



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 reach as many people as humanly possible, especially kids!

Becoming Sweeter:

Ok...You have had it with Aspartame – it's off your ingestion list (to refresh your memory – I covered this chemical in last month's issue). 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 life and a better quality of that life. ...and you are right. So you cut down on sweets, fats, carbs, etc., in your quest.

But, passing by the sweets section



of the grocery store, 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 idiot on your knees in the grocery store aisle with your eyes full of rain.

You munch it down thinking that it tastes "not too bad."! You peek at the ingredients and read that it is sweetened with Sucralose – whatever! Sounds close to Sucrose – regular sugar, so it must be Ok. Right? Not! Dr. Joseph Mercola wrote a wonderful article on Sucralose – and many of you may not realize that Sucralose is marketed as "Splenda". So...Is Splenda really as safe as they claim it to be?

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 feel better already) Only 36! It sure doesn't sound like many, but

wait, it gets worse; only 23 of the total were actually given Sucralose for testing and here is the real killer: 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. 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 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. Beats me!

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 suing 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 technobabble 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.

The chemical process to make Sucralose alters the chemical composition of the 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 (here is where a number of people have reported bloating, upset stomach, gas, cramps after eating foods sweetened with Sucralose). As a result of this "unique" biochemical make-up, McNeil Nutritionals makes it's claim that Splenda is not digested or metabolized by the body, making it have zero calories. If your body had the capacity to metabolize and use it then it would no longer have zero calories. I hope you got 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 is stored in your body. To reach a number such as 15% means some people absorb more and some people absorb less. 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. The bottom line is that we all have our own unique biochemical make-up. Some of you will absorb and metabolize more than others. If you are healthy and your digestive system works well, you may be at higher risk for breaking down this product in your stomach and intestines. Please understand that it is impossible for the manufacturers of Splenda to make any guarantees based on their limited animal data. 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 (Dichlorodiphenyl-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....

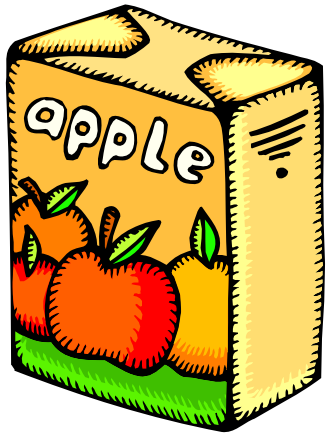


Ok....you are thinking; "so what can I use as a sweetner that is safe?"

Many people have tried the Suzanne Somers' "Somersweet. It is said to be five times sweeter than regular sugar (although a number of people dispute that fact), and minimizes the insulin-carb effect on the body. Somersweet is made of some Oligofructose, 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.) That last ingredient is under careful study.

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

Raw sugar can also be used as well as honey, Stevia, Agave nectar, and a number of other natural sweeteners.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. So...let's talk about fruit juice.



Drinking lots of apple juice, for example, isn't good for children because they often fill up on juice, and they wouldn't be hungry for meals, thereby missing vital foods. What many parents don't realize is that drinking juice is like drinking concentrated sugar - very similar to eating candy or drinking lots of soda.

For example, when a child eats an orange, it does so slowly, and the minerals and vitamins within the orange itself help it process its 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 high temperatures of the pasteurization process. In addition, the large amount of sugar ingested, causes increased 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

is emotionally "out of control").

The body responds to the stress of low blood sugar by activating the "fight or flight" sympathetic nervous system. 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 an 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-hormones. 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.

Interestingly, the most recent newsletter from 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! So now...you can become a much sweeter person!



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