

## ***Abstract***

### **Image Awareness Wellness Institute Healthletter**

### **High Fructose Corn Syrup**

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The consumption of high fructose corn syrup has gone from almost nothing in 1970 to an average of 42.3 lb. per person per year in 2004. Fructose is normally considered a safe sugar, because it has a low glycemic index. Unfortunately, it takes a tremendous amount of energy to metabolize fructose and we can get too much of a good thing. The standard serving of a soda today is a 20 ounce bottle with 32 grams of fructose. In the 1950's a soda was served in 6.5 ounce bottles with 10 grams of sugar. That is quite a difference.

A high intake of fructose combined with a low magnesium intake is associated with metabolic syndrome, a pre-diabetic condition. The metabolic syndrome is characterized by weight gain, high blood pressure, and elevated blood fats (high cholesterol and triglycerides).

Fructose is unique among the sugars in that it metabolizes into uric acid. Uric acid is one of man's most painful conditions. A medical bit of humor goes, "What is the difference between arthritis and gout?" The answer: "Put your finger in a vise and tighten it until you can not stand the pain any more. That is a serious case of arthritis. If you give the vise one more turn you have gout." It is believed that the accumulation of uric acid is the mechanism by which fructose causes much of its damage to the human body.

Malabsorption of fructose is commonly involved with irritable bowel. Because of the energy involved in digestion of fructose, it is easy to overload the body with this natural sugar found in fruits. The body can only absorb so much at one time. What is not absorbed through the intestinal lining is relished by the bacteria in the digestive tract. Excess fructose tends to promote bacterial overgrowth in the digestive tract leading to digestive complaints.

One should always maintain a healthy intake of vitamin C when consuming large quantities of fructose or other sugars. Sugars and vitamin C compete with one another for transport in the human body. A high sugar intake will tend to result in tissue depletion of vitamin C. Vitamin C also helps eliminate some of the harmful byproducts of fructose metabolism such as sorbitol and uric acid.

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