

Synthetic Sweeteners

A sugar substitute is a food additive that duplicates the effect of sugar in taste, usually with less food energy.



By Dan Young



THINGS TO CONSIDER

In an effort to satisfy America's insatiable sweet tooth while supposedly saving our waistlines, the food industry has continued to create new sugar substitutes that lead us all into a false sense of security. The sweet truth about the two most widely recognized sugar substitutes will make you pause and say hmmm...

SPLENDA

Also known as Sucralose, it has quickly taken the market by storm because of the FDA's permission to call this zero calorie sugar substitute natural. That fact is that it is an artificial sweetener which is a chlorinated sucrose derivative.

Despite the manufacturer's misstatements, Sucralose does break down into small amounts of 1, 6-dichlorofructose, a chemical that has not been adequately tested in humans. The manufacturer claims that

the chlorine added to Sucralose is similar to the chlorine atom in the salt (NaCl) molecule. That is not the case. Sucralose may be more like ingesting tiny amounts of chlorinated pesticides, but we will never know without long-term independent research.

Recently, scientists have shown Sucralose to cause many of the following symptoms in laboratory studies; there were too many to list for this article:

- Shrunken thymus glands (up to 40%)
- Enlarged liver and kidneys
- Decreased red blood cell count
- Aborted pregnancy
- Decreased fetal body weights and placental weights
- Diarrhea

ASPARTAME

While it is unlikely that Sucralose is as toxic as the poisoning people are experiencing from Monsanto's Aspartame, it is clear from the hazards seen in pre-approval research and from its chemical structure that years or decades of use may contribute to serious chronic immunological or neurological disorders. Let me start by saying that, as you may know, there is a quickly growing body of evidence demonstrating the toxicity of Aspartame. This includes:

- Ingesting Aspartame leads to the accumulation of formaldehyde in the brain, other organs and tissues.

Formaldehyde has shown to damage the nervous system, immune system and cause irreversible genetic damage in humans.

- An extremely large number of toxicity reactions reported to the FDA and other organizations.
- A recent report showing that nearly 100% of independent research has found problems with Aspartame.

The human body is made up with some 75 trillion cells. These cells are continually being replaced with new cells. Virtually every cell in our body is replaced in 9-12 months. If we continually put into our bodies synthetic products that our bodies do not recognize, then mutations occur. Over time, as defective cells are replaced with defective cells, degenerative disease occurs. No one knows for sure that these products will cause a degenerative disease in your body, but do you want to take that risk?



Eat well and remember, you are what your food eats!

Dan Young is President and CEO of Performance Food Centers, Corp. He is certified in personal training, sports nutrition and is a triathlete. He has competed in Body Building as well as Endurance Sports Activities. Accomplished in juice bar concept and design, he applies this knowledge to whole-foods nutrition and the efficiency to serving them.