

Artificial Sweeteners: A Genuine Health Threat

Obesity in the US has doubled in the last 35 years. Americans are now consuming copious quantities of artificial sweeteners and a relatively new fake-natural sweetener, High Fructose Corn Syrup (HFCS). These *never-before-seen-in-the-history-of-man* sweeteners are contributing to Americans losing the battle of the bulge.

Studies show that Aspartame, the most widely used artificial sweetener of all-time, often **contributes to** weight gain and has been conclusively linked to many very serious adverse health reactions. Equal, NutraSweet, and AminoSweet are new names for the same old toxic Aspartame.

In his "60 Minutes" TV show report, Mike Wallace stated that the approval of Aspartame was "the most contested in FDA history." The FDA's own toxicologist, Dr. Adrian Gross told Congress that **aspartame can cause brain tumors and brain cancer** and that it violated Federal law (the Delaney Amendment), which forbids putting anything in food that is known to cause cancer. But, in what is often the typical FDA protocol, the "Golden Rule" takes precedence - the players with the most gold make the rules. Aspartame's golden manufacturer, pharmaceutical giant G.D. Searle, came out the winner and the artificial sweetener was approved.

Side effects from Aspartame can occur as acute serious reactions or can occur gradually. When they occur gradually over many years, it can be very difficult to pinpoint the cause. Over 90 serious side-effects have been documented.

Sucralose (commonly sold as Splenda), was formulated in 1976 when a group of UK scientists were actually **trying to create a new pesticide**. Its chemical structure resembles pesticides more than it does sugars and is by no means an improvement.

High Fructose Corn Syrup (HFCS) has been used as a sweetener in soda since the 1970s, but its use as a sweetener (some call it artificial, some call it natural) has exploded in the past decade. Just because the main ingredient in HFCS started out in a corn field, doesn't mean it's natural or safe. The take-out box of leftovers in my fridge is also derived from corn. That alone doesn't make it edible. The process of turning corn into HFCS is chemical, not culinary.

Even though regular cane sugar should be used only in moderation, it is still a *far* healthier option than chemical sweeteners or High Fructose Corn Syrup. In comparison to artificial sweeteners, white sugar should probably be considered a health food.

An excellent option for people who want to avoid sugar while avoiding toxic artificial sweeteners is a sweet-tasting South American herb called stevia. Stevia has been used safely by indigenous people for many centuries and used in Japan and Germany since the 1960s as a safe, zero-calorie sweetener.

For a broader understanding of this subject, see chapter 11 of my new book, Wellness Uprising.



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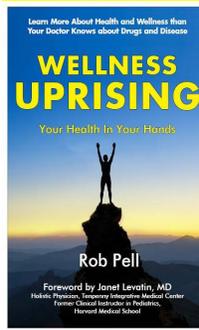
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