

# Sugar Junky

by Del Jones aka Nana Kuntu  
The War Correspondent

My name is Del Jones, Nana Kuntu, and I am a recovering Sugar Junky. I do it the right way. I take it one day at a time as I try the impossible, duck 'n dodge, dodge 'n duck their sugar traps that are everywhere.



I was addicted as a child as I sucked down my formula made of Carnation milk and Karo Syrup. Gerber and Beechnut jars of baby food were laced with sugar so that when mothers tested what they were giving their children it appealed to the adult taste buds developed on Hershey Bars, Tater Pie, Banana Puddin', Kool Aid and Coke. What a culture.

In my high chair I would throw my food anxious for a sugar treat. Some thought is was cute but my lil' ass was hooked....Sugar Junky.

Learned from day one a sugar treat could be got if I did what I was supposed to do anyhow. I didn't want to be bad and I sure wasn't poor, but I had four brothers ahead of me who also knew the value of a taffy treat. Yeah I could dance at two and sing a day later for a snack,. Like a trained puppy I could not get enough. So I flowed in everybody's eyes cute as could be, somebody come on feed the junky in me.

Once it was established sweets was the thing, veggies were outta style. I had to be promised a sweet treat just to eat and why ain't grits sweet? Slippin' to kindergarten holdin' my brother's hand, nap time for cookies and milk, phlegm with my cookies wash 'em on down. Now they tell me to nap....How? Smack my legs for movin' during quiet time. Tears stain my cheeks. Why can't I lay still like all the rest. Cookies around my mouth, wet milk dampens my chest.

I'm older now. Good at going to the store. Pennies are my reward. What-what am I gonna get a popsicle, cookie, soda, or tastycake? Can't collect my pennies, they burn a hole. Eight years old in 1954. Damn how many Ike & Mikes for a dime? Need an errand run elder, mother, or brother? Pennies for my energy. I'm just a child but didn't know I was a Sugar Junky all the while.

Broke. I'm broke! WHY ARE CHILDREN ALWAYS BROKE? Gotta get some cash. Wonder whose money dat is on the table, it's been there for hours. I could cop me something sweet....Naw I ain't dat much of a Junky! Motherdear would kill me.

In "Nutricide" Llaila Afrika teaches us that:

*"The bio-chemically-altered child is addicted to and craves sugar, hormones, salt, nitrates, carbon and other synthetic chemicals. A child in a state of craving will be illogical in thought, emotion and spirit. They are going through food "stuff" withdrawal and need another chemical fix."*

Junior high school is cool. We move from class to class independently outside the teachers gaze. Got sweet shit in my locker can deliver the purple haze. Baseball and basketball varsity takes a lot of energy. Frosted Flakes for breakfast, cake 'n coke for lunch. Gotta get to the Rec Center, we got a game. A hoagie, soda and a Tastycake. Gotta get fast or I'll be late. Won the game. Motherdear left my dinner in a pot to heat. Let me reach in and grab the meat. Dat's all I wanna eat. Feelin' strong, for ever like dis I could go on.

High school, I eat like that and I'm lean, cute and no fat. We all eat the same way. Mean teens. Black 'n Proud. Invincible I'd say. All our athletes and people are that way. I wonder what happens when we get old? I guess we collapse from dis 'n dat. Let's ask Keith T. Wright from "The Sweet Fetish."

*"Sugar robs the body of almost all nutrients, especially the minerals chromium, zinc and calcium and vitamins C and B-complex. Sugar destroys food digestion enzymes in the mouth, the stomach,*

*the small intestines and the pancreas. It also reduces the amount of hydrochloric acid (a necessary digestive aid) in the stomach. Without enough hydrochloric acid the food isn't broken down properly. Therefore, we can't properly absorb the nutrients and we have frequent bouts with constipation.*

*"Sugar also interferes with the activity of the small intestine which digests the food. The small intestine pushes the waste along and most importantly releases the nutrients from the food we eat into the bloodstream. The nutrients in food give us energy and nourish the cells. But when we eat sugar digestion is disturbed. Consequently, the amount of food nutrients available to the body are limited.*

*"In addition to this, sugar is released into the blood. This toxifies the blood..."*

As a husband/father I passed my diet on. Yeah I know I gotta act like my parents. Throw some greens into the shopping cart with the meat 'n potatoes. That's good for a start. Always loved grapes, bananas and mango. I'd grab a few of them. What else could I do?

