

## **Beware of dangers of artificial sweeteners**

**Question:** Why have I heard so much about avoiding artificial sweeteners and their dangers to health?

**Answer:** There is good reason to avoid artificial sweeteners and, yes, they are very dangerous to your health. In writings from Dr. Mercola called "Sweet Deception" he exposes the composition of each artificial sweetener. It is too lengthy to discuss all of them but I will give you the components of some and you will get the big picture.

The names of the most common ones are; Saccharin Cyclamate (banned in 1969), Aspartame, Alitame (not yet approved), Sucralose, Acesulfame-K and Neotame. Most of these were discovered accidentally by chemists looking for other products; an insecticide in the case of Sucralose.

Less than one year after Aspartame was added to soft drinks the FDA received 592 complaints of Aspartame effects including: aggressive behavior, extreme numbness, loss of depth perception, seizures, death, disorientation, excitability, liver impairment, suicidal tendencies, hyperactivity, memory loss, cardiac arrest, severe mood swings.

The amino acids found in Aspartame are not found sequenced together anywhere in nature. The body does not recognize it and attempts to metabolize it. The other portion is methanol or wood alcohol (paint remover: causes fatal kidney damage, blindness, multiple organ system failure, and death). EPA defines safe consumption at 7.8 mg/day. There are 16mgs in a can of diet soda. It breaks down to formaldehyde and DKP, both known carcinogens.

Sucralose was found by technicians attempting to make insecticides. They were adding a highly poisonous chemical to a sugar solution. They created a chlorinated sugar. They experimented with other chlorinated sugars until they selected one. The chemical name 1,6-dichloro-1,6-dideoxy-beta-D-fructofuranosyl-4-chloro-deoxy-alpha-D-galactopyranoside. It was renamed "Sucralose" to sound more natural.

The chlorine in Sucralose is dangerous. It is stored in your fatty tissue and the toxicity mainly affects your brain, heart and lungs. Digestion of this chemical can cause liver toxicity, genetic mutation, low birth weight in infants, and maternal toxicity.

Splenda is mixed with bulking agents dextrose (glucose i.e. sugar) and maltodextrin (corn syrup solids). In other words a packet of splenda is 99-percent sugar!

Don't just avoid artificial sweeteners; eliminate them from your diet and your family's diet. The next time you buy any artificially sweetened food product or soft drink, including juices and flavored waters read the label and put aside the ones with these poisons and replace them with naturally sweetened products. You owe it to your family and yourself to read labels and be educated about what you put in your body.

**Quote of the week:** *"Your only obligation in any lifetime is to be true to yourself."* – Richard Bach