



Is Corn Sugar still High Fructose Corn Syrup?

Does your body know the difference or is sugar just sugar?

Smart Sugars Lesson # 42

by JC Spencer

When something earns a bad name, a bad reputation, do you correct the challenge, accept the truth, or simple CHANGE THE NAME to conceal the truth?

The public is tired of deception. I remember when corn had a good name. Farmers were proud regardless of the type of corn they grew because the end results were to feed man and beast. I knew a little about corn from the smallest variety of popcorn to the largest, Hickory King. My father contracted a farmer to raise Hickory King corn which we used to manufacture many train car loads of hominy. Other species of corn were used in my father's mill to make corn meal and grits.

Today, GMO and HFCS have poisoned the corn industry in the name of greater yield, cheaper sweeteners, and even fuel. Talk about a messed up system. We make vitamins from coal tar and fuel from corn and wonder why there are problems. Man is wise in his own eyes.

The Corn Refiners Association (CRA) want to change the name of high fructose corn syrup (HFCS) to "corn sugar". Their national commercials espouse the phrase, "Sugar is sugar!" The message is that your body does not know the difference.

Glycomics, the science of sugars, supports the fact that no two sugars are the same. Each type of sugar has a different functionality. The Endowment for Medical Research, Inc has 14 hours of CME/CEU quality training for the healthcare professional about sugars. There is over 200 hours of online educational material available to the world on the website <http://endowmentmed.org> plus books and publications PROVING CONCLUSIVELY that the CRA is dead wrong and is misrepresenting HFCS.

When sagging sales cause promoters to resort to lying tactics, there are consequences. The public is wising up and recognizing that poor health and death are the wages that must be paid for these lies.

Saying all sugars are the same, borders on the actions of two public relations men hired years ago to help the cigarette industry overcome its bad image. They coined the ludicrous phrase, "A cigarette a day will keep cancer away." One died from cancer and the other died in a fire cause by a cigarette.

In a section of the textbook about sugars and brain function, ***Expand Your Mind - Improve Your Brain***, I expound on HFCS with much documentation. I will briefly review a few thoughts in this Lesson.

Your body does know the difference! Your body processes HFCS differently than it does the other "bad sugars" made from cane or beets. High fructose alters the way metabolic-regulating hormones function and causes the liver to release more fat into the bloodstream. A compounding factor is that toxins can mimic hormones.

We have learned that carbonation increases the health dangers of reactive carbonyls formed in sodas containing HFCS. It has been noted that non-carbonated fruit juices containing HFCS have one-third the amount of reactive carbonyl species found in carbonated sodas with HFCS.

High levels of reactive carbonyls in sodas containing HFCS result in "unbound" fructose and glucose molecules which are believed to trigger cells to do tissue damage causing disease at epidemic levels. Reactive carbonyls are not even found in "bad-for-you table sugar" where fructose and glucose components are "bound" and chemically stable.

Reactive carbonyls are especially elevated in the blood of diabetics and cause complications in diabetics. Based on the study data, it was estimated that a single can of soda contains about five times the concentration of reactive carbonyls than found in the blood of an adult person with diabetes, where carbonyl stress is a serious concern.

Unlike other types of carbohydrates made up of glucose, fructose does not stimulate the pancreas to produce insulin. Studying the metabolic effects of fructose, Peter Havel, a nutrition researcher at University of California at Davis, has shown that fructose fails to increase the production of leptin, a hormone produced by the body's fat cells.

Download Lesson #42

<http://www.endowmentmed.org/pdf/SmartLesson42.pdf>

Source: ***Expand Your Mind - Improve Your Brain***;

<http://www.annals.edu.sg/pdf/39VolNo12Dec2010/V39N12p909.pdf>

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