Now the tricky part as I grow older, no parent tabs on me. Plenty of kool aid and that frontin' Hawaiian Punch with no juice, lemon aid with a layer of sugar on the bottom. But now I'm really free, I do all the shopping for me.



Shoppin' cart full of cookies, ice cream treats, candy bars and a cake or two hiding the pie underneath. I'm a husband/father now. I'm a make. Make my choices the best way I can. I know potato salad goes with chicken and so do collard greens. Eat to live? Never heard of that. Anything you eat will help you live, I thought.

At thirty I'd say, been a good Dad, fed my children right, learned a lesson about Halloween, Easter and sweets for their holidays. Even though we didn't feed them the celebrating treats, Grandmas and the fam pumped them full of sugar, food coloring and empty calories.

Check my sleepin' children, that's what I always would do. Seen the babies sleepin', shivering and running in place. Could this be sugar shock? Pump her full of water and watch her around the clock. A lesson learned. I'll guard their diet better. But what 'bout mine?

Health takes a holiday and it ain't been back. As I got older I became addicted to ice cream and its double whammy of sugar and dairy. I stopped eatin' red meat over ten years ago or I'd probably be crawling on the floor instead of walkin' cross the floor on my knees. Busier than ever gotta fight back. All my friends dropping like flies in their 50s and I'm wobblin' but still standing.

During slavery everything was taken from we especially information of our way. Since then our European diet has run a frontal attack on our existence. As we glorify soul food and its slavery diet, we've lost our way. Revolutionaries upgrade everything in life that can be pushed forth. Today the info is here and the evidence of "Nutricide" is everywhere. In her new book "Maintaining Our Temples" Qaraandin puts her finger on it:

*"As individuals and as a community we have been in a "survival mode" for far too long, spiritually, mentally, emotionally, and physically. It is time for us to stop reminiscing about our former glory and get busy doing what we need to do to create a glorious future for ourselves and those who come after us. We must regain our health and "Maintain Our Temples" if we are to reach our goals."*

Let the record state that I take it one day at a time, 'cause even culture is a trick if you don't know why and when you did something to survive. Time to update to stay alive. Wounded, yet still strong there is so much we must revive. As the nature of the war changes we must adapt or die.

On day at a time, I still want the taffy from the bank, a treat from the dentist to insure I continue to deteriorate. I jerk when the ice cream truck plays a familiar tune. And what's a ball game without sweets?

Dessert at every meal is a thing of the past but I know it's waiting for a come back.

A Sugar Junky tryin' to repair the damage. Stimulus and response is an enemy that my conscious can see. A stumblin' junky kickin' it with half of what should have been me. Waging war with a sweet taste in my mouth delivered by victories against the enemy. Gotta save me because I'm a weapon in our arsenal and so are you. One day at a time, vengeance is mine!

It's a privilege to be Afrikan, but Afrikans must unite!  
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### **Eating Sugar Can:**

**Suppress the immune system; upset the body's mineral balance; cause hyperactivity, anxiety, loss of concentration and crankiness in children; also cause drowsiness and decrease activity in children; effect grades in school; cause liver damage; elevate cholesterol; cause cancer of breast/ovaries/prostate and rectum.**

**It can also cause colon cancer and gall bladder cancer; weaken eyesight; produce an acidic stomach and hypoglycemia; raise adrenaline levels in children; cause coronary heart disease; speed the aging process; lead to alcoholism, tooth decay, weight gain, obesity, Crohn's disease, and ulcerative colitis.**

**Furthermore, sugar can cause arthritis, asthma, yeast infections, gallstones, kidney stones, heart disease, appendicitis, varicose veins, food allergies, periodontal disease, osteoporosis, and saliva acidity; increase blood pressure, contribute to diabetes; impair DNA structure; cause cataracts.**

**If that's not enough, how about this? Sugar can cause depression, emphysema, atherosclerosis, constipation, nearsightedness, hypertension, migraines, colon trouble, and blood clots. It can also increase the risk of Alzheimer Disease.**

**And that's just a partial list of sugar's damage!**

