug usage was \$559. In 1994 it grew to \$648. By 1996 it was \$769. In 1998, \$984. In the year 2000 individual drug use was \$1,205. 2005 reached \$1,912. And, in 2010, seniors in the US paid \$2,810 per person for their drugs.*

The next Smart Lesson will be more food for thought and give us better understanding how sugars effect our thought life. www.endowmentmed.org

* [Source: Data compiled by PRIME Institute for Families USA]