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Cold after eating sugar

Sugar is one of the biggest weaknesses of modern society. While natural sugars are found in many healthy foods, the obsession with added sugars, artificial sugars and sugary foods has led to the inclusion of crystalry treatment in most meals. Nutritionists and nutritionists have warned people about the dangers of eating too much sugar for decades: some subtle signs can tip us out to excessive sugar levels. Being in a bad mood is not always the result of a poor night's sleep or stress. Research shows that increased sugar is associated with low mood, which is possible by influencing neuropathic conduct transmission. Saturated fats can also play a role in low mood and mood disorders. Rawpixel/Getty Images If you've tried for a baby with your partner and have failed to conceive, high sugar levels from sugary drinks may be to blame. Research shows that consuming sugary drinks reduces fertility in women and can lead to poor semen quality in men. Drinking sugary drinks is also associated with low fertility in women for in vitro fertilization. Adene Sanchez/Getty Images Inflammation can be caused by a high-sugar diet thanks to advanced glycation end products (AGEs). AGEs are present in hot processed foods, but they can also be created internally because of the high amount of sugar. AGEs cause chronic inflammation and a host of other problems. tricean/Getty Images Insulin resistance is often a predecessor to diabetes, but it's a disease in its own right and is associated with inflammation and overeing of sugar. AGEs can cause insulin resistance: too much glucose in the blood inhibits the body's ability to absorb blood sugar and use it for energy. Signs of insulin resistance include lethargy and extreme hunger or thirst. designer491/Getty Images Mood is not the only aspect of mental health affected by sugar. Too much sugar also increases the risk of depression and other mental health issues, although the link is not so obvious. Some scientists believe that people with depression or those at risk of developing depression are more susceptible to eating more sugar, exacerbating the problem. However, it is clear that high sugar levels increase the risk of mood disorders. Rawpixel/Getty Images Parents often advise their child not to eat too much sugar, adding the threat of rotting your teeth. The dental problem is, unfortunately, a very real sign that your diet is too high in sugar. Again, sugary drinks are the most common culprits, but chocolate and candy can also lead to tooth decay, especially in young children. Enamel can easily be weakened by sugar and leave more sensitive parts of the tooth exposed. If you have toothache or develop caries quite suddenly, consume too sugar may be to blame. Aja Koska/Getty Images It's normal to experience some cognitive decline as you get older. However, a diet in omega-3 fats and high in sugars such as fructose can lead to poor cognitive skills. On the other, a diet rich in antioxidants and healthy fatty acids is closely related to clearer thinking. The importance of a healthy diet for better awareness is especially important for older demographics. AlexRaths/Getty Images The usual symptoms of premenstrual symptoms (PMS), including bloating, moodiness, and abdominal pain, can be exacerbated by an unhealthy diet that includes too much sugar. In a study of students in the United Arab Emirates, subjects who followed a high-sugar diet, along with high calorie, fat and salt intake, had a higher risk of reporting physical symptoms. A high-fat, high-sugar diet also contributes to hormonal problems, such as increased preovulatory hormones being weakened. SolStock/Getty Images The impact of sugar on blood pressure is almost widely recognized by doctors and the public alike. If your blood pressure has been increased without a known cause, look at your sugar levels. Research on older women finds that reducing the amount of added sugar in a person's daily diet has a clear link to syscological and sysmolytic hypotension. Eating fruit, although it contains natural sugars, is also associated with lower blood pressure. FluxFactory/Getty Images A diet that contains too much sugar can increase the risk of cardiovascular disease. The relationship between the two is consistent between the sexes, most ethnicities, and different lifestyles. Although the specific reasons for this association are unclear, some researchers hypothesized that side effects of excessive sugar, such as higher fat accumulation in the liver and blood pressure, indirectly increase the risk of heart disease. Oral health is also closely related to cardiovascular health. Steve Debenport/Getty Images It's that time again. Sharing season and for ... cold, that is. Well, just when you thought it was safe at work, Jill from accounting decided she wasn't wasting one of her precious sick days and conducting sneezing on your croissants. Inconsiderate? Just a little bit. And while everyone and their grandmothers swear by some combination of food (apparently only someone's mother can make), we've dug through studies to determine what really works to help overcome a rapid cold.1. Wash your hands First of all, this is a no-brainer. If your mother skipped this lesson and went straight to ginger beer and soup, she might have missed the sign. If you feel unwell, stay home from work, do not touch your face, and for the love of all holy things, wash your hands. And wash them a lot! No, that' s it, means a quick slap under running water. You need to lather up and rub your hands vigorously for at least 20 seconds before washing. Sing Happy Birthday if it helps, just don't be total. And if