

LET HEALTH HAPPEN



**Dr. Geoff
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Let Me Explain Myself . . .

Last week I said some mean and nasty things about High Fructose Corn Syrup (HFCS). Perhaps I was angered by some things I had read. This week, I'm still angry and I want to share these things with you!

The FDA and the Corn Refiners Association will tell you that HFCS comes from corn – corn is natural and it must be good. After all, fructose is the sugar you get from an apple or grape, right? It's not the fructose itself that is bad. It's that we consume such massive amounts of it in a concentrated, modified, and possibly toxic form.

Dr. Robert Lustig, Professor of Endocrinology at the University of California discovered some startling facts involving the metabolism of HFCS. Digestion of this sweetener falls primarily upon the liver and is turned into free fatty acids and VLDL (the very bad cholesterol). These fat droplets in your liver and muscle can cause insulin resistance (Type II diabetes) and fatty liver disease. Some of these fatty acids will be converted into triglycerides linked with cardiovascular disease. What you should be seeing here is that many of the calories from HFCS will be

stored as fat rather than being burned as energy. In addition, regular glucose stimulates the hormone leptin which suppresses your appetite whereas HFCS has no effect on this hormone resulting in overeating. Check your "diet" foods as many of them use HFCS! In May of 2009, the Journal of Clinical Investigation reported that volunteers fed a controlled diet including high levels of fructose produced new fat cells around their hearts and digestive organs in just ten weeks. They also showed signs linked to diabetes and heart disease. These findings were not seen in the control group fed plain glucose.

You choose for yourself, but I'm going to try to avoid HFCS when possible and use more natural sweeteners such as Stevia, honey, and organic cane sugar when I can!

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