

Dangers of HFCS – High Fructose Corn Syrup

Children of the Corn

People under the age of 40 are "children of the corn." Like Stephen Kings's thriller, they are reaping the consequences of the food cartel's high fructose corn syrup. They were children in the late 70s, 80s and 90s when high fructose corn syrup was introduced to the American food supply as a cheap

replacement for sugar. Now many of them are struggling with an epidemic of obesity and diabetes, also being referred to as diabetes.

A new survey shows the number of people who said "I would like to lose 20 pounds" jumped from 54 percent in 1985 to 61 percent in 2005.

There is a 76% increase in Type II diabetes in adults 30-40 yrs old since 1990. Eight out of 10 Americans over 25 are overweight. The percentage of overweight children in the United States has tripled since 1980. The epidemic of type 2 diabetes cases across the nation is likely to lead to a substantially higher incidence of strokes among middle-aged adults and newly diagnosed diabetics.

There is a rising cry of outrage that HFCS high fructose corn syrup is responsible for this epidemic of obesity and diabetes. It is getting difficult to find a food product at the grocery store or Burger King that is not loaded with HFCS. One 20-ounce bottle of Coke, Pepsi, Mt Dew, Sprite or Dr. Pepper is the equivalent of pouring 17 teaspoons of straight sugar into your body. HFCS is the leading ingredient after carbonated water in these beverages. Women who drink at least one regular soda a day are 85 percent more likely to develop type 2 diabetes than those who drink less. It also leads to tooth decay.

High Fructose Corn Syrup is found in fruit drinks like Capri Sun, Sunny Delight, Snapple, Hawaiian Punch, and Ocean Spray Cranberry Juice. It is also found in chocolate drinks like Yoohoo, and in cookies, ice cream, Campbell soup, Heinz Ketchup, Ragu, Aunt Jemima Syrup, Breyers Yogurt and breakfast cereal.

People who use HFCS as a sweetener increase their triglycerides 32 percent relative to people who use mostly sugar, according to University of Minnesota professor John Bantle. The body metabolizes high fructose corn syrup differently than sugar. It blunts the body's ability to recognize when it is full and increases a person's appetite.

High Fructose Corn Syrup puts people at risk for metabolic syndrome. According to the Mayo Clinic, "Metabolic syndrome is a cluster of conditions that occur together,

increasing your risk for heart disease, stroke and diabetes. Having just one of these conditions — increased blood pressure, elevated insulin levels, excess body fat around the waist or abnormal cholesterol levels — contributes to your risk of serious disease. In combination, your risk is even greater."

There is a rise in uric acid in the bloodstream that occurs after fructose is consumed. The temporary spike of HFCS blocks the action of insulin, which typically regulates how body cells use and store sugar and other food nutrients for energy. If uric acid levels are frequently elevated, over time features of metabolic syndrome may develop, including high blood pressure, obesity and elevated blood cholesterol levels.

Research by the U. S. Department of Agriculture (USDA) reveals that high fructose diets shorten the life span of laboratory mice from the normal two years to a mere five weeks.

Overweight Hispanic-American children who consume lots of sugary foods and drinks show signs of pancreatic beta cell decline - a forerunner of type 2 diabetes.

Researchers at the University of Southern California came to that conclusion after studying 63 overweight Hispanic children, ages 9 to 13, all without diabetes. The team tracked the children's eating habits and also took blood samples before and after giving them sweets.

Beta cells in the pancreas create insulin in response to sugar obtained from food. When beta cells start to function less effectively, they produce less insulin, leading ultimately to diabetes. **The USC team found that about 40 percent of the sweets consumed by the children in**

this study came from sugary drinks such as soda or sweetened juices.

If you compare the population of non-diabetics to diabetics, the average life span is 10 years less. There are many complications that occur with diabetes. They include coronary artery disease, peripheral vascular disease, blindness, kidney disease and loss of sensation in the hands and feet.

Older people may have something to worry about also. The leading theory about the cause of Alzheimer's Disease implicates insulin. Insulin concentrations in the brain drop significantly in early Alzheimer's and continue to fall as the disease worsens, suggesting that Alzheimer's Disease may be Type 3 diabetes. Researchers found that insulin is not just produced in the pancreas, but also in the brain.

If you wish to prevent diabetes and Alzheimer's disease, the prudent thing to do is to read the label of food items and beverages before you buy them at the store. If you

see High Fructose Corn Syrup - Don't Buy It!

One tip is to try an ethnic grocery store - such as an Asian or Latino food store, if you have trouble finding HFCS free foods that you like. The American food industry doesn't give two "toots" about your health.