



Trisha Beylin ARNP

We are proud to welcome Trisha Beylin ARNP, a dedicated nurse practitioner to Space Coast Integrative Wellness. Her medical career began as a Surgical Technologist at Holmes Regional Medical Center while she pursued her Associate Nursing Degree at Brevard Community College. She earned her Bachelor's in Nursing at UCF, during which time she worked as a Registered Nurse at Cape Canaveral Hospital. Trisha went on to obtain her Nurse Practitioner degree from South University, all while managing a full-time job, and graduated in 2017. She then joined Dr. Rigdon's practice, where she specialized in internal medicine. Trisha is a proud mother of sona and graduate of Embry Riddle Aeronautical University. She loves spending time outdoors with her family and friends.



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**NEWSLETTER
OCT/NOV 2024/ISSUE #5**

Sugar: The Unseen Catalyst of Inflammation and Disease

It's that special time of year! Sweet treats are a staple in many family gatherings, celebrations, and festive meals. However, we encourage you to enjoy these delights in moderation. In recent years, sugar has become infamous not only for causing weight gain but also for its strong link to chronic inflammation and the onset of various diseases.

Though sugar might appear harmless when consumed sparingly, regular overindulgence can set off a chain reaction of adverse effects within the body.

Let's delve into the reasons why sugar ignites inflammation and how this process accelerates the progression of disease.



In Loving Memory of Kristen James, a beloved mother and treasured friend. She will be remembered for her contributions to the community, kindness, and strength. Kristen bravely fought cancer until her recent passing and will be greatly missed.

Welcome Office manager-Francie Coe and Certified Medical Assistant Alicia Nichols



Contact Info

321-275-6750

info@scintegrativemed.com

www.scintegrativemed.com





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How Sugar Induces Inflammation

When we consume sugary foods or beverages, our bodies quickly convert the sugars into glucose, resulting in a spike in blood sugar levels. This increase prompts the pancreas to secrete insulin to help remove glucose from the bloodstream and transport it into cells. However, frequent intake of sugar, especially in large quantities, may lead to insulin resistance—a condition where cells become less sensitive to insulin. This plays a significant role in chronic low-grade inflammation.

Here's how this process unfolds:

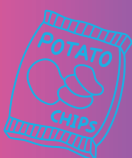
- **Increased Free Radicals:** The metabolism of sugar generates free radicals, which are unstable molecules that induce oxidative stress. This oxidative stress can damage cells, proteins, and DNA, thereby promoting inflammation in various tissues throughout the body.
- **Glycation:** Excess sugar can bind to proteins and fats in a process known as glycation, resulting in the creation of harmful molecules termed advanced glycation end-products (AGEs). AGEs disrupt normal cellular functions, triggering an inflammatory response and contributing to tissue damage and aging.
- **Disrupted Gut Health:** Sugar, particularly refined sugar, alters the balance of gut bacteria by nourishing harmful bacteria and fungi. This imbalance can weaken the gut lining, increasing intestinal permeability (“leaky gut”), which allows toxins and undigested food particles to enter the bloodstream, leading to an immune response and widespread inflammation.

Breaking the Cycle: Reducing Sugar to Combat Inflammation

Fortunately, you can break the cycle of sugar, inflammation, and disease through dietary and lifestyle changes. Here are practical tips to reduce sugar intake and inflammation:



1. Eat Whole Foods: Focus on whole, nutrient-dense foods like fruits, vegetables, lean proteins, and healthy fats. These foods naturally contain less sugar and are rich in antioxidants.



2. Watch Hidden Sugars: Processed foods often contain hidden sugars under names like “high-fructose corn

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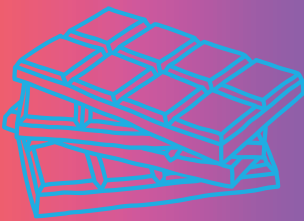


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Sugar Swaps



Berries and whipped
coconut cream



Nut Butters and 85%
dark chocolate



Homemade fruit, and nut
granola

Chronic inflammation contributes to diseases... such as cardiovascular issues, diabetes, cancer, and autoimmune disorders. While inflammation is a natural immune response, factors like excessive sugar intake can lead to chronic inflammation, damaging healthy cells.

Heart Disease:

Inflammation contributes to atherosclerosis, where plaques form in arteries. Sugar worsens this by increasing fat accumulation and inflammatory responses.

Diabetes:

Sugar-induced inflammation harms insulin-producing beta cells, leading to type 2 diabetes and accelerating complications like nerve damage and cardiovascular issues.

Cancer:

Research links sugar consumption to higher cancer risks, as tumor cells thrive in high-glucose environments. Inflammation aids cancer development by helping cells evade the immune system.

Autoimmune Disorders:

Inflammation is central to conditions like rheumatoid arthritis and lupus. Sugar can exacerbate symptoms and speed up disease progression by promoting chronic inflammation.

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