

The skinny on why we're fat and dumb

The following article entitled "Finger points to corn syrup in obesity epidemic" was written for the International Congress on Obesity, August, 29, 2002:

The finger is pointing at the use of corn syrups to sweeten drinks products as a factor in the explosion of obesity in the USA, a leading expert warned today.

Prof George Bray, one of the most eminent and highly respected figures in the field of obesity science, said the rise in the use of high fructose corn syrup (HFCS) in foods and particularly soda drinks coincided with the increasing levels of obesity in the United States.

"It is a carbohydrate fat equivalent—that's how I look at it. I'm really focusing on the beverage side of this issue," he said during a media briefing at the International Congress on Obesity in Sao Paulo, Brazil.

"If you look at the decreasing milk consumption that takes calcium out which is one factor and the increasing soft drink consumption and the rise in high fructose corn syrup on top of the epidemic, I think it is playing a role," said Prof Bray, former executive director of the Pennington Biomedical Research Centre in Baton Rouge, Louisiana, U.S.A., and a former chair of an International Obesity Task Force working group.

The product, made by converting corn starch, is used as a cheap sugar substitute. Prof Bray said that fructose bypasses the human metabolism's normal energy burning responses and is more readily converted into fat.

In addition the use of fructose and other sugars to sweeten foods meant that fat in the diet was more likely to be stored rather than burned. Fructose gets into cells without triggering an insulin response and can form the backbone for fat molecules more readily.

He revealed that he pinpointed the connection during recent research when he traced the growth in consumption of the food additive using United States Department of Agriculture data, which disclosed surprising consumption patterns.

When the sugar replacement was introduced in the early 70s per capita consumption was less than one pound per year. By the mid 90s the HFCS consumption of the average American had risen to nearly 60 pounds a year. Often described as a "revolution in food science", HFCS is popular with processed food manufacturers because it has high sweetness, improves texture but is much cheaper than sugar and corn syrup blends.

Obesity in the USA rose from 10-15% in the late 70s to at least 26% according to recent official data, but as high as 40% in some groups. Childhood obesity has also risen dramatically over the same period.

Prof Bray outlined the "Fructose Hypothesis" to experts in a lecture entitled "Diobesity—a ticking bomb."

He issued his alert at the same time as he warned of the huge public health threat of obesity-induced diabetes.

"Diabetes is a scourge and a world-wide epidemic. At least 80% of patients with type 2 diabetes are overweight and the combination of obesity and diabetes increases the risk of morbidity and mortality. We eat too much and we exercise too little," he said.

He outlined a number of additional factors that could be working independently to drive the obesity epidemic including poor maternal nutrition during the early stages of pregnancy, maternal smoking, gestational diabetes, insufficient calcium intake.

He compared the public health approach needed to deal with the obesity epidemic to the strategies adopted by many governments to deal with dental health.

"You can tell everyone to brush and floss their teeth always or you can put fluoride in the water. Putting fluoride in the water is something people don't have to think about."

However, fluoride is garbage, too.

Fluoride is another of the great corporate myths that have been foisted upon the public in the name of promoting health.

Fluoride is a waste product of aluminum manufacturing that some enterprising business types decided to promote as beneficial for teeth. But, of course, you never heard about the fluoride scam because the corporations also own the information outlets like newspapers and broadcast stations and also wag the Food and Drug Administration and the U. S. Department of Agriculture.

Consider this advertisement placed in *The New York Times* in 1963 requesting the New York City council not to mandate fluoridation of city water.

How do you explain that?

And, by the way, the next time you who live outside the incorporated city limits get the break down of contaminants in county water, read what it says about fluoride.

It states that fluoride is a waste product of aluminum manufacturing. Curiously, something else is tagged on that is not found listed for any of the other dozen or so contaminants. It is a conjecture. This one reads "Thought to be beneficial for teeth."

Uh, you thought wrong.

Fluoride—regardless of type—has never been proven to fight tooth decay, and some in the dental community will admit they suspect it actually makes teeth more brittle.

Over years and years of ingesting, fluoride, along with seepage from aluminum and coated cookware, does damage to the brain.

And you wonder why so many cases of Alzheimers, Dementia, and Attention Deficit Disorder are on the rise?

For further information regarding the effects of fluoride neurotoxicity, check out <http://www.fluoridation.com>.

THE NEW YORK TIMES, THURSDAY, NOVEMBER 14, 1963.

of Hospital Job

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5th Coast Meningitis Victim
OAKLAND, Calif., Nov. 13
(AP)—A fifth soldier this year
has died of meningitis at nearby
Fort Ord. Four other soldiers
are ill of the disease, all in the
convalescent stage. The latest
fatality was Pvt. Terry L.

Fluoridation is dangerous

Dr. Simon Beisler says: "It is now clear that fluoride is a potentially harmful substance when present in the water supply in any amount."
Dr. Beisler is Chief of Urology, Roosevelt Hospital, N. Y. C., Past President, American Urological Assn., and one of the many thousands of leading physicians and scientists who oppose fluoride mass medication.

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