**The Dangers of ALL Corn Syrup**

**BIBLE:**

**“...Fear God and GIVE glory to him for the hour of judgment is come...”** (Revelation 14:7)

**“...Eat that which is GOOD.”** (Isaiah 55:2)

**“Whether therefore ye** **EAT OR DRINK...do all to the glory of God.”** (1 Corinthians 10:31)

**SOP:**

**“...Dispense entirely with everything hurtful...”** (Te 138.2)

**“Abstinence from all hurtful food and drink is the fruit of true religion.”** (9T 113) (CD 457.1)

**“Guard the door of your stomach** **allowing nothing to pass your lips that will be an enemy to your** **health and life.”** (CD 102.1)

**MEDICAL SCIENCE:**

**What is high fructose corn syrup (HFCS)?**

It's **a man-made, toxic chemical** that came out in the 70s to cheaply replace sugar. It's a chemically processed, **fake sweetener** that is Genetically Modified and Engineered.

**FACTS ABOUT HFCS**

* **Modified Corn Starch** is a hidden name
* **Corn Sugar** is a hidden name
* Most is made from **Genetically Modified** (GMO) substances.
* While regular table sugar (sucrose) is 50% fructose and 50% glucose, high-fructose corn syrup can contain up to 80% fructose and 20% glucose, **almost twice the fructose of common table sugar.**
* Medical Research has shown that **over 50% of food items with HFCS have high levels of mercury** (12 t. = 27 mcg...the daily limit is 5.5 mcg...27 = 5 x the allowed amount).
* Stores to fat in the body.
* **The human body does not recognize this as food.**

**WHERE IS IT FOUND?**

* Animal crackers/animal cookies
* Applesauce
* BBQ sauce
* Breads
* Boxed stuffing/dressing
* Candies
* Canned beans
* Canned fruit
* Canned pastas like spaghetti o's and ravioli
* Canned soups
* Canned vegetables
* Cereals (including some of the ones considered healthy)
* Chips
* Condiments
* Cookies
* Fruit drinks
* Fruit roll ups
* Fruit snacks
* Granola bars
* Gum
* Health bars
* Jelly
* Juice (cranberry, apple, Capri Sun, etc.)
* Lunchmeat (This includes many veggie meats)
* Mac n cheese
* Packaged foods
* Pancake syrup (not the pure stuff)
* Peanut butter
* Pop tarts
* Processed foods
* Punch
* Salad Dressing (Fat free ones too)
* Soft drinks (a 12 oz. can has high amounts)
* Wheat thins
* Whip cream
* Yogurt

**WHAT PROBLEMS DOES CORN SYRUP CAUSE?**

* Anemia
* Atherosclerosis
* Cancer
* Cell damage
* Diabetes (increases by 20%)
* Digestion problems
* Fatigue
* Fatty liver
* Gout
* Heart attacks
* Heart disease
* High blood pressure
* Increased cholesterol levels
* Increased triglyceride levels
* Kidney disease
* Mercury exposure (contains high levels)
* Metabolic disturbances
* Mood swings
* Neurological disorders
* Obesity
* Osteoarthritis
* Osteoporosis
* Overeating
* Poor immune system
* Strokes
* Tooth decay
* Tumor

**Use honey or Stevia instead.** Be sure the Stevia is **not the clear liquid,** because one thing has been extracted, making it not a whole food. **The black liquid is 100% natural.**

**BE SURE TO READ ALL LABELS BEFORE PURCHASING ANY FOOD ITEM, EVEN IF IT APPEARS TO BE HEALTHY, OR EVEN IF YOU ARE USED TO PURCHASING IT.**

“I am determined to **KNOW** in straight English, the name of **everything I introduce into my system.”** (M86, 1897)

**“...The idea should NEVER be given that it is of but little consequence what we eat.”** (CD 198.4/CH 151.1)

**FOR MORE INFORMATION, GO TO THE FOLLOWING LINKS:**

<http://www.naturalnews.com/024466_corn_health_HFCS.html>

<http://www.lef.org/magazine/mag2008/dec2008_Metabolic-Dangers-ofHigh-Fructose-Corn-Syrup_01.htm>

<http://www.globalhealingcenter.com/natural-health/high-fructose-cornsyrup-dangers/>

**VIDEOS REGARDING HIGH FRUCTOSE CORN SYRUP:**

<http://www.youtube.com/watch?v=DZCpv_sRWV0&feature=related>

(This video plays upbeat music in the background.)

<http://www.youtube.com/watch?v=9a4Z7W5x1pY>

<http://www.youtube.com/watch?v=BSTBTMWPvZ8&feature=related>

<http://www.youtube.com/watch?v=mmj8oy5NNlo&feature=related>

**SOP ABBREVIATIONS:**

**9T =** Testimonies for the Church, Volume 9

**CD =** Counsels on Diets and Foods

**CH =** Counsels on Health

**Te =** Temperance

**My Blog Link:**

<https://ravishingrecipesandhealthfacts.blogspot.com/2017/11/the-dangers-of-all-corn-syrup.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/08/the-dangers-of-all-corn-syrup.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/02/the-dangers-of-all-corn-syrup.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/12/the-dangers-of-all-corn-syrup.html>