

WHAT ARE YOU REALLY EATING?

The January 26 news from the Institute for Agriculture and Trade Policy (IATP) is alarming.

- Mercury was found in **nearly 50%** of tested samples of commercial high fructose corn syrup (HFCS), per an article published in the scientific journal, *Environmental Health*.
- A separate study by the IATP detected mercury in nearly **one-third** of 55 popular brandname food and beverage products where HFCS is the first or second-highest labeled ingredient—including products by Quaker, Hershey's, Kraft and Smucker's.



Over recent decades, many processed foods contain HFCS as a replacement for sugar, from beverages, breads and cereals to lunchmeat, yogurt, soup and condiments. So it's not surprising that most of us are consuming 12 teaspoons of HFCS a day . . . or much, much more.

In their press release, the coauthor in both studies, IATP's David Wallinga, MD, says that mercury in all its forms is toxic, which is why they are calling for "immediate changes by industry and FDA to help stop this avoidable mercury contamination of the food supply."

Especially troubling is the report that the FDA had evidence four years ago that the commercial HFCS were contaminated—yet didn't alert consumers, change industry practices or perform further testing.

Per the IATP, "nearly one in three products tested contained detectable mercury. Mercury was most prevalent in HFCS containing dairy products, followed by dressings and condiments. One other issue comes into play in the complex manufacturing of HFCS: caustic soda, used to separate the cornstarch from the corn kernel.

According to the IATP, mercury-grade caustic soda (via an outdated mercury-cell technology found in 10% of U.S. industrial chlorine [chlor-alkali] plants) has been used in making HFCS for decades, which could ultimately contaminate HFCS with mercury. As Wallinga points out, "nobody knows whether or not their soda or snack food contains HFCS made from ingredients like caustic soda contaminated with mercury . . . the good news is mercury-free HFCS ingredients exist. Food companies just need a good push to only use those ingredients."

On the Rise: American Consumption of Sugar-Sweetened Beverages

The average American is drinking more sweetened beverages—to the tune of approximately 300 calories a day.

Research published in *The American Journal of Clinical Nutrition* (January 2009) identified six mutually exclusive beverage categories including sugar-sweetened beverages (SSBs) such as soda, sport drinks, fruit drinks/punches, low-calorie drinks, sweetened tea, etc. as well as 100% juice, diet beverages, milk, coffee/tea and alcohol.

Investigators used body mass index (in kg/m²) to categorize adults as normal weight (18.5–24.9), overweight (25–29.9) or obese (≥ 30).

Results are in. Per the study led by Sara Bleich, PhD, assistant professor at John Hopkins Bloomberg School of Public Health . . .

- Consumption among adults (primarily soda; ~60%) increased and among SSB drinkers, average caloric consumption and quantity consumed increased.
- These changes parallel the rising prevalence of adult obesity and type 2 diabetes.
- One 12-ounce can of soda equals about 10 teaspoons of sugar—a supersized drink is around 32 ounces with 310 calories and 86 grams of sugar.
- Foregoing 300 "liquid" calories a day from SSBs equates to losing 2.5 pounds monthly.



Mercury: No good, just the bad and the ugly. A heavy metal that's widely studied, mercury comes in a variety of forms and has been associated negatively with brain development as well as toxicity to the heart, kidney and immune system. It's considered more toxic than lead and is a cumulative poison—it knows no barriers, can prevent nutrient entrance into cells, binds or distorts immune cells, and reaches brain cells and can be held in the nervous system.

And yet, another reason to go healthy. Research shows that certain simple sugars like fructose enter the bloodstream slowly—but some complex carbohydrates (such as potatoes) enter the bloodstream faster than table sugar.

The glucose in table sugar enters the bloodstream, but it's other ingredient, fructose, is only metabolized in the liver and has little effect on blood sugar levels. Before you go thinking that is a good thing, consider this:

- Fructose is the most lipogenic (fat-producing) carbohydrate.
- Fructose increases blood pressure much more than sucrose.
- Fructose produces 10 times more X-linking of proteins and thus increases AGEs (glycation end products causing cell damage, tissue inflammation, chronic diseases).
- Fructose also increases the oxidation of LDL.

Then factor in that HFCS 55 (used in soft drinks) consists of an estimated 55% fructose/45% glucose and HFCS 42 (used in many foods/baked goods) is an estimated 42% fructose/ 58% glucose.

Translation: HFCS is the worst of both worlds—glucose increases insulin and fructose increases triglycerides.

Smarter nutrition. The Cenegenics approach is all about healthier options. It starts with sound nutrition—a low-glycemic eating plan, high in nutrient-dense foods (fruits, vegetables, lean meats and essential fats) and low in refined, overly processed foods, fats and simple carbohydrates, a vital component to keep insulin levels in control.

Our synergistic protocols are based on solid science and help you manage your aging process—from reducing body fat and having leaner muscle mass to improving libido, having sharper thinking and a stronger immune system, regaining youthful vitality and handling stress better.

Programs are customized to meet your specific health needs and goals, determined from an intensive evaluation process that goes well beyond your annual physical.

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Linked: Soda Beverages & Kidney Disease

A recent study published on the online *PLoS One* found that women drinking two or more cans of soda daily have a near double risk for early signs of kidney disease.

Study investigators examined data from the National Health and Nutrition Examination Survey consisting of 9,358 adults and reported a link between soda consumption and excess levels of albumin in women's urine (a protein when in the urine signals the beginnings of kidney damage).

Compounding the problem is the fact high fructose corn syrup (found in soda) can promote an even greater incidence of consumption because it allows for inexpensive and longer-shelf life products: i.e. a case of soda for \$10 or less.

**Call 866.953.1510 today.
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