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Our Family Newsletter

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Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to help as many people as humanly possible, especially kids!

Last month I spoke to you about Aspartame and how insidious it has become – almost any product you pick up on the grocery shelf has some mention of Aspartame in the ingredient section. Do you have a choice?
Let's see…….

Becoming even Sweeter:

Ok….Aspartame is off your ingestion list. Now what?
Well, there is a proliferation of other sweeteners out there that are proving to be just as bad, it appears. You have to admit – the health craze is getting to you. You are beginning to study the ingredients on products you buy (this is a good thing), you watch your figure (shape, contour, physique) in the mirror, you step on the scales, eat healthier, exercise more, etc.
Why?
Because you have bought into the idea that all these things will provide you with a longer and a better quality of life. …and you are right.
So you cut down on sweets, fats, carbs, etc., in your quest for a better you.....

But, passing by the sweets section of the grocery story, you happen to pick up a nutrition bar with only 2 grams of carbs! Only 2!
You are hysterical! Only 2!
And it's Chocolate to top it all off! Yes!
You are reduced to a babbling fool on your knees in the grocery store isle with your eyes full of tears! *"Only 2 grams,"* you rant!

You munch it down thinking that it tastes *"not too bad!"* and peek at the ingredients - it is sweetened with Sucralose – whatever! Sounds close to Sucrose – regular sugar – doesn't it? So it must be Ok. Right?
Not!

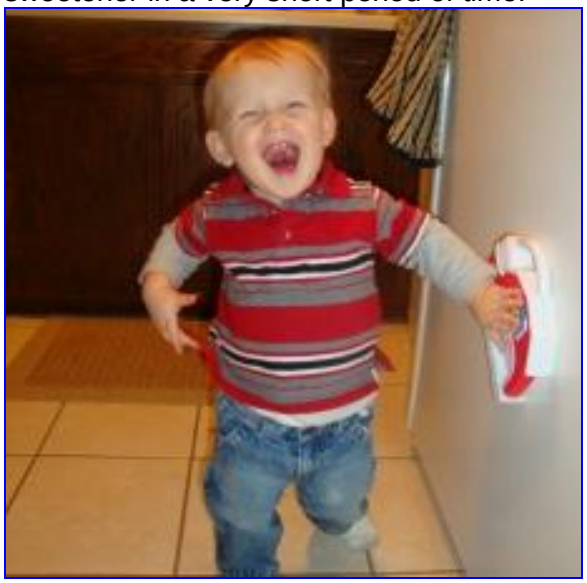
Many don't realize that Sucralose is marketed as "Splenda".1 Is Splenda really as safe as they claim is to be?

1 Mercola, Joseph, Secret Dangers of Splenda, www.mercola.com, July 13, 2005

Listen to this; as of 2005, only six human trials have been conducted on Splenda (Sucralose). Of these six trials, only two of the trials were completed and published before the FDA approved Sucralose for human consumption. The two published trials had a grand total of 36 total human subjects (I'll bet you feel better already). Only 36!

It sure doesn't sound like many, but wait, it gets worse: Only 23 were actually given Sucralose for testing and the longest trial at this time had lasted only four days and looked at Sucralose in relation to tooth decay, **not** Human tolerance and Human health effects.

Splenda, best known for its marketing logo, *"made from sugar so it tastes like sugar,"* has taken the sweetener industry by storm. Splenda has become the nation's number one selling artificial sweetener in a very short period of time.



Between 2000 and 2004, the percentage of US households using Splenda products jumped from 3 to 20 percent. And….in a one year period, Splenda sales topped $177 million compared with $62 million spent on aspartame-based *Equal* and $52 million on saccharin-based *Sweet 'N Low.*

McNeil Nutritionals, in their marketing pitch for Splenda emphasizes that Splenda has endured some of the most rigorous testing to date for any food additive. Enough so to convince the average consumer that it is in fact safe. They claim that over 100 studies have been conducted on Splenda. What they don't tell you is that most of the studies are done on animals. There have been no long-term human toxicity studies published until **after** the FDA approved Sucralose for human consumption. Following FDA approval, a human toxicity trial was conducted, but lasted only three months - hardly the length of time most Splenda users plan to consume Sucralose. No studies have ever been done on children or pregnant women. …and yet parents feel comfortable having their children eat Sucralose sweetened foods.

