

When people think of corn it usually conjures up images of corn fields in the Midwest, a happy farmer cultivating his crops, and backyard barbeques. This may be what corn used to be, but it is not what it is now. Corn is now mass produced and costs the American people millions of dollars in subsidies and health care expenses each year. Our bodies are not meant to eat corn in EVERYTHING and now, just about everything in the Standard American Diet (SAD) has corn in some form.

The origin of corn can be found at least 5,600 years ago. It was cultivated by Indians in the Americas, but now it is referred to as a cultigen, which means it no longer resembles its ancestors. It also can no longer reproduce on its own and the seeds used now have been hybridized and genetically modified to death. Corn is deficient in accessible Niacin and in the early 20th Century, hundreds of thousands people in the Southern US suffered from Pellagra, a vitamin deficiency disease. Pellagra has occurred throughout history in cultures that depend on corn as a dietary staple.

Corn subsidies in the US have now reached an all time high of \$4 billion per year. It sells for \$1 less per bushel than it actually costs to produce. The biggest benefactors of this subsidization are Coca-Cola, Tyson and Archer Daniels (a conglomerate that processes grains and oil seeds into products used in food, beverages & animal feed). 46% of the corn produced in the US goes into domestic animal production, 35% goes into food, beverage, seeds & industrial, and 19% is exported. As a country the US is overproducing corn and a direct effect is that Americans who eat the SAD are over consuming corn. This is certainly a contributing factor as to why 67% of Americans are overweight and 33% of those are obese.

Look at the example set by a corn fed cow. The corn not only fattens up the cow in record time, but it also causes them to deposit fat directly into their muscles. The same is true for what corn does to humans. Do you want fat deposited directly into your muscles? Research shows that corn may be linked to obesity because of the lectins it contains. Lectins are antibody sized proteins and glycoproteins that directly stimulate fat production. The lectins are sticky and have the ability to mimic hormones. With regard to weight loss, lectins mimic the hormone insulin. Research shows that lectins are known to bind to the insulin receptor on fat cells, giving the fat cells the same message that insulin gives, namely to store fat. The lectins also stay indefinitely attached to the fat cell giving the cell this constant message. So, eating corn causes a state similar to having high insulin levels, which leads to obesity, metabolic syndrome and Type II diabetes.

Corn for many reasons is not a good food source. Monetarily it is costing the American taxpayer a huge amount of money that in turn is making unhealthy processed food appear cheaper than good wholesome food, only to the benefit of large commercial food makers. It is also a major factor in the #1 health crisis in America, obesity. Corn can be found under many names like, dextrose, maltodextrin, sorbitol, high fructose corn syrup and xanthan gum. It is also found in just about any product in your local grocery store from malt sugars and deli meats to powdered sugar, baking powdered and caramel color. Take the time to read labels and enjoy all the wonderful wholesome fruits and vegetables that do not contain corn that are available and will aid in this journey of healthy fat loss.