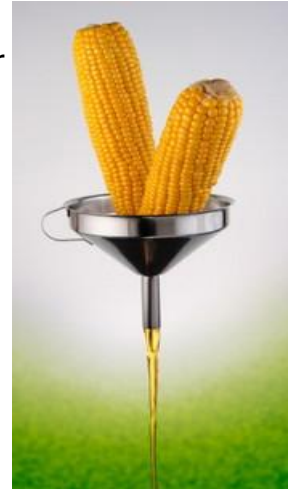


Why We Should Avoid High Fructose Corn Syrup

While some claim high fructose corn syrup is natural and safe, many natural health experts believe *it is contributing many health issues* (including obesity and diabetes) throughout our society. Here's four reasons why you should Avoid High Fructose Corn Syrup (HFCS):

1. The Process of Making High Fructose Corn Syrup is Pretty Weird

First of all, there's nothing natural about high fructose corn syrup and it most certainly does not exist in nature. The process starts off with corn kernels, yes, but then that corn is spun at a high velocity and combined with three other enzymes: alpha-amylase, glucoamylase, and xylose isomerase, so that it forms a thick syrup that's way sweeter than sugar and super cheap to produce. That's why it's poured into a huge majority of mass produced processed foods.



2. High Fructose Corn Syrup Does Weird Stuff to Your Body

While commercials claim that it's fine in moderation, the truth is that the whole problem with HFCS in the first place, is that moderation is seemingly impossible. The syrup interferes with the body's metabolism so that a person can't stop eating. It's truly hard to control cravings because high fructose corn syrup slows down the secretion of leptin in the body. Leptin is a crucial hormone in the body that tells you you're full and to stop eating. That's why it's so closely associated with obesity in this country. It's like an addictive drug.

3. There Might Be Mercury in Your Corn Syrup

And what about the rumors of mercury being found in corn syrup? According to a study produced by the *Journal of Environmental Health*, a former FDA scientist and colleagues tested 20 samples of HFCS and found detectable mercury in nine of the 20 samples. Another study took samples from common foods in the supermarket where HFCS was first or second on the ingredient list. About one in three had mercury above the detection limit.

4. The Environmental Impact of High Fructose Corn Syrup is HUGE

Most corn is grown as a monoculture, meaning the land is used solely for corn, not rotated among crops. Large monocultures, which are usually genetically modified, can be riddled with pests. As a result, monocultures are often dressed with a toxic cocktail of pesticides so that they can survive. Monocultures can deplete the nutrients in soil and lead to erosion. In addition, the pesticides used to grow them pollute our soil and ground water.

Common Foods with HFCS

Many of us know that HFCS is in sodas and processed foods we commonly buy at regular grocery stores. We thought we'd list a few other things that you'll often find it in:

- cough syrup
- bread
- ketchup
- barbecue sauce
- Cool Whip
- Miracle Whip
- yogurt
- crackers
- cookies
- juices/juice boxes
- cereal
- Pop Tarts
- tonic water
- imitation maple syrup
- salad dressing

That's just some items. And we won't mention restaurant/fast food items here. If you are still shopping at regular grocery stores, read the ingredients before putting anything in your cart!