

Real Sweets for Your Sweetie

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Valentines Day is the one day that we traditionally give something sweet to someone we care about. Show your affection by giving the gift of sweets with real ingredients. There are many different types of sweeteners available today, from natural to man-made synthetics.

Most processed foods now contain some form of sweetener. Corn is used to make sweeteners because it is cheaper and twice as sweet as table sugar. It is absorbed only 40% as quickly as glucose and causes only a modest rise in blood sugar. Corn has been altered to make high fructose corn syrup (HFCS), fructose, sorbitol, xylitol, fructose, sweet & low, sucrose, malto-dextrin, poly dextrose, inositol, and saccharin. The average person today consumes 60 pounds of HFCS, which is approximately 19% of the average person's diet.

This man-made HFCS has replaced sugar as the sweetener in many beverages, candy and foods such as breads, cereals, breakfast bars, luncheon meats, yogurts, soups and condiments. Other man-made sugars to avoid include Sucralose or Splenda and Aspartame, also known as Amino-sweet or Nutra-sweet. Aspartame is a genetically engineered sugar that has been linked to several severe degenerative diseases.

Man-made sugars are causing health issues and creating hidden food allergies. The three most common food allergens are wheat/gluten, dairy and corn. Of the three food allergens, corn is the only food that is used to make sweeteners. For those with corn sensitivities, eating sweets made from corn can be the cause of many undesirable health issues.

Many digestive issues, migraines and headaches, brain fog, aches and pains, chronic sinus congestion and asthma/allergies are related to hidden food allergies. Simple non-invasive nutrition testing can help determine hidden food allergies and effectively aid in creating a program to successfully reduce many unwanted health conditions.

Show your sweetie how much you really care by giving real sweets this Valentines Day. Look for Valentine sweets that are not made from corn with high fructose corn syrup or vanillin flavoring (artificial vanilla), or artificial sweeteners. Good sweets have real flavorings, real sugar and real ingredients. Most of the better Valentine sweets are available in local health food stores and specialty shops.

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