

~ A Healthier You ~

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Artificial Sweeteners

These artificial sweeteners, NutraSweet, Sweet and Low, Sunette and Splenda may not be very healthy for us. For example, research shows that aspartame (NutraSweet) has side effects such as: migraines, weight gain, muscle spasms, depression, fatigue, insomnia, heart palpitations, vision and hearing problems, anxiety attacks, vertigo, memory loss, joint pain, emotional disorders, multiple sclerosis, lupus, chronic fatigue syndrome, brain tumors, brain cancer, diabetes, Parkinson's disease, Alzheimer's disease, epilepsy, birth defects, mental retardation and diabetes (Aspartame Toxicity Information Center Web Page).

Splenda says on the label, "made from sugar, so it tastes like sugar." The ingredients are dextrose and maltodextrin and sucralose. Dextrose is a naturally occurring corn or grape sugar. Maltodextrin is a partially hydrolyzed starch and sucralose is produced by chlorinating sugar. It is made by changing the structure of sugar molecules by substituting three chlorine atoms for three hydroxyl groups. Chlorinated sugar!

Long-term safety of sucralose is unknown and preliminary testing shows that it can cause problems in mice and rabbits, such as shrunken thymus gland, enlarged liver and kidneys, atrophy of lymph follicles in the spleen and thymus, decreased red blood cell count, aborted pregnancy and diarrhea (Dr. Mercola - www.mercola.com). Research shows that final sucralose products contain small

amounts of dangerous substances, such as heavy metals, arsenic, chlorinated disaccharides and chlorinated monosaccharides.

Continued sucralose (Splenda) research also demonstrates serious side effects: Chest pain, irritability, confusion, fatigue, changes in mood, hyperplasia of the pelvis and reduced growth rate (www.something-fishy.org/dangers/sugarfat.php).

As in all of our food consumption, it is always best to stay close to nature. If you can't give up the sweetness of sugar or the artificial sweeteners, you might try substituting with honey or Stevia (a natural substance). In the long run, you'll most likely be a lot healthier and glad that you made the switch.