

Chiropractic Works

"THE ULTIMATE IN SPINAL CORRECTION"



THE DANGERS OF HIGH FRUCTOSE CORN SYRUP

High fructose corn syrup (HFCS) is a commonly used sweetener. It is much sweeter than sugar and is currently **the number one source of calories** for most Americans. It is found in many processed foods, and virtually all sodas. The average American consumes **12 teaspoons of it every day**. A recent study by the Institute for Agriculture and Trade Policy pointed out that the typical teenager or other "high consumer" can use 80% more than that. In 2007 the average American consumed **56 pounds** each!

The problems with high fructose corn syrup starts with the fact that it is absorbed into you body much faster than sugar. Compound that with the fact that most HFCS is consumed as a liquid in sodas make it even more rapidly absorbed. This spike of sugar in your blood stream causes your body to release insulin to eliminate the sugar.

Sugar is **energy**. If you aren't using that energy it gets stored as, you guessed it, **fat**. The repetitive cycle of spiking blood sugar and insulin release to combat it, taxes your pancreas which makes the insulin. Constantly overworking your pancreas and the added fat storage are why diabetes is on the rise and obesity is reaching epidemic proportions. Diabetes isn't the only disease linked to consuming high fructose corn syrup. Excess HFCS consumption may also lead to **obesity, liver disease, and an increase in LDLs (the bad cholesterol)**.



The majority of HFCS is made with genetically modified corn, which has it's own health and environmental concerns. Genetically modified corn can cause development of allergies to all corn. HFCS also contains no enzymes, vitamins or minerals. That makes it just empty calories with **no nutritional value**.

If those were not enough reasons to avoid high fructose corn syrup like the plaque a new study published in the journal *Environmental Health* has shown that HFCS and products made with it are **contaminated with mercury!** Almost half of the tested samples of HFCS contained mercury and one third of 55 tested commercial products also contained mercury.

Don't believe the commercials which try to make a case that corn syrup is "natural" and safe. The Corn Refiners Association spent approximately **\$30 million** on that ad campaign to try and fool the public. They are trying to offset the negative information that is now coming to light about the detrimental health effects of HFCS.

High fructose corn syrup is a highly manufactured and refined product that would **never occur in nature**. Mercury is one of the many chemicals used in the process to separate corn starch from the kernel in some manufacturing plants.

Mercury is a potent neuro-toxin it binds to your nervous system cells and damages them. Mercury causes the most damage to developing brains

so it is crucial for children, infants and pregnant women to avoid it. Unfortunately much of the processed foods and sodas are consumed by children putting them at the greatest risk.

In addition to taking care of your spine one of the most important things you can do to improve your health is to **stop eating processed foods** and eat as much real food as possible. The FDA is just now beginning to look into this source of mercury and how it is affecting us. Don't wait for the Government or anyone else to protect you from the dangers in our food. Take control of your health now and start eating properly starting with eliminating one of the more dangerous additives high fructose corn syrup.

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