

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



High blood pressure and junk food

Two recent studies in the American Journal of Nephrology and Experimental Physiology provided the first evidence that fructose is another piece of the “high blood pressure” puzzle. The research found that a diet high in fructose, a form of sugar found in sweetened soft drinks and junk food, raises blood pressure in men.

Fructose accounts for about half the sugar molecules in table sugar and in high-fructose corn syrup, the sweetener used in many packaged foods.

We have known for a long while that soft drinks and junk foods are not healthy. This is just more research to support why they are unhealthy choices.

One study further suggested that people who consume junk foods and sweetened soft drinks at night could gain weight faster than those who don't.

Our dietary decisions we make today, greatly affects our health tomorrow.