

For your Health and Wellness!

The High Cost of Corn Syrup

It's everywhere! Check the label on just about anything that comes in a box, can or jar these days and you'll see a pervasive ingredient: high-fructose corn syrup (HFCS). What is it and why are there a growing number of experts who are concerned about this sweetener?

About 50 years ago, a technique was devised to convert the starch in corn into a syrup and then using enzymes to convert glucose into fructose. This offered many advantages. The syrup was easy to transport, mix into processed foods, and due to government subsidies and tariffs on foreign sugar, cheaper. And one other advantage: it can be manufactured to be sweeter than table sugar.

While HFCS has been blamed for the growing health issue of obesity, elevated consumption of any sugar, whether glucose, sucrose or fructose can have negative health consequences.

Here are some of the things sugar does to your body:

1. It contributes to tooth decay by decreasing the effectiveness of white blood cells that "eat" bacteria.
2. It causes the body to release more adrenalin, linked to hyperactivity in children.
3. It leaches calcium from the body when consumed in soft drinks.
4. It stresses the pancreas to create insulin, linked to diabetes.

5. It hinders weight loss by causing the body to store excess carbohydrates as fat.

6. It increases the likelihood of chronic fatigue.

7. It can prompt mood swings, irritability and anxiety.

If your sweet tooth is calling, look for natural sugars in fruit. The fiber helps slow the absorption by your body, making it gentler to your system. Plus, you get the naturally occurring vitamin, enzymes and micro-nutrients essential for good health.



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