

People are always saying Sugar is bad for you!

My personal battle with High Fructose Corn Syrup

By Lady Knight Gretchen Winkler (*Lady Knight is the same title equivalency as Sir Knight*)

Ever since I was a little kid people were always saying that this or that was bad for people to eat. Don't eat too much of that or else you'll get an upset stomach, so when people were saying that High Fructose Corn Syrup was bad for you, it had the same connotations of telling a kid not to eat too much chocolate. I love chocolate and the only bad thing that happened to me while eating it was that for a brief few years I was actually allergic to the stuff and would get a minor rash on my chest. So as an early teen I only ate chocolate candies at Thanksgiving and Christmas when my parents would buy my favorite candies from See's Candy. That went away and now I can eat chocolate anytime I wish. So it being "bad" for me was more of an opinion than a reality.

Well, High Fructose Corn Syrup *is* bad for you, so I will rephrase that and I say High Fructose Corn Syrup is harmful to you. Now how did I discover this wondrous revelation? No, I wasn't reading or doing scientific research with a company or anything like that, I was preparing stuff for the Order of Knights that I belong to. We were discussing what being chaste in body really meant and it concerns taking care of oneself, so that they may function fully as a member of the Order. High Fructose Corn Syrup amongst other items were brought to our attention by our European brothers, so I decided that if I was going to ask other knights to cut this out of their food that I should do so first as an example.

I started the process by reading labels. You would not believe how many products have this stuff in it! It was amazing. We had a huge pile of items in our kitchen that had to be thrown out, and I was an avid Pepsi cola drinker along with Dr. Pepper, well that had to go along with ketchup, bread, cereal, and so forth..... The next daunting task was to find what I could eat and where I could find this stuff. Places like Trader Joe's and Wild Oats (now Whole Foods) were the first places to start. We had already started buying meat from Wild Oats because it tasted better and did not have growth hormones in the meat. (Hey, I am a fully grown human and I don't need to grow any bigger.)

So the worst part about this little process was how expensive the organic foods were and that the word natural did not mean by FDA standards to be fully natural like organic, so "natural" could still have unnatural stuff in it. Check out the 7up ads we have. So we had to be modest about what we ate due to the financial constraints. But that would be nothing in comparison to the withdrawal symptoms I had. **Yes, withdrawal symptoms just like a drug addiction.** I was not expecting that at all.

It started out feeling really hungry, so since I was trying to lose weight to help my ankles and knees, I planned to use other snacks in replacement of high calorie ones, and that had worked back in the early 90's when I wanted to lose weight back then. So I grabbed a handful of nuts and ate them. A few minutes later....I still felt really hungry....(now please understand that I am borderline hypoglycemic, so getting hungry can make me weird. I will usually try and eat something that is not sugary first.) Then I suddenly had this idea that I needed something sweet, so I went and ate something sweet. Now I know I have had food and my stomach is fine, but a few minutes later I am still hungry. So I think that maybe I am thirsty. So I either drank a glass of water or had a beverage that did not have High Fructose Corn Syrup in it. A few minutes later with my stomach feeling kinda bloated....I still felt very hungry. And that's when it hit me. I wasn't hungry at all. I wasn't craving food. I was craving a chemical called High Fructose Corn Syrup!! I was a bloody drug addict.

The hunger feeling I felt was in my throat and it made me feel irritable. I was grumpy and had to make sure that everyone understood what was going on, so they would not become angry with me for being a jerk. This really bad withdrawal symptoms went on for two months and then would

last on and off for a year. The stuff was stored in my body and as my body accessed deposits of this junk into my system, I would get the craving again.

I look at the amount of High Fructose Corn Syrup(HFCS) in our food, which by the way is illegal in Europe, Mexico, Canada, and so forth, and realized that the behavior of the people during Hurricane Katrina could have easily been affected by withdrawal symptoms from this chemical. Think about it, a person in a life and death situation suddenly feeling so hungry that it hurts is willing to do a lot nasty things because they believe that their life depends upon it. Those people were used to having food with HFCS in it. I know what one feels when they want that junk. It's insane, but I knew what the problem was, they did not. They actually felt like they were starving. Can you imagine what this does to the children and babies that eat this stuff?

I did this process several years ago and I have managed to keep off weight that I had lost, but I still have problems with my knee and ankle joints due to swelling and normal weight fluctuation. I explored the Waterfall Diet, which didn't help me lose weight, but helped get rid of some chronic lower back pain, which I believe was due to not enough hydration to my kidneys and liver. So there still was a problem to deal with. I had also already realized that I had a food allergy to bleached flour, so I eliminated that from diet. If you have a problem with bleach flour or a gluten problem, you will feel like someone poured cement into your intestines. Which isn't so pleasant, and it can last for days. There are more severe symptoms with that allergy/intolerance that one can read up about.

My conclusion to this removal of HFCS from intake of food goes as follows:

- People dieting will have greater success in any diet plan if they remove High Fructose Corn Syrup from their intake of food. (One man who listened to our concerns about High Fructose Corn Syrup just eliminated the HFCS from his drinks and went down 5 sizes in pants and had to buy new clothes. He was happy and so was his wife.)
- Soda pop without High Fructose Corn Syrup tastes awesome! No nasty after taste and the calories burn off easily.
- Since getting High Fructose Corn Syrup out of my diet, I can think more clearly, which is a pleasant an unexpected side affect. (Imagine your kids consuming less of this stuff and learning more.)
- I don't eat as much as I used to, so I don't have to buy as much food as I used to. The expensive health food stores turn out to be about the same.
- More stores and companies are starting to provide items without the HFCS. Public awareness is growing to the point that the HFCS people tried to do a marketing campaign for High Fructose Corn Syrup. Write to your favorite producers of food products and restaurants. Tell them of your concerns and problems.
- This is an ongoing battle since restaurants rarely list exact ingredients in their menus. Restaurant food must be cut down to a minimum unless you know the place is completely organic.
- Think about the health benefits – they say more and more Americans have become diabetic and are overweight – this problem has really exploded since the mid 1990's, and that is when many of the major companies started to use High Fructose Corn Syrup in their products.
- Companies actually get government bon bons for sticking High Fructose Corn Syrup into their products. Start complaining to your Congressmen. Make those people do their jobs. Why should we pay those people to make our food unhealthy?! It doesn't make sense does it? The Corn growers can sell their corn to the alternative fuel companies not the artificial molecular altered sweetener companies.

I whole heartedly suggest you try removing High Fructose Corn Syrup from your diet. I am not making any money off of this article. I don't work for any companies that are pushing other products. I did this on my own for the good of my Knight Order because I care about the health of my fellow knights, and I care enough about my fellow brothers and sisters outside of the Order to share this with you. Get this stuff out of your bodies and be healthier and happier.

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