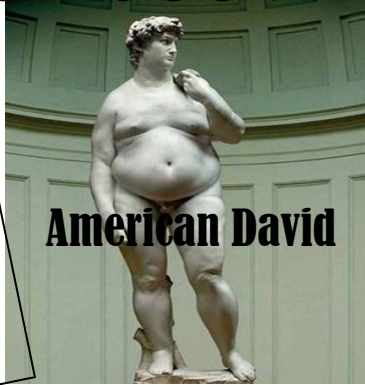


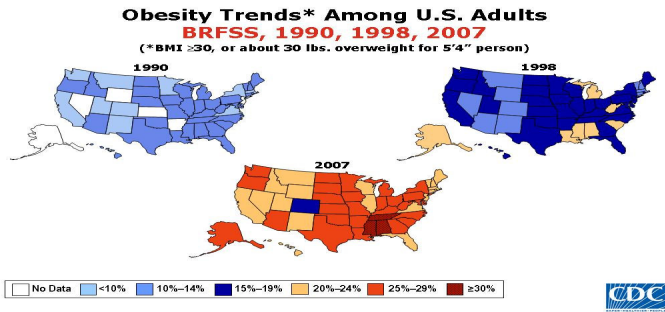
Weight Loss:

This little known "secret" may be sabotaging your efforts to lose weight

Hear and see Dr. Alex discuss this issue on youtube. Search the account anchorchiro



American David



“Americans are Bigger than ever!”
“Obesity rates are going through the roof.”

In the mid 80's America changed from *Cane Sugar* as the primary sweetener used in our sodas, candy, and sweets to *High Fructose Corn Syrup*.

Right now..... the number one source of calories for Americans, (take all the food we eat...fat , protein, carbohydrates and convert those numbers to calories) is High Fructose Corn Syrup.

Many experts believe this to be the reason behind the current Obesity Epidemic.

I figured Americans were just more freely indulgent and pigging out more. You know SUPER SIZE ME....

But it all make perfect sense to me now.....

Here is why:

High Fructose Corn Syrup does not make you FULL when you eat it.

It does not stimulate the SATIETY area of your brain that causes you to stop eating. Without this appetite-control mechanism your appetite has no shutoff signal. You can consume thousands of calories of High Fructose Corn Syrup and your body does not think you have eaten anything at all. If you were to eat similar quantities of real food you would feel stuffed.

Can you imagine anything worse for weight loss.????.

For this reason, many researchers think that the ever increasing use of *High Fructose Corn Syrup* is one of the primary causes of the obesity epidemic.Makes sense to me.

(this is a public education tidbit meant to be photocopied, talked about, and shared with those you love and care about.....spread the word)



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