Much of the controversy surrounding Splenda does not focus just on its safety, but rather on its false advertising claims. The competition among sweeteners is anything but sweet. The sugar industry is currently at odds with McNeil Nutritionals for implying that Splenda is a natural form of sugar with no calories.

So….Is it really Sugar?

There is no question that Sucralose starts off as a sugar molecule but it is what goes on in the factory that is concerning.

Sucralose is a synthetic chemical that was originally cooked up in a laboratory. Let me give you the techno-babble run–down: In the five step patented process of making Sucralose, three chlorine molecules are added to a sucrose or sugar molecule. A sucrose molecule is a disaccharide that contains two single sugars bound together - glucose and fructose. Stay with me – this is a bit complicated: The chemical process to make Sucralose alters the chemical composition of sugar so much that it is somehow converted to a fructo-galactose molecule. This type of sugar molecule **does not occur in nature** and therefore your body does not possess the ability to properly metabolize it. This is why many people have reported bloating, upset stomach, gas, cramps, etc., after eating foods sweetened with Sucralose.

As a result of this "unique" biochemical make-up, McNeil Nutritionals claims that Splenda is **not digested** or metabolized by the body, making it have zero calories.

It is not that Splenda is naturally zero calories. If your body had the capacity to metabolize and use it, it would no longer have zero calories. I hope you understood this fact: Your body is not able to digest Sucralose.

How Much Splenda is Left In Your Body After You Eat It?

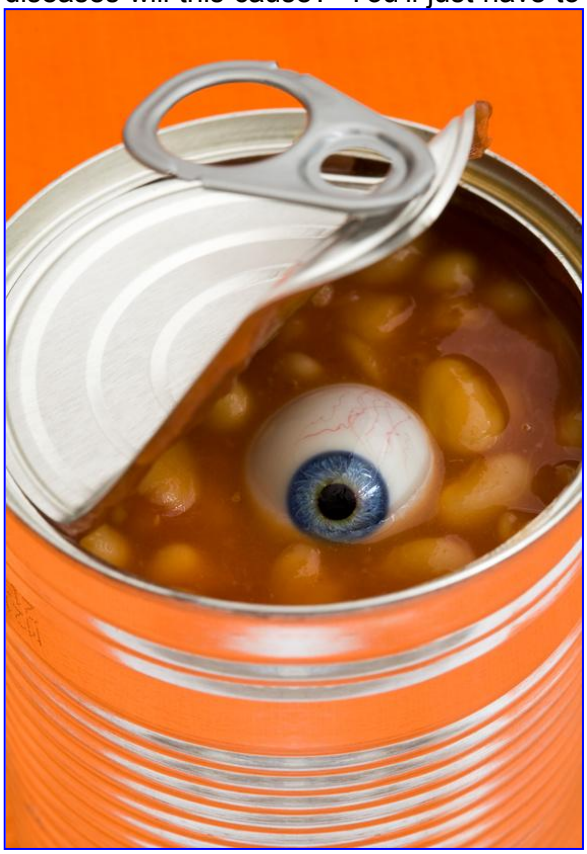
If you look at the research (which is primarily concluded from animal studies) you will see that in fact 15% of Sucralose is absorbed into your digestive system and ultimately stored in your body. In one human study, one of the eight participants did not excrete any sucralose even after 3 days. Clearly his body was absorbing and metabolizing this chemical. That is what our bodies are supposed to do.

If you feel that Splenda affects you adversely, it is valid. Don't let someone convince you that it is all in your head. You know your body better than anyone else.

