

## Mercury and High-Fructose Corn Syrup

The new report comes from researchers including David Wallinga, MD, director of the IATP's food and health program. They bought 55 products that list high-fructose corn syrup first or second on their list of ingredients, which means high-fructose corn syrup was a leading ingredient in those products.

Wallinga's team sent samples of those products to a commercial lab, which checked the levels of total mercury in each sample.

"Overall, we found detectable mercury in 17 of 55 samples, or around 31%," write Wallinga and colleagues.

Here is the list of those products:

- **Quaker Oatmeal to Go bars**
- **Jack Daniel's Barbecue Sauce**
- **Hershey's Chocolate Syrup**
- **Kraft Original Barbecue Sauce**
- **Nutri-Grain Strawberry Cereal Bars**
- **Manwich Gold Sloppy Joe**
- **Market Pantry Grape Jelly**
- **Smucker's Strawberry Jelly**
- **Pop-Tarts Frosted Blueberry**
- **Hunt's Tomato Ketchup**
- **Wish-Bone Western Sweet & Smooth Dressing**
- **Coca-Cola Classic: no mercury found on a second test**
- **Yoplait Strawberry Yogurt**
- **Minute Maid Berry Punch**
- **Yoo-hoo Chocolate Drink**
- **Nesquik Chocolate Milk**
- **Kemps Fat Free Chocolate Milk**

Wallinga and colleagues caution that their list was "just a snapshot in time; we only tested one sample of each product. That clearly is not sufficient grounds to give definitive advice to consumers."

Mercury exposure at high levels can harm the brain, heart, kidneys, lungs, and immune system. A form of mercury called methylmercury is particularly risky to a baby's developing brain and nervous system, according to background information from the Environmental Protection Agency (EPA).

Wallinga points out that the lab only tested for total mercury levels, not methylmercury or other types of mercury. He also notes that the EPA has a "reference dose," or upper limit, for methylmercury intake but not for other forms of mercury.

### Where Did the Mercury Come From?

Wallinga's report doesn't prove that the mercury in the tested products came from high-fructose corn syrup, but "I'm hard pressed to say where else it would come from," Wallinga tells WebMD.

Wallinga explains that mercury can be used to make caustic soda, which is one of the products used to make high-fructose corn syrup. That's outdated technology; mercury isn't needed to make caustic soda, notes Audrae Erickson, president of the Corn Refiners Association, in a statement emailed to WebMD.

## Health effects of mercury

Metallic mercury is used in a variety of household products, such as barometers, thermometers and fluorescent light bulbs. The mercury in these devices is trapped and usually does not cause any health problems. However, when a thermometer will break a significantly high exposure to mercury through breathing will occur for a short period of time while it vaporizes. **This can cause harmful effects, such as nerve, brain and kidney damage, lung irritation, eye irritation, skin rashes, vomiting and diarrhea.**

Mercury has a number of effects on humans, that can all of them be simplified into the following main effects:

- **Disruption of the nervous system**
- Damage to brain functions
- **DNA damage and chromosomal damage**
- Allergic reactions, resulting in skin rashes, tiredness and **headaches**
- **Negative reproductive effects**, such as sperm damage, **birth defects and miscarriages**

Damaged brain functions can cause degradation of learning abilities, **personality changes**, tremors, vision changes, deafness, muscle incoordination and memory loss. Chromosomal damage is known to cause mongolism.

Read more: <http://www.lenntech.com/periodic/elements/hg.htm#ixzz1XkXEH1et>

## Dr. Bob's Notes

**High fructose corn syrup interferes with a key enzyme in your body that delivers copper to your vital organs. When fed to animals in a lab study, they developed livers that looked like those of a hardcore aging alcoholic. HFCS contains significant amounts of mercury - an extremely dangerous & damaging neurotoxin (and yes the FDA knows and has done NOTHING!) paraphrased from the writings of Nora T. Gedgaudas excellent book, "Primal Body, Primal Mind"**

It surely makes you appreciate the attempt at the advertising of HFCS to say that there is nothing wrong with it and that it is surely as SAFE as SUGAR !!!  
Uh.....I beg to differ !!!!

“ IT IS BETTER TO HAVE LEARNED AND FORGOTTEN THAN TO NEVER HAVE LEARNED IT AT ALL”