

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-of-High-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:

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