

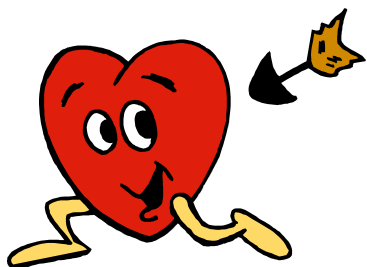


The AC Insider

February 2011 Issue

Newsletter Spotlight

- **High Fructose Corn Syrup**
- **Aspartame**
- **AC Happenings**
- **February's Drawing**
- **We're on Facebook!!**



High Fructose Corn Syrup.. What really is it?

When looking at the ingredients of some of the foods that we buy at the grocery store, we notice this stuff. What really is it?! High Fructose Corn Syrup (HFCS) is genetically altered from corn syrup by changing the chemical properties to taste sweeter than table sugar (it's cheaper too). When the genetically altered corn syrup is consumed, for practical purposes it's recognized as a toxin to the body. HFCS is then sent to the liver where it will be stored as fat. Go to your kitchen & look at your food you buy... for more info, go to the address below:

- <http://www.toyourhealth.com/mpacms/tyh/article.php?id=1382>

Aspartame: The Diet Soda Additive

So, diet soda is "better" for you than regular soda right? OH, and no calories to boot!!! We know Aspartame mostly as Nutri-sweet or Equal. Aspartame is the "sugar-free" additive in diet soda. Aspartame is made up of three chemicals: aspartic acid, phenylalanine, and methanol (wood alcohol). Chronic exposure to Aspartic Acid can cause neurological disorders. Methanol breaks down into the chemicals of formic acid and formaldehyde when consumed. The EPA recommends a limit 7.8 mg/day. A one-liter (approx. 1 quart) aspartame-sweetened beverage contains about 56 mg of methanol. The point? Aspartame isn't all it's cracked up to be, and sugar isn't as "bad" as most people think. For more info, follow the link below:

<http://aspartame.mercola.com/>

What's Happening at Allied Chiropractic, P.A. in February?!

- **January's G.C. Drawing** — Congrats to *Jean K.*!! She won a gas gift certificate during January's drawing. February's drawing is ready to go.. Come find out what this month's is about!!!
- **February is National Heart Month** — Exercising and eating right to keep a healthy heart. A smile, laughing or a good joke could arguably do the same!!!
- **FIND US ON FACEBOOK!!** - Find us, like us, and tell *your friends and family*!!! Watch for updates about the clinic, tips, and health related stories.
- **Quote of the month:** "Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing." - *Abraham Lincoln*
- **Supplement Coupon**—Go to our dexknows.com profile to find a coupon to use on all of our supplements. Don't forget to tell your friends!!!

