



My upbringing and travels in life have brought me to embrace a natural, common sense approach to a healthier lifestyle. In today's fast-paced environment, it is sometimes difficult to maintain balance with our life and find needed information to help us with lifestyle decisions. I am a licensed massage therapist, and training doula. One of my commitments to each of my clients is to do research on specific questions or needs they may have regarding alternative healing and living.

This quarter's newsletter discusses High Fructose Corn Syrup

You will find Corn Syrup listed in the ingredients of many products. You'll see it in most ingredient labels you read. It is in virtually every soda, snack, candy, frosting, jam, cereal, salad dressing, ice cream, condiment, and "fruit drink".

Research finally illustrates that HFCS is linked to obesity and many illnesses. Findings show HFCS is associated with:

- *Heart related abnormalities
- *Type 2 diabetes
- *Reducing Chromium (essential for balancing insulin)
- *High Cholesterol
- *Cancer
- *Heart disease
- *Mental Illness

In 1970 Americans consumed approximately 1/2 pound of HFCS per year. By 1995 Americans consumed approximately 55.3 pounds of HFCS per year due to the rise in manufacturer's usage and the "ok" from the FDA. Disease is an *ABNORMALITY* caused by what we put in our bodies. It is NOT normal to have diseases. Diet related diseases account for 68% of American deaths. Training your body to like the foods that are good for you may save you from misfortune in the end. Although it isn't easy at first to change your diet, your body will get use to the less processed foods. Subsequently, the poisons and toxins will no longer taste good.

For more info, here are some websites to browse:

http://www.newstarget.com/high-fructose_corn_syrup.html

http://www.mercola.com/2004/apr/10/corn_fat.htm

<http://www.westonaprice.org/modernfood/highfructose.html>

http://www.nutritionreporter.com/fructose_dangers.html

<http://www.thehealthierlife.co.uk/article/3059/high-fructose-corn-syrup.html>

<http://www.sfgate.com/cgi-bin/article.cgi?f=/chronicle/archive/2004/02/18/FDGS24VKMH1.DTL>

<http://www.washingtonpost.com/ac2/wp-dyn/A8003-2003Mar10?language=printer>

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