

# Sugar's Healing Powers

## Sugar Heals Wounds

There is no doubt that “sugar” tastes good and, therefore in our guilt-ridden society, it is commonly assumed that “sugar must not be good for us.” Nothing could be further from the truth - sugar is one of Mother Nature’s most miraculous creations.



Not only has sugar safely added sweet flavor to foods for thousands of years, it also provides essential functionality in food preparation. One of sugar’s most important attributes is its ability to be a natural preservative. Many of the same properties that make sugar an excellent preservative also bestow it with its healing powers.



Scientists here and abroad have reported surprising success in the use of sugar to treat serious wounds and burns that fail to respond to conventional therapy. When sugar is applied to an open wound, it absorbs the wound’s moisture which prevents the growth of infectious bacteria. Physicians also believe sugar supplies the very nourishment damaged tissues require to heal.

## Scientific Studies

Here are just a few excerpts from the numerous scientific studies that report on the effectiveness of sugar in healing wounds.

“Sugar is thought to exert an antibacterial effect by lowering water activity; the desloughing or debridement that is achieved with the paste is in part related to an osmotic effect on necrotic tissue and in part to mechanical cleaning.”

Tanner AG, Eur J Clin, Successful Treatment of Chronically Infected Wounds with Sugar Paste Microbiology Infectious Diseases, Vol 7, 1998 524-25

“Granulated sugar has been used with success in treatment of open mediastinitis after cardiac surgery with the bacterial contamination of the wounds being eliminated in a few days. This study also suggested that sugar treatment leads to faster healing of infected wounds than conventional packing methods.”

Dawson JS, A comparative trial of the healing of infected wounds using traditional gauze/antiseptic packing, and granulated sugar, undertaken during an Elective Period at Kagando Hospital, Uganda, Annals of the Royal College of Surgeons of England, March 96, V.78 #2S, p. 82-85

“Over a 56-month period we treated 605 patients for wounds, burns, and ulcers with granulated sugar and povidone-iodine. Rapid healing ensued... The requirements for skin grafting and antibiotics were greatly reduced, as were hospital costs for wound, burn, and ulcer care.”

Knutson RA et al, Use of Sugar and povidone-Iodine to Enhance Wound Healing: Five Years’ Experience, Southern Medical Journal, Nov 1981

**Sugar has been used to treat wounds for thousands of years. Records date back to 1700 B.C.**

