

Unruh Chiropractic, Inc.

23206 Lyons Ave Ste 110 • Santa Clarita, CA 91321

Phone (661) 288-0022 • www.unruhchiropractic.com

High fructose corn syrup (HFCS) was discovered in 1976 and has, since then, replaced sucrose as a sweetener in most soft drinks, baked goods, fruit juices, jams, and processed foods. It is cheaper to make than sugar from beets or cane. The 4 companies that control this \$2.6 billion business are: Archer Daniels Midland, Cargill, Staley Manufacturing, and CPC International.

HFCS is made from corn by a process that requires three different enzymes. The first two of these enzymes are genetically modified to make them more stable. (Great!)

It is important to know that fructose is made from corn, NOT fruit. Unlike glucose, which can be metabolized by every cell in the body, fructose must be metabolized by the liver. Rats fed fructose developed livers that were plugged with fat and cirrhotic, like the livers of alcoholics. This starts to back up the flow of blood through the liver, whose function is to filter the blood.

HFCS also causes a copper deficiency. Copper is an essential part of the C complex. When a copper deficiency develops, it creates inadequate formation of elastin and collagen — the sinews that hold the body together.

So many children consume large amounts of HFCS in soft drinks, fruit juices, and other beverages that it has led one concerned chiropractor to observe that “the bodies of the children I see today are mush”.

Fructose increases the concentration of uric acid, the hallmark of gout, which is becoming more and more prevalent in our society.

When the liver cannot metabolize all of the excess fructose, it is thrown out in the urine. Diarrhea can be a consequence as well as irritable bowel syndrome — another problem we hear so much about today.

Fructose converts to fat more than any other sugar, which is why so many concerned health professionals are pointing to it as a contributor to the obesity epidemic.

Worst of all, fructose causes the white blood cells in the body to become “sleepy” and unable to defend against harmful foreign invaders; hence, the susceptibility to recurring infections.

Fructose, along with dextrose, dextrin, corn syrup, and 99% of all ascorbic acid supplements all come from CORN. Corn has been the most highly contaminated crop in the history of petro-based agriculture, with a 100,000% increase in the amount of pesticides applied per acre since 1945! Corn crop losses due to insect damage in that same time period have increased 400%.

Needless to say, this over-spraying contributes to the toxicity of all the sweeteners or ascorbic acid supplements made from corn, and they should be avoided!