

Experts warn: Corn syrup causes many diseases

Pointing out that corn syrup in numerous packaged food causes many diseases, Quality Life Specialist Haluk Saçaklı said: “Fructose in corn starch is addictive and does not give a feeling of satiety. It quickly converts to fat and causes many diseases, from liver to vascular diseases.”

Many packaged products such as chocolate, cookie or soda, fruit juice include corn syrup from corn. Experts state that corn syrup is much more harmful than simple sugar from sugar beets. Pointing out that corn syrup inhibits feeling of satiety, Quality Life Specialist Haluk Saçaklı said: “Fructose in corn starch is addictive and does not give a feeling of satiety. Besides it creates creates more eating sensation with negative effects on the brain.”

IT IS MUCH MORE STRONG IN COMPARISON WITH GLUCOSE

Corn syrup is much preferred in the food sector than simple sugar from sugar beet because corn syrup cost-efficient rather than natural sugar. a small amount of sweetener can sweeten more products because of its high sweetener potential and it extends the shelf life of the product.

Stating that fructose in corn syrup causes many diseases, Istanbul Gelisim University Assist. Prof. Dr. Haluk Saçaklı said: “Calories from glucose and fructose are more dangerous than calories from starch and glucose, such as potatoes and bread. Starch is biodegraded and turned into glucose, and then glucose is turned into fructose in corn syrup. Corn syrup consists of 80 percent fructose and 20 percent glucose. However, for example, the simpler sugar from sugar beet has fructose and glucose percentages are 50. Fructose is a stronger sweetener than glucose.”

CAUSE OF DISEASES: FRUCTOSE

Stating that corn syrup causes insulin resistance, obesity, vascular diseases and diabetes, Assist. Prof. Dr. Saçaklı said: “Insulin resistance also causes tumors to grow because cancer cells use sugar as energy source. There is no need for insulin to metabolize the fructose that reaches the liver. Moreover, it quickly turns into triglyceride and it turns into stored fat. Fructose is the substance that turns into oil in fastest way among all sweeteners.”

THE BEST ONE IS SIMPLE SUGAR

Stating that the damage of refined sugar in the body is a bit less than the corn syrup one, Assist. Prof. Dr. Saçaklı warned: “We need to know that we should be content with the sugar we naturally take from vegetables and fruits that we call simple sugar. When we cannot help ourselves to eat dessert, we should prefer those made with sugar obtained from sugar beet. We should carefully read the biscuit packages and do not consume any kind of substance ending with ‘OZ’.”

Teamwork provides fun learning

Teamwork in class management enables students to learn with fun. Stating that conflicts in the classroom can be prevented with teamwork, Education Programs and Training Specialist Assist. Prof. Dr. Derya Kavgaoğlu said that techniques such as use of collaborative studies, argument, solving problems and case studies together enable students to participate the courses and to have fun.

Stating that each student has different interests and it is usual that there will be conflict between the students, Istanbul Gelisim University Head of Social Service Department Assist. Prof. Dr. Derya Kavgaoğlu said: “Conflict is inevitable in learning environments where students with different interest, knowledge and ability are together. However, if academicians benefit from collaborative work, conflicts between individuals and groups become constructive in the classroom environment. If these studies become successful, they strengthen communication in the classroom, increase participation in courses, confidence and commitment, and provide a sense of accomplishment and learning together.”

Expressing that academicians can direct conflicts between individuals and groups in the classroom environment in order to increase efficiency, Kavgaoğlu said: “This strategy, which can be expressed as constructive conflict design, can also be considered as an effective learning strategy, because, conflict arises from the comfort zone and triggers creative, critical thinking and acting by its nature. It encourages not stable but dynamic and problem-solving attitude.”

Stating that debate as an example of collaborative work is constructive conflict management, Kavgaoğlu said: “Debate is a technique that symbolizes active-passive conflict in which two opposing groups try to persuade neutral listeners and the jury showing their views are true and the opposite is wrong in a determined issue.”

Kavgaoğlu explained the effects of the debate on the student as follows:

“Groups of students prepare the information structure they will defend. They identify and question opposing views. Dichotomy, conflicts and uncertainties arise among groups. Curiosity for knowledge begins, students seek more information to support their own theses and refute the other's theses. Active presentation starts. In this process, groups try to harmonize their ideas with those of the other group.”

Stating that academicians can easily use these and similar learner-centered activities to design constructive conflicts, Kavgaoğlu said: “Managing the classroom regarding research and invention strategies, using collaborative small-large group work, advancing through techniques such as discussion, problem solving, question and answer, case studies will also support the classroom to learn with fun.”

Finance Specialist Hakan Yıldırım: Bitcoin's reliability is risky

The reliability of Bitcoin, the virtual currency, has become one of the most important research topics. Stating that Bitcoin's reliability is risky, Finance Specialist Hakan Yıldırım said: “Even if countries oversee the Bitcoin system well, the absence of a legal institution behind the system will not be quite helpful in securing the investments of individual investors.”

With increasing demand, Bitcoin has become more and more widespread in many countries and has become a virtual currency. In addition to competing against currencies like the dollar, pound and euro, it has also been an alternative to gold, an indispensable investment tool for centuries, so that the number of Bitcoin in circulation is now 17 million 891.

Stating that the reliability of Bitcoin has become an important research topic, Finance Specialist Hakan Yildirim said: “The biggest risk that individual investors may be exposed to is that Bitcoin is not offered to the market under the guarantee of a certain central bank and therefore there is no addressee. Every country issues its money through its own central bank but this is not the case for Bitcoin.”

Saying “Many sources mention the risk that Bitcoin investments may face. However, the concept of risk here is directed to the question ‘what if Bitcoin price falls?’ after the investment in Bitcoin.”, Istanbul Gelisim University Assist. Prof. Dr. Hakan Yildirim stated as follows:

“Namely, the investor looks for an answer to the possibility of losses in the principal. However, the main risk is the reliability of Bitcoin as an investment instrument. In other words, the biggest risk for investors is the possibility of seeing the page not accessible when they enter the panel to buy and sell it. When investors face with such a situation, they will not be able to apply to any official institution or they will lose their investments which are not guaranteed by the state.”

IT IS FORBIDDEN IN SOME COUNTRIES

Reminding that on the other hand, the financial activities of the cartels engaged in illegal activities were carried through Bitcoin system, Hakan Yildirim said: “This has put some developing countries in a difficult position and has become a major risk for them. Therefore, some countries have banned the Bitcoin system to prevent the financial side of the illegal activities of it. These countries are Bolivia, Bangladesh, Algeria, China, Ecuador, Indonesia, Cambodia, Nepal, Pakistan and Iceland.”

Stating that Bitcoin can be a risky investment tool for investors and countries, Yildirim said: Even if countries oversee the Bitcoin system well, the absence of a legal institution in the background will not be helpful in securing the investments of individual investors to get under guarantee. On the other hand, it is not possible for governments to control the financial side of illegal activities.”