you are already sick, around you a favor by sneezing or coughing on your sleeve (not your hands) and disinfecting any surfaces you have touched regularly after use.2. Get enough sleep Sleep is good for you, we all know it. And research confirms it may be one of the most important things you do to protect yourself this cold and flu season. Think a solid six hours is enough? Think again. One study found that adults who slept between five and six hours a night were four times more likely to have a cold than those who slept for at least seven hours. When the temperature drops and the sun sets earlier, go to bed early to feel the best.3. Chill OutThere is no denying the strong connection between the body and mind, so the impact of stress on immune function is no surprise. One study found that people who reported feeling stressed out were twice as likely as others to get a cold. It appears that the infamous stress hormone, cortisol, may be to blame. As chronic stress, the immune system becomes less sensitive to cortisol, which increases the body's natural inflammatory response to the virus. The good news is that there is something we can do about it that won't cost you \$200 an hour in treatment fees, meet, How do you feel? A 2012 study found that people enrolled in a mindfulness meditation program had shorter and less severe colds and infections, and took fewer working days than those in the control group. We recommend finding a daily routine that you can stick to that helps you relax, whether it's deep breathing, progressive muscle relaxation, meditation, yoga, or something else unique to your mind.4. Breaking a SweatExercising may seem like the last thing you care about when you've got problematic liquid pouring out of each hole, but staying active can be the key to extinguishing that cold. Studies have found that moderate-intensity exercise regularly has immune-boosting benefits and can cut the risk of having a cold in half! Whether you prefer cycling, walking, strength workouts, or yoga, aim to get in for at least 30 minutes of activity every day to keep the immune system strong.5. Take a decongestant (If you have to)You have been moving, sleeping, and good hygiene hella practice, but sometimes you just need a wee pharmaceutical boost. A 2016 review found that nasal passages can have a beneficial but small effect on blockages in adults with a common cold. So while we can't say it will cure your cold (it probably won't), it may give you a little boost to get you through. If you lose them, make sure you increase your water volume since they may be dehydrated. So you've had years of strategic in your back pocket, and looking to up your cold fighting game this year, can eating some foods really help? Let's see. Should you call the water boy and up to H2O? Staying hydrated seems to be a recommended in nearly any scenario, but scientists are not sure drinking more actually helps. Scientists in Australia have looked at whether or not getting more fluids reduces the severity of infection, and while they cannot dission of the importance of adequate hydration, they have not been able to find any cons consized evidence that oral outcomes improved over. Our thoughts? Listen to your body and watch out for signs of dehydration such as bright yellow urine, thirst, or dry lips. By that time you should definitely know it's time to up H2O. Should you ask mom for chicken soup? We're pretty sure this starts so a mother can feel needed again by her 30-year-old son. Regardless, slurping up a bowl of comforting warm soup can have some mild benefits. Most cold symptoms are associated with an inflammatory response such as cytokine release and the creation of white blood cells called neutrosex leukocytes. When neutrosic leukocytes are released, it tends to increase the production of mucus, which is why so many of our colds go along with sputum cough and runny nose. Well, delish. While human research is still lacking, researchers from Nebraska Medical Center found that chicken soup (made with a variety of vegetables, chicken and broths rich in antioxidants) can inhibit neutrosizing leukocyte movement, suggests the soup may promote some mild anti-inflammatory activity. While we still need more high-quality human research to validate these findings, if a mother's best bowl makes you feel loved and cared for, then, by all means, call her up. Does a spoonful of honey a day keep the doctor away? Hey, we're going to take any reason to eat honey right from a jar, but does it really help kill this cold? A 2007 study compared honey, pharmaceutical-level cough inhibitors, and placebos in helping reduce children's upper respiratory tract infections. Results? The parents rated honey as the best of the bunch! Another large systematic review in 2014 concluded that although honey seems better than no treatments to reduce pesky cough, there is no strong enough evidence for or against its regular use. We say that there is not a lot of harm in stirring a little honey in your tea or on your toast, so if you enjoy the taste, sweeten up your day. Should you eat rainbows every meal? OK, so you know that a nutritionist won't get through a whole article about anything without dreamy waxing about vegetables. Vegetables are packed with powerful antioxidants such as vitamin C, most prominently known for its role in promoting immune function. Unfortunately, the evidence does not show that if you swallow a handful of pills, you will wake up immediately cured. A large2013 systematic review found that while regular vitamin C supplementation does not appear to reduce the incidence of colds in the general population, it may help reduce the duration either or It also appears to be