

Fructose is a simple sugar contained in all fruit. The amount of fructose determines the sweetness of foods. We absorb fructose through the colon and use it, similar to glucose, as a source of energy. Fructose is preferable for diabetics, because it is digested without insulin.

Fructose disorders are caused by imbalances of the fructose metabolism in the colon. Some causes for fructose disorders include:

- Hereditary enzyme defect - rare
- Chronic inflammation of the colon
- Blockage of fructose absorption by sorbitol (artificial sweetener, sugar substitute)
- Overloading the digestive system, lack of good eating habits
- Overgrowth of fungus and parasites in the colon

If fructose cannot be absorbed, it is fermented in the colon by bacteria. This worsens inflammatory bowel disorders according to Mayr and results in diarrhoea and flatulence. These typical symptoms of irritable bowel syndrome are often accompanied by depression, because fructose complex formation prevents the absorption of the „good mood“ amino acid tryptophane. This results in tryptophane deficiency, which is the cause for depressed moods and cravings for sweets.

### **How is Fructose Malabsorption Diagnosed?**

Fructose intolerance can be diagnosed using a breath test. Hydrogen in the breath is an indicator for the level of bacterial fermentation in the colon. Another diagnostic option is the Applied Kinesiology muscle test.

### **How is Fructose Malabsorption Treated?**

The first step is avoidance of fructose-containing foods. Modern Mayr Therapy also offers improvements. After a period of fructose avoidance, small amounts of fructose are often tolerated again. Consumption of sorbitol needs to be avoided, which is frequently found in beer, as an ingredient in medications and foods (chewing gum, candy, etc.) and in food products for diabetics.

The mineral zinc is very important, because fructose intolerance almost always involves zinc deficiency. When resuming the consumption of fruit, it may be advisable to add a little sugar to the fruit, as this can improve the consumption of fructose.

- Dried fruit, especially raisins, figs, dates, prunes, apricots
- Fruit juice
- Fresh and stewed fruit, marmalade
- Honey
- Beer (can contain sorbitol)



**Information about Fructose Malabsorption**