NUTRITION CHALLENGE #3: PURGE THE HFCS FROM YOUR DIET!

“Why You Should Never Eat High Fructose Corn Syrup” *

by Dr. Mark Hyman

*Adapted for length. Read the entire version online at http://www.huffingtonpost.com/dr-mark-hyman/high-fructose-corn-syrup_b_4256220.html

In America today, we are eating huge doses of sugar, especially high fructose corn syrup. It is sweeter and cheaper than regular sugar and is in every processed food and sugar-sweetened drink. Purging it from your diet is the single best thing you can do for your health!

In recent history, we've gone from 20 teaspoons of sugar per person per year to about 150 pounds of sugar per person per year. That's a half pound a day for every man, woman, and child in America. The average 20-ounce soda contains 15 teaspoons of sugar, all of it high fructose corn syrup. And when you eat sugar in those doses, it becomes a toxin.

As part of the chemical process used to make high fructose corn syrup, the glucose and fructose -- which are naturally bound together -- become separated. This allows the fructose to mainline directly into your liver, which turns on a factory of fat production in your liver called lipogenesis.

This leads to fatty liver, the most common disease in America today, affecting 90 million Americans. This, in turn, leads to diabesity -- pre-diabetes and Type 2 diabetes. So, high fructose corn syrup is the real driver of the current epidemic of heart attacks, strokes, cancer, dementia, and of course, Type 2 diabetes.

HFCS contains dangerous chemicals and contaminants

Beside the enormous load of pure fructose and sugar found in HFCS, as an added bonus, it contains other chemical toxins. Chemical contaminants used during manufacturing end up in the HFCS and in our food. What we know, for example, is that chloralkali is used in making high fructose corn syrup. Chloralkali contains mercury. And there are trace amounts of mercury found in high fructose corn syrup-containing beverages. Now, it may not be a problem if we eat this occasionally, but the average person in the country consumes more than 20 teaspoons a day of high fructose corn syrup and the average teenager has 34 teaspoons a day. Over time, these heavy metals can accumulate in the body, causing health problems.

Additionally, when we look at the chemical components of high fructose corn syrup on a spectrograph, we can see that it contains many weird chemicals that we know nothing about. That's why I say better safe than sorry.

Look out for the red flag

The main reason you should give up high fructose corn syrup is that it's a big red flag for very poor quality food. If you see this ingredient on a label, I guarantee you the food is processed junk.
So, if high fructose corn syrup is anywhere on the label, put it back on the shelf. You should never eat this food.

If you want to stay healthy, lose weight easily, get rid of chronic disease, and help reduce the obesity epidemic, the single most important thing you can do is eliminate high fructose corn syrup from your diet and from your children's diet. Just banish it from your house.

If you want to have some sugar, that's fine. Have a little sugar, but add it to your food yourself. Don't eat food made with added sugar. Cut the high fructose corn syrup from your life forever. You'll be healthier. Our planet will be healthier. And we'll have a healthier generation of children.

Wishing you health and happiness,

Mark Hyman, M.D.

Mark Hyman, MD is a practicing physician, founder of The UltraWellness Center, a six-time New York Times bestselling author, and an international leader in the field of Functional Medicine. You can follow him on Twitter, connect with him on LinkedIn, watch his videos on YouTube, become a fan on Facebook, and subscribe to his newsletter.

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Your Fitness Challenge for the next two weeks is this: We challenge you to go into your kitchen, and into the cupboard and refrigerator, and look at the ingredients on every single label. We want you to count how many products you have right now in your house that contain high fructose corn syrup. Write the number of products you have in your house with HFCS and have your parent sign the acknowledgment form and return it to your PE teacher on Friday, April 4th. Then, we would love for you to start trying to eliminate these products from your body - and your house - so that you and your family can live longer, healthier lives!

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Parent Acknowledgement

The number of products containing HFCS in my house: ________

Student Name: ___________________________________________________ Period: ________

As parent/guardian of ________________________________________, I confirm that my child has completed Nutrition Challenge #3 as detailed above.

X __________________________ Phone#: __________________________

(Print name) __________________________