



Relation of Sugar to Mental Health

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Abstract

Consumption of sugar has increased dramatically leading to prevalent mental disorder like depression, anxiety and it continues to rise. While previous research indicated that increased Consumption of sugar lead to depression and can lead to anxiety disorder.

Keywords: Sugar Consumption; Anxiety; Depression; Mental Disorder

Sugar intake and risk of depression

According to analysis of association between sugar intake and depression we include 38 studies. We [1] analysed studies sugar intake increases the release of serotonin and dopamine which lead to high sleep and increases the risk of depression. As it increase the sleep cycle and imbalance in serotonin and dopamine. Serotonin is increased dopamine is [2] decreased.

Role of sugar in depression

High amount of sugar can increase obesity and release of excess of serotonin release of dopamine is decreased [3] imbalance in both lead to anxiety and depression [4].

Anxiety short term and depression in long term cases.

Cure depression due to sugar intake [5].

Reduce the amount of sugar and increases the amount of the salty and bitter food lead to balance of the serotonin and dopamine [6].

Food balance can lead to balance in serotonin and dopamine leading to cure of the anxiety and depression due to sugar.

Discussion

We discussed about the excessive sugar can lead to imbalance in serotonin and dopamine leading to anxiety and depression in long term cases.

Conclusion

We conclude balance in serotonin and dopamine can lead to cure of the depression and anxiety through food balance.

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