



THE FASTING PODCAST **WOW**: EPISODE 78 – Hidden Ingredient Called the Fat Sugar

EPISODE 78: HIDDEN INGREDIENT CALLED THE FAT SUGAR

The Fasting Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP



What is the “Fat Sugar”? High Fructose Corn Syrup (HFCS)



- High fructose corn syrup starts with genetically modified (GMO) corn
- HFCS is a non-natural sweetener derived from cornstarch
- High processing temperature requires that GMO enzymes (alpha-amylase and glucoamylase) be used in high-temp processing
- HFCS is found in many foods such as cereals, baked goods, juices, soft drinks, condiments like catsup, processed foods...
- Average 20-oz soda has 15 tsp of sugar, all HFCS
- Americans consume on average 50 grams of HFCS per day
- Consumption increased > 1000% between 1970 – 1990 – biggest chg
- 1.5 times sweeter than table sugar, only available to food processors
- HFCS is being called the “corn sugar”, glucose-fructose, isoglucose and glucose-fructose syrup – different names to disguise the culprit
- Large companies like Kraft and Cadbury have been called out for labeling their products as “natural” when they contain HFCS – granddaughter
- Critics of HFCS who really understand the danger call it “the fat sugar”



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Why is HFCS Bad?



HFCS increases
Rate of Glycation
(Premature Aging
Factor Episode 38)
10 Times

- HFCS can cause cell shock & ultimately cell death
- HFCS can store as fat faster than any other sugar
- HFCS contains up to 570 micrograms of health-hazardous mercury/gram and the body can sequester it in fat to try to protect us
- Princeton University study: HFCS causes more weight gain than refined sugar
- Animal subjects with access to HFCS put on significantly more weight than those with access to table sugar with equal caloric intake
- Long term HFCS consumption led to abnormal increases in body fat, especially in abdominal area plus increased triglyceride levels – adding to obesity rise
- Promotes cancer growth, fatty liver, liver stress that can lead to obesity, pre-diabetes and type 2 diabetes
- *American Journal of Clinical Nutrition* study: only two weeks of moderate consumption of HFCS caused triglycerides & cholesterol levels to rise
- HFCS is linked with diabetes, high blood pressure, heart disease, leaky gut...



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What Other Choices?

- Let's go all natural & organic and avoid processed foods when possible
- Read labels at parties, restaurants, in grocery stores – just say no to HFCS
- Also say no to aspartame, pink, blue, yellow sugars
- Pass on agave nectar or syrup – likely HFCS masquerading as natural
- Also pass on refined white table sugar
- Consider raw organic honey with sweetness & nutrients
- Consider organic stevia but beware the extra ingredients & be aware that those allergic to ragweed – this is in the family
- Organic maple syrup, organic dates, organic coconut sugar, organic black strap molasses
- Many who like organic teas get used to having without any sweetener and then cannot stand it with a sweetener – our tastes can change





Possible Next Steps

- ✓ Direct questions to Julie@JPWOWPrograms.com
- ✓ **PLEASE Refer others** & check out our website that includes the slides for each episode, our favorite WOW natural products, a blog & the new WOW Lifeboat Freedom video system for income from the WOW natural products www.JPWOWPrograms.com



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Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

