

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## The Dangers of High Fructose Corn Syrup

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Since the introduction of High Fructose Corn Syrup in the 1970s the manufacturers of this additive have tried to convince us that since it is made from corn it is a healthy, safe additive. So why do health experts, including David and Fawn Christopher, Dr. Mehmet Oz (he includes it in his "Food Hall of Shame") and Dr. Joel Fuhrman (he includes it in his most dangerous foods to eat) warn against it?

Despite claims by the manufacturers, High Fructose Corn Syrup is NOT a safe sweetener. Independent studies (not paid for by parties looking for a certain outcome) shows that High Fructose Corn Syrup:

- Uses at least one Genetically Modified Organism during production
- Has been linked to heart disease
- Causes loss of minerals, which leads to a malfunctioning of the organs
- Inhibits white blood cells so you can't fight off disease
- Interferes with protein metabolism and amino acid absorption
- Is associated with Type II diabetes
- Causes obesity
- Increases insulin levels
- Causes tissue damage
- Causes bone fragility
- Causes you to crave more food
- Leads to cancer causing cell development



Are there any benefits to High Fructose Corn Syrup? Only for the manufacturers – it is cheaper to produce than sugar and easier to blend than sugar.

What foods contain High Fructose Corn Syrup? It would almost be easier to make a list of foods that don't contain it! Here are some basics:

- Almost all soft drinks, including "healthy" soft drinks (by the way - there is no such thing as a healthy soft drink)
- Most condiments
- Most breads
- Most sugary snacks and treats
- Most processed food

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While you may not be able to avoid all High Fructose Corn Syrup, you should avoid it as much as possible. Instead, “grow up and eat like an adult!” If you missed last week’s article about how to eat the Mucusless Diet way, be sure to visit our blog at <http://articles.herballegacy.com> for lots of great, healthy food ideas.

Some of the research from this article came from:

<http://www.sciencedaily.com/releases/2007/08/070823094819.htm> (Science Daily Article discussed by David and Fawn on the show)

<http://www.westonaprice.org/modernfood/highfructose.html> (Weston A Price Foundation article discussed on the show)

[http://drfuhrman.com/company/pr\\_2005\\_08\\_24.aspx](http://drfuhrman.com/company/pr_2005_08_24.aspx) (Dr Fuhrman’s Five Most Dangerous Foods for Children)

[http://www.oprah.com/slideshow/health/nutrition/slideshow2\\_ss\\_yourbody\\_20060501/2](http://www.oprah.com/slideshow/health/nutrition/slideshow2_ss_yourbody_20060501/2) (Dr. Oz’s Food Hall of Shame – High Fructose Corn Syrup)