The entire issue of long-term safety has never been established. Let's look at the facts again:

- There have only been six human trials to date
- The longest trial lasted three months
- At LEAST 15% of Splenda is not excreted from your body in a timely manner

Considering that Splenda bears more chemical similarity to DDT (Dichloro-diphenyl-trichloroethane) than it does to sugar, are you willing to bet your health and the health of your children on this data? Remember that fat-soluble substances, such as DDT, can remain in your body fat reserves for decades. …And what new diseases will this cause? You'll just have to



wait and see….

Ok….you are thinking; "so what can I use as a sweetener that is safe?"

Many people have tried the Suzanne Somers' sweetener she calls "Somersweet." It is said to be five times sweeter than regular sugar (although a number of people dispute that fact), and apparently minimizes the insulin-carb effect on the body. Somersweet is made of some Ogliofructose, fiber (inulin), mung bean extract (a maltose-type "sugar" produced when the beans sprout, so this is a little questionable), fructose, and Ace-K (Acesulfame potassium.)2 That last ingredient is under

2 The Low Carb Luxury Newsletter, Vol 3, Issue 2,

careful study and AKA has been surfacing as a sweetener in alarming amounts.

Fructose is also a sugar substitute for sucrose – it is made from fruit (hence the name) and does not elicit quite the same insulin demand on the body as does real sugar. Some have said that is tends to elevate cholesterol and/or triglycerides in the bloodstream although I am not aware of any conclusive evidence to substantiate that thought.

….And while I am on the topic of sweets, let's touch on something that many parents give their children – because they think it is good for them: Fruit juice.

What many parents don't realize is that drinking juice is like drinking concentrated sugar and can potentially deplete the body of valuable vitamins and minerals in a manner similar to eating lots of candy or drinking lots of soda.3

For example, when a child eats an orange, it does so slowly, and the minerals and vitamins within the orange itself help it process the sugar. The body requires B vitamins (thiamine, folic acid, B12) and trace elements like zinc, chromium, and magnesium as well as several enzymes to process and store the sugar we eat. When a child consumes a large glass of orange juice, or apple juice, it is similar to eating five or six oranges in 30 seconds, and because most juices are pasteurized, most vitamins and other nutrients are inactivated by the pasteurization process. In addition, the large amount of sugar presented quickly to the body causes too much insulin to be released from the pancreas. This over-release of insulin causes the blood sugar level to drop. The brain, now faced with an unstable supply of sugar, preferentially closes down the higher learning centers (memory, thoughts, social behavior, etc.), and instead stimulates the more primitive emotional and motor centers of the brain to deal with this perceived "crisis" (resulting in an overactive child that can be emotionally "out of control").

The child and even the adult's body responds to the stress of low blood sugar by activating the "fight or flight" sympathetic nervous system: a response that creates jerky, impulsive body movements, as well as other physiological changes. In addition, the adrenal system is also activated and releases stress steroids in response to low blood sugar. These steroids weaken our immune system (an important reason to not consume sugar when one is fighting something) and intensify feelings of irritability, anger, and even rage (i.e. Temper tantrums).

An adult's digestive and nervous system are more finely tuned and developed. The adult may notice an increase in heart rate and feel a little light headed or sweaty from consuming too much sugar, but usually the adult's blood sugar can stabilize after and hour or so. For the child, it may take four or more hours to stabilize blood sugar after a bolus of fruit juice, soda, or candy. Each child is different, but diets high in sugar are believed to disrupt the child's neurological development by affecting the release of neuro-horomones. Some researchers also feel that the chronic overstimulation of the pancreas by a diet high in sugar may be contributing to the increase in Type II Insulin-dependent Diabetes now seen in children. The American Academy of Pediatrics recommended that children should not drink more than 4-6oz of juice a day if they need to drink the stuff at all. Can't beat pure water for thirsty children!

Please…if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! I am always here to help! Talk with you next month…….

January 15, 2002
3 Johnson Susan, Fruit Juice, Halton Waldorf School Newsletter, May 25, 2005
Burlington, Ontario