

High Fructose Agave Syrup?

A popular new sweetener is on the loose. Agave nectar was developed in the 1990's, probably to counter the lowered popularity of high fructose corn syrup due to the terrible things high fructose corn syrup does to a human body. Agave nectar is a highly processed extract first taken from one type of agave, now taken from other cheaper, more available agaves. Nearly all of it is made in Mexico. The agaves are picked by local indigenous peoples at low wages and heavily processed at a low cost, creating a cheap product that can be sold at a high price.

Agave nectar is not raw. It is heated to 140 degrees Fahrenheit, and raw food should never exceed 105, though some people go as high as 118 and call it raw, which is what raw agave nectar producers now claim to be their maximum heat.

Darker agave nectar does not have more minerals than lighter nectar. The darker agave nectar is caused by some of the plants being burnt during production, which is an accident, not an intentional act of nutritional boosting. The darker stuff is the result of poor quality control, but is easier to market because it looks prettier.

Agave nectar is not natural. It is created using genetically modified enzymes, centrifuges, and caustic chemicals. It is so far from the original plant that it might as well be plastic wrap or depleted uranium. It is NOT a naturally occurring food.

Agave nectar has so much fructose that it doesn't have room for glucose; that's why it has a low glycemic index. It is extremely sweet, much higher in sweetness than high fructose corn syrup. This high fructose level is one of the main parts of high fructose corn syrup that makes it so unhealthy. High fructose corn syrup has about 55% fructose, while agave nectar has between 70% and 90% fructose.

Yes, that means that agave nectar is far worse on your liver, much more addictive, and more evil than America's bane, high fructose corn syrup. Agave syrup is no longer recommended for diabetic patients as it causes insulin resistance. There are strong indications that it causes miscarriage, hardening of the arteries, liver inflammation, mineral depletion, and cardiovascular disease.

It is not easy to sort out marketing from reality. The science of selling products to wary consumers is highly advanced, to the extent that it is nearly impossible to avoid, regardless of the product. Product placement from signs, store ads, movies, songs, assorted media outlets, and even news channels inundate us with information that we take to be facts merely due to their repetition. Just because the FDA approved it as a sweetener, doesn't mean it's really safe; Twinkies and Coca-Cola are still on the market, too.

"Now" is always a good time to drop all of the sweetening ingredients that aren't a whole food. White and brown sugar, aspartame, acesulfame-K, agave syrup, high fructose corn syrup, and saccharin have all had their time to destroy

us, and I'm certain that there are more on the way or passed by. Look to dates, honey, whole fruits soaked in water, and the sweetest thing of all, the love in your heart for those you are feeding.

- a. http://www.naturalnews.com/024892_fructose_food_health.html
- b. <http://nourishedkitchen.com/when-natural-foods-arent-natural-agave-nectar/>
- c. http://food-facts.suite101.com/article.cfm/agave_syrup_may_not_be_helpful_for_diabetics
- d. <http://www.living-foods.com/articles/agave.html>
- e. <http://www.westonaprice.org/modernfood/HFCSAgave.pdf>