

---

## The Truth about Artificial Sweeteners

### Aspartame (NutraSweet, Equal)

Aspartame is a white, odourless, crystalline power 180-200 times sweeter than sugar. It has been around for 30 years, and there has been controversy raging ever since. The Consumer Safety Network, which is a non-profit organization, claims that around ten thousand complaints about aspartame have been reported. Effects reported include headaches, nausea, vertigo, insomnia, numbness, blurred vision, memory loss, depression, personality changes, hyperactivity, seizures, rashes, anxiety attacks, muscle cramping and joint pain, loss of energy, and hearing loss. It is composed of aspartic acid (excitotoxin), methanol (wood alcohol – deadly poison), and phenylalanine (very harmful to those with phenylketonuria). A new study out in November of 2005 states that aspartame is highly carcinogenic (cancer-causing) at levels less than is currently acceptable for human consumption ([www.medicalnewstoday.com](http://www.medicalnewstoday.com)). It is being linked to malignant tumors, lymphomas, and leukemias. Avoid at all costs.

### Sucralose (Splenda)

Yes, Splenda is made from sugar, but that is far from the finished product. Three chlorine molecules are added, making it a chlorocarbon. These are known for causing organ, genetic, and reproductive damage. It can cause 40% shrinkage in the thymus gland – the gland that controls our immunity. There have been no long-term human studies on the effects of Splenda. As much as 27% of the sucralose can be absorbed by the body, and stored in our fat cells – not harmlessly passed out with our feces. Also avoid.

### Acesulfame Potassium (Ace-K)

Tests show a linkage to lung tumors, breast tumors, several forms of leukemia, and chronic respiratory disease in rats. It is made from vinegar, and is not broken down by the body. Avoid.

### Cyclamate (Sugar Twin, Sweet'N Low)

Found to cause damage to the liver and intestinal tract, bladder cancer, birth defects, mutations, and testicular cancer in animals. Passes through the placenta to the fetus. Banned in the US by the FDA. Still available in Canada. Avoid.

### Saccharin (Sweet'N Low)

Derived from coal-tar, this sweetener was first banned in 1907 in the US. Since then it has been allowed and banned several times. It causes bladder cancer in rats, and promotes the cancer-causing effects of other carcinogens. It was banned in Canada and