

Sweeteners, Good, Bad, or Something even Worse.

(Part 9)

These are **Not** diet sweeteners or Low calorie sweeteners

Corn Syrup

If you look up corn syrup on the internet you will find one professional chemist and nutritional expert after the next describe in very scientific terms that corn syrup, table sugar, honey, agave, and basically all forms of sugar are exactly the same and the body will process it in the exact same manner. So their conclusion is that it makes no difference what type of sweetener you eat, Corn Syrup, Sugar, Honey, Agave, High Fructose Corn Syrup or any other form of sweetener made of fructose and glucose, your body will react to all of them exactly the same. Plus they all have only one and the same negative effect on the body and that is the calorie content.

I believe that there are two basic methods of testing a material. One is the method described above. That is to scientifically break down all the molecular structures to find out what a product is made of and in what proportions. This can usually find toxins and gross differences in two different products. Obviously when utilizing this method you will come to the same conclusion that corn syrup is identical to all other natural sweeteners.

The other method of testing is to feed it to test animals and see what happens. In the 30's these tests were conducted many times and the results were all the same and quite dramatic. As reported by Dr. Royal Lee during a live seminar researchers performed tests on two sets of rats. One were given 50% raw hamburger mixed with 50% corn syrup. The other group of rats were given the same 50% raw hamburger mixed with 50% cane sugar. The group eating the cane sugar showed no adverse effects from the diet and the researchers determined that they could keep the test going indefinitely and the rat colony would continue to flourish. The test group of rats that ate the corn syrup all died within weeks of one form of blood sugar disease or another. You have the right to choose which method of testing you believe and that should dictate the amount of corn syrup you consume.

Almost all doctors and nutritionist including Dr. Royal Lee called corn syrup the cheap candy sugar and predicted the immediate rise in blood sugar diseases and the corruption of health in the general American population. They called it the cheap candy sugar because that is what it was originally intended for. But those that knew the FDA knew that once passed for human use it would soon be a significant staple in the American diet. Over the past 80 years all of the predictions have become true to the finest detail. And we know this since we have used our kids and the general public as test subjects for the past 80 years and watched what happened. And we still have health care professionals and scientist refusing to admit or even see the obvious truth about corn syrup and use technology in an attempt to prove themselves correct.

I am not a researcher and I did not make these predictions or have anything to do with the tests. I simply look at the history of corn syrup in the American diet over the past 80 years, the tests that were run on corn syrup prior to that time, and the predictions that were made when it was inflicted onto the American public. I am a simple doctor with no interest with who is correct. My only concern is to treat sick patients and over time have found that many of those ailments were caused as a direct or indirect result of corn syrup just as the physicians predicted 80 years ago.

If you are looking for an explanation as to how two different testing methods could produce such different results, it is simple. There is a difference between the way God combines ingredients and the way man combines ingredients. And even though man's technology cannot discern the difference, your body can.

So you can chose to believe what you want to believe but I am a firm believer that if you like your odds of getting sick and dying of the same disease as the general public, keep eating corn syrup and you will probably get your wish.