



Artificial sweeteners can increase your risk of cancer, increase body fat and they even reduce the amount of good bacteria in your intestines. Another side effect of artificial sweeteners is an increased desire for sweet food and sugar cravings. If your goal is to lose fat and keep it off, the side effects make them one of your biggest enemies!

HEALTH TIP #11 – NATURAL AND ARTIFICIAL SWEETENERS

- **Sucrose** (white table sugar stripped of all fiber, minerals, fiber, amino acids, and trace minerals) is pure sucrose and can cause excessive weight gain, obesity diabetes, dental decay, hypertension, heart diseases, etc.
- **Saccharin** was the first artificial sweetener used, passed after subsequent animal testing. It caused urothelial cytotoxicity and was associated with urinary bladder cancer. Saccharin contains sulfonamide and can cause sulfa allergies. Skin diseases, nausea, headache, diarrhea and symptoms associated with sulfa allergies are among the other side effects.
- **Acesulfame-K** contains methylene chloride, a potent carcinogen. Continued use may result in depression, nausea and kidney troubles.
- **Aspartame** causes severe hunger, rapid weight loss and has the most dangerous side effects which include headache, dizziness, nausea, vomiting and diarrhea, change of mood, abdominal pain, change in vision, seizures, convulsions and fatigue. Fibromyalgia, multiple sclerosis, cancer and systemic lupus were some of the serious side effects related to aspartame. Breast cancer, prostate cancer, renal cell carcinoma and ovarian cancer were diagnosed, due to high amounts of aspartame in the diet.
- **High fructose corn syrup (HFCS)** can interfere with the transport of vital nutrients to many organs, can contribute to diabetes and heart disease and it can even make your liver look and function like that of an alcoholic. **Fructose in fruit is less compared to HFCS foods and fruit has fiber and nutrients.**
- **Sugar alcohols (sorbitol and mannitol)** are low in carbohydrates and have 25% less calories than sugar but have side effects: diarrhea, vomiting, gas, bloating, etc. In addition, sorbitol feeds cavity causing bacteria in the mouth!
- **Sucralose** is a chlorinated sugar that is used mostly in baked foods, desserts, chewing gums, beverages, etc. It is stable when heated and is absorbed by the body. It is approved by FDA as safe. Excess consumption of sucralose can lead to enlargement of kidney, liver and shrinkage of the thymus gland.
- **Agave nectar/syrup** "is basically high-fructose corn syrup masquerading as a health food. Agave nectar has the highest fructose content of any commercial sweetener (with the exception of pure liquid fructose) and it a whopping 90% fructose, almost- but not quite- twice as high as HFCS." (Dr. Jonny Bowden)
- **Xylitol** is derived from birch trees, sugarcane, corn cobs and stalks, fruits, veggies, berries, mushrooms, and lettuce is as sweet as sugar with none of the negative tooth decay or insulin-release effects of sugar. Scientific research has proven that it **can reduce tooth decay by up to 90% and kills the bacteria and viruses that cause upper respiratory infections.** High doses may cause diarrhea and gas.
- **Raw honey** is the concentrated nectar of flowers that comes straight from the extractor and is unheated, pure, non-pasteurized, unprocessed honey. **It does not ferment in the stomach and it can be used to counteract acid indigestion. When mixed with ginger and lemon juices, it also relieves nausea and supplies energy and is the healthiest choice amongst the various forms of honey as it has the most nutritional value and contains amylase, an enzyme concentrated in flower pollen which helps predigest starchy foods like breads.**
- **Stevia** is a safe alternative to artificial sweeteners. It is a plant and not an artificially produced substance, therefore not a toxin to your liver. ***"More elaborate safety test were performed by the Japanese during their evaluation of Stevia as a possible sweetening agent...The results are always negative. No abnormalities in weight change, food intake, cell or membrane characteristics, enzyme and substrate utilization, or chromosome characteristics. No cancer, no birth defects, no acute and no chronic untoward effects. Nothing."***

White Sugar
Makes you fat
Rots your teeth
Sugar rush followed by crash
Contributes to diabetes risk factors
Contributes to heart disease risk
Feeds yeast and candida

Stevia
Zero calories
Doesn't promote cavities.
Steady energy
Balances blood sugars
Lowers your blood pressure
Starves yeast – antibacterial

Consider making this 'healthy change for a healthier you'!

To Your Health,

Karen Mastrogiovanni, the Health Pastor

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