



[Famlynnet International Homeschooling Resources](#) :: Your Favorite Site

HFCS is Killing Americans

<http://www.homeschoolfitnesscoach.com/blog/hfcs-is-killing-americans/>

So what's the deal with high fructose corn syrup. It must be safe since the FDA has approved its use in so many of America's processed food items. Just look at almost any food item found with a label and you will see high fructose corn syrup listed as one of the first 3 ingredients. The corn industry has even tried to convince us that, in moderation, HFCS is perfectly fine. The fact that most American meals are composed of pre-packaged, processed foods, I doubt moderation is being practiced. High Fructose Corn Syrup transforms you into an eating machine. Once consumed, it sets into motion a chemical cascade that begins with spiked insulin and ends with feel-good molecules known as "endorphins". This leaves you feeling intoxicated by artificial feel-good endorphins. Your brain is unable to sense overeating and demands more. All the excess calories are then stored as fat. This has been a huge factor in the rise of obesity, Type II Diabetes and heart disease in our nation. Now, after reading this article, I learned that in a recent study, mercury was found in high fructose corn syrup. "Mercury is toxic in all its forms. Given how much high-fructose corn syrup is consumed by children, it could be a significant additional source of mercury never before considered. We are calling for immediate changes by industry and the [U.S. Food and Drug Administration] to help stop this avoidable mercury contamination of the food supply," the Institute for Agriculture and Trade Policy's Dr. David Wallinga, a co-author of both studies, said in a prepared statement. This is just one more reason we should avoid anything processed or manmade in our diets. By eating whole, unprocessed, organic foods, we are reducing the risk of disease and obesity in ourselves and our families. Post from: Homeschool Fitness Coach

Date created: 2009/01/30