most useful for athletes who are exposed to short periods of severe physical stress and exercise. Our tip? Since the study is still a bit vague, save money from supplements, and aim to pack your diet with a variety of antioxidant-rich products instead. The best sources of vitamin C include citrus fruits, dark leafy greens, berries, tomatoes, bell peppers, broccoli and papaya, so fill. Is ginseng an ancient cure? Ginseng has been used to boost immunity and prevent disease in Oriental medicine for thousands of years, but is there any research to back it up? A large meta-analysis using North American ginseng growers found that it reduced the incidence of colds by 25 percent, and it shortened the duration by about six days. Having said that, the researchers were not convinced there was enough high-quality evidence to make solid recommendations. We say that there is no need to go out of your way while ill, but if you like its bitter taste, try brewing a cup of ginseng tea before bedtime, steeping ginseng root in your soup, or mixing a spoonful of ginseng root powder into your oatmeal or yogurt. Should you be popping zinc? If you start reading the back of the cough lozenges, you may see zinc pop up more often than not. Zinc's job is to slow down our immune response, control inflammation, and aid in the healing of pesky wounds, so it makes sense that it is often touted as a natural cold and flu aid. A study on otherwise healthy children found that cold appearance was significantly reduced in the group of people who took zinc supplements. It also reduces sick days from 1.3 to 0.9 days per child. These findings are echoed by another recent study and analysis. While research has so far been done on supplements, if you want to increase your natural amounts, reach for more oysters, crabs, lean meats, poultry, beans, milk, nuts, seeds, and whole grains. Is grandmother of echinacea the best remedy? We don't know about you, but we were forced to-eat echinacea every cold and flu season as children, and apparently, it was unnecessary torture. A randomized controlled trial in 2010 showed that compared to placebo, echinacea did not seem to reduce the duration or severity of the cold. A 2006 review looked at a variety of echinacea preparations and agreed that none of them showed any consistent promise of a placebo. We say you may be able to skip expensive supplements and focus your time (and money) on eating real food. Is sunshine vitamins the key to a less gloomy day? We only scratch the surface when come to understand all the ways vitamin D can benefit our body, so it's not surprising that a lot of people promote its use for the cold and flu season too. A promising study found that children who were given 1200 IU of vitamin D were 40 percent less likely to get a common flu virus than children who were not. Not. the survey found that adults with low vitamin D levels were more likely to report coughs, colds or upper respiratory tract infections than adults with healthy levels. It seems that vitamin D can help immune cells identify and kill bacteria and viruses that can sometimes make us sick. To increase your amount, look for enhanced milk or alternatives, egg yolks, and fatty fish, and ask your doctor about taking the supplement. Can good bacteria protect us? Like vitamin D, scientists are constantly digging deeper to understand the activity of these bitty itty bacteria in our abdomen, and with time we may see some immune-boosting benefits appear. In a randomized controlled trial, administering a fermented probiotic drink to children in daycare reduced the incidence of common infectious diseases compared to placebo. A trial on hospitalized children found that taking probiotics reduced rates of upper respiratory tract infections, diarrhea, and vomiting. These findings were echoed in a larger 2015 analysis of the study, showing that while the study is still in its infancy and there may be limitations, edi biology may play a role in helping prevent the common cold. Should you exchange coffee for green tea? Green tea is super food that just keeps being... Super. It is packed with antioxidant catechins, unique compounds that research suggests can help kill bacteria and inhibit viral growth. A 2007 study conducted in healthy adults aimed at finding out if camellia sinensis, an component in green tea, reduces the incidence of colds and flu. The results from the study indicated that among participants of important tea ingredients, there were 32.1 percent fewer cold symptoms, 22.9 percent fewer confirmed illness, and 35.6 percent fewer day symptoms than those in the placebo group. While we still need more research in this area, if you like bitter tannic bites of green tea, it's an antioxidant-rich way to get your caffeine fix. Can garlic keep vampires and colds going? Garlic may not be day and night friendly, but it is not a lung cough. A randomized 2012 controlled trial found that while garlic supplementation did not seem to reduce the incidence of colds and flu, in some cases it did seem to reduce severity and duration. A review of the research body concluded that while some studies show some effects, there is just insufficient evidence that garlic is a surefire cure. So go ahead, throw a few more cloves into your caesar dressing or your favorite pasta sauce, but it may be more likely to get rid of your day than your cold. Bottom The Jury is still out on some edible cures, but feeling good is about more than just the absence of the disease. To get on track to feel your best, get your rest, move regularly, wash your hands, reduce stress, and of course, eat in a way that feels good for you. You.

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