

Artificial Sweeteners Are A Genuine Health Threat

In 1822 an average American consumed 6.3 lbs. of refined sugar per year. Now it's over 120 lbs. annually. Stated differently, in a week Americans used to consume the amount of sugar found in a 12 oz. soft drink. Now, we consume that much every 7 hours.

Excessive sugar consumption is one of the obvious factors contributing to the skyrocketing **obesity and diabetes rates in the US – the highest of any industrialized nation.** Further, white sugar has been conclusively linked to immunosuppression, liver disease, anxiety, serious mood swings, hyperactivity in children, and increased body-wide inflammation which contributes to pain and cardiovascular disease.



In response to consumer demand modern science created artificial sweeteners. Thinking they are a smarter choice, Americans now consume copious quantities of these chemicals which in many cases have proven to be very damaging to our health as well.

Ironically, studies show that Aspartame, **the most widely used artificial sweetener of all-time, often contributes to weight gain** and has been conclusively linked to other very serious adverse health reactions. Equal, NutraSweet, AminoSweet, only name and packaging changes differentiate these identical products. The real truth is – they're all the same old toxic Aspartame.

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 it's by no means an improvement. A recent Duke University study determined that Sucralose contributes to obesity, destroys almost 50% of healthy intestinal bacteria and will likely cause more weight gain than eating natural sugar. Something tells me we'll be hearing more bad news about Splenda if more studies emerge.

How do artificial sweeteners cause weight gain? *Scientific American* explained that when you eat something *naturally* sweet, your brain releases dopamine, which supplies you with a jolt of pleasure. Your brain's reward center is activated which encourages you to keep eating. The appetite-regulating hormone leptin is also released, which will inform your brain that you're "full" & to stop eating when enough calories have been ingested.

However, when you consume something sweet but non-caloric (i.e. an artificial sweetener), your brain's pleasure pathway is still activated by the sweet taste which makes you want to keep eating. But because your body is still waiting for enough calories, leptin release is delayed so there's nothing to deactivate your appetite and your brain keeps sending signals to continue eating.

"60 Minutes" reported that the approval of Aspartame was "the most contested in FDA history." The FDA's own toxicologist, told Congress that it was certain that aspartame can cause brain cancer and that it violated the Delaney Amendment, which forbids putting anything in food that is a known carcinogen.



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Eight Great Natural Sweeteners Discussed
Knock Out Bladder Infections Fast
Boost Immunity and Treat Your Sore Throat**

Artificial Sweeteners Continued:

Nevertheless the "Golden Rule" took precedence - those with the most gold made 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 be acute or gradual. When they occur over many years, it can be very difficult to pinpoint the cause. Over 90 serious side-effects have been documented.

High Fructose Corn Syrup (HFCS) has been used as a sweetener in soda (some call it artificial, some say natural) since the 1970s, but its use has exploded in the past decade. Folksy television ads featuring farmers standing out in their fields, now try to convince us that HFCS is natural because the main ingredient started out in a corn field. That alone, doesn't make it truly natural or safe. The process of turning corn into HFCS is chemical, not culinary.

Fact is, even though white sugar should be used only in moderation, it's still a *far* healthier option than chemical sweeteners or HFCS. It's ironic that in comparison to toxic artificial sweeteners, white sugar should probably be considered a "health" food.

There are many natural sweeteners that can replace white sugar. They all have different characteristics. Some add a distinct flavor signature, some are low calorie, some are zero calories. Check out page 2 for ways to replace white sugar and artificial sweeteners.

No matter what the commercials may imply: high-tech, fake sweeteners are not safe, fresh, natural, or healthy. They are dangerous and ultimately will undermine your weight and health goals. For a broader understanding of this subject, see chapter 11 of my book, Wellness Uprising.

Sweet and Healthy

Healthy sugar substitutes all taste sweet but can be divided into 2 primary categories: Those that contain nearly zero calories and therefore do not raise blood sugar and are suitable for most diabetics. And those that will raise blood sugar but contain some level of minerals, antioxidants, and other health promoting properties making them far healthier than white sugar. They all have their unique taste and sweetness profile.

Stevia: The stevia plant yields an extract that is hundreds of times sweeter than white sugar but has virtually no effect on blood sugar making it perfect for diabetics. Some brands of stevia have a noticeable aftertaste. Other brands are much better in that regard. It's been used for centuries by millions of people.

Erythritol: Is a naturally occurring sugar alcohol made from corn. Sunshine carries the NOW brand which is non-GMO. It tastes good and is almost as sweet as white sugar but has nearly no calories making it suitable for diabetics.

Xylitol*: Is another naturally occurring sugar alcohol that has no substantial impact on blood sugar. It tastes sweet with no bitter aftertaste. Xylitol chewing gums, mints are nasal rinses are known for curtailing bacterial overgrowth and are often used to prevent dental plaque & sinus infections. Very versatile.

Coconut Sugar: Many are using coconut sugar as their natural sweetener of choice because it tastes great, creates a low glycemic load and unlike white sugar is rich in minerals and other phytonutrients. Coconut sugar is versatile. Date sugar (from dried dates) and coconut sugar are often used interchangeably in recipes because they provide similar flavor. Both are great for baking and measure just like traditional sugar. Coconut sugar has less impact on blood sugar and insulin levels than date sugar.

Honey: Raw organic honey is a true superfood and one of the best natural sweeteners. It's packed with enzymes, antioxidants, vitamins and minerals. Be aware, some low-priced honeys may be little more than mislabeled corn syrup. Trust your source. It is medium to high on the glycemic index so probably should be used sparingly if at all by most diabetics.

Monk Fruit: Despite its very sweet taste, this fruit contains virtually no calories and has no effect on blood sugar. There's little to no bitter aftertaste, unlike some other sugar substitutes. Monk Fruit sweeteners come in several forms: liquid extract, powder and granules. Also known as Lo Han.

Maple Syrup is one of the best natural sweeteners because it is uniquely delicious and is an outstanding source of minerals and antioxidants. Grade A Dark is what was formerly labeled Grade B. It has a stronger maple flavor and is darker and richer in nutrients than lighter sweeter more highly refined grade "A" syrups. Just the right touch of maple syrup is what gives the Sunshine Granola its famous flavor. Maple syrup is moderate on the glycemic index.

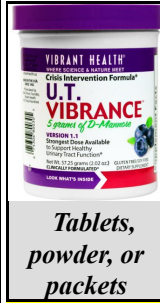
Sunshine has great pricing on organic Grade A Dark maple syrup in 1 lb, 1 qt, and 1 gallon containers.

*Please note: xylitol can be toxic or fatal to dogs

Boosts Immunity Soothes Sore Throat Fast



TheraZinc Oral Spray delivers ionized zinc directly to your mouth and throat for immediate absorption. For best results, spray toward the back of the throat, wait a few seconds, then swallow. Natural peppermint oil, menthol, cherry bark extract, and slippery elm provide immediate sore throat relief. Sugar-free with no artificial coloring.



Tablets,
powder, or
packets

Knocks Out Bladder Infections FAST!

U.T. Vibrance from Vibrant Health Is The Most Powerful Acute Intervention Formula We Have Ever Seen For the Treatment Of Painful Urinary Tract Infections.

This one product has it all. **U.T. Vibrance** combines carefully selected botanical extracts and powders traditionally used to support healthy urinary tract function along with a massive dose of European D-mannose. Mannose quickly finds its way to the bladder where it helps dislodge infection-causing E.coli from the bladder wall so it can easily be passed in the urine.

U.T. Vibrance is far more effective than cranberry juice alone. **Many people report that it's just as effective for them as antibiotics.** Available in tablets or as a mildly sweet tasting powder that mixes well in water or single serve packets.

Key Benefits

- * Eradicates E.coli Bacteria From the Urinary Tract
- * Stops Itching, Burning, and Painful Urination.
- * Promote Urinary Tract Health

Or For Daily Prevention from Recurrent UTIs Try D-Mannose By Itself.

Stronger than cranberry juice. Even for people who have suffered from frequent UTIs, 1 or 2 capsules of D-Mannose twice a day used with plenty of water, targeted probiotics, and a reduced sugar diet may be all you need to prevent painful recurrences. Available in capsules or powder.



Check Out These Facts About Organic Hemp Milk

Delicious, Smooth, & Creamy

Total carbs ... 1 gram ... per 8 oz serving
Sugars.....0 grams
Protein3 grams
Cholesterol....0 grams

Great for lactose intolerant people or anyone who is trying to reduce excess sinus or lung and bronchial mucus. The perfect cow's milk alternative.