

## High Fructose Corn Syrup

# Beware of High Fructose Corn Syrup

Of all the sugars, high-fructose corn syrup does the most harm. This super-sugar is metabolized very differently than other sugars in the body, and increases cholesterol and triglycerides exponentially.

Here's how: Table sugar (sucrose) is a combination of fructose and glucose and is the basic sugar used by the body for energy and general functioning. In its natural form it comes wrapped in vitamins, minerals, antioxidants, phytonutrients and fiber. Fructose, or fruit sugar, comes wrapped in these nutrients as well. The other nutrients these sugars come packaged in slow their absorption and improve their metabolism, making them more of a food substance than a quickly absorbed drug. Fructose that is processed into high-fructose corn syrup (HFCS) has no such controls. This sugar acts like a drug in the body entering directly into the cells where it becomes an uncontrolled source of acetyl-Co-A (carbon), which is then **made directly into cholesterol and triglycerides**. Eating HFCS will cause your cholesterol level to spike dramatically, and axiomatically, eliminating it from your diet will cause them to drop.

Regarding high-fructose corn syrup and weight gain it is important to note that because of the immediate drug-like absorption of this substance all appetite reducing cues that usually come with nutrient-wrapped glucose are by-passed. **HFCS gives you no signals that you are full so you continue to eat**. If you continue to eat high-fructose corn syrup-laden foods you will perpetuate the cycle doing great harm to your system.

For the sake of your health eliminate sugars, refined carbohydrates and **especially avoid high fructose corn syrup**. If you have high cholesterol and/or triglycerides this is imperative.