

Dentist writes book about danger of sugar



**Chet
Callero**

Mark A. Falco, a Eustis dentist, is spreading the alarm.

He warns that sugar is menacing our health. He has written a book about all the sweeteners lurking in foods we consume.

His book is titled, "The Preservation of Health. Managing Carbohydrate Intake for Life."

He urges people to follow his advice. He doesn't care that healthier people might mean less dental business. He said he wouldn't mind the loss, if it improves people's health.

About his book, "It's a book I want everyone to read. It con-

tains information about something that everyone wants. That is to preserve our health through childhood and old age. I think that most people will find that they will be much happier. They will be much livelier, and I think they will be a lot less dependent on a doctor like me.

"I feel so strongly about the problem that I have paid to publish it. It covers the preservation of health by controlling the one simple ingredient in our lives that is detrimental to our health. And that is the over consumption of sugar."

He said that dentists are the first to observe a developing disease process when they look into the mouths of patients. He thinks dentist can do even more than they do by recognizing that the diseases of tooth decay and gum disease are definitive markers for metabolic imbalances that are happening

throughout the body.

Falco said, "I did research on the over consumption of sugar and that gave me the material to produce my book. I want others to find out what I learned so they can take precautions and avoid any serious damage to their health.

"Most of us are not aware of our over consumption of sugar. Government statistics show that fat consumption in the entire population has remained the same over the last 35 years. If we are not eating any more fat, why, are we putting on so much weight?"

The National Institute of Health has reported that 55 percent of our population is considered overweight. Falco said that over the past 30 years there has been a definitive climb in the consumption of sugar. "The consumption of fats is under control. Sugar consumption is out

of control.

"We are now at a level of eating more than 155 pounds of sugar a year. This is based on the huge amounts of sugar additives going into the food products we consume. This is the only ingredient that definitely contributes to our being overweight."

Falco said that nothing is being done to correct the problem. The reason he gives for this indifference is that there are no financial rewards for promoting prevention. Prevention is not a first priority in our health programs.

He writes, "Another controlling factor that hurts prevention is the sugar lobby. We are not going to be able to stop the production of sugar. We must look to ourselves to control the amount of sugar we consume."

Falco has his dental degree from the University of Medicine

and Dentistry of New Jersey. The Dorrance Publishing Co. Inc publishes his book.

He said, "I want to make people better consumers and have them become more knowledgeable about the choices of foods they must select to eat every day. They must become better educated about the vast amounts of carbohydrates that are being used to process so many foods today.

"Why don't they inform us about all these additives in our foods? Add a translation to the package that would explain in simple understandable language what all those additives really are? Of course, include any and all side effects."

Chet Callero's column appears Sunday in The Daily Commercial. Callero hosts a talk show, 12:30 p.m. Tuesdays, on WLBE Radio, 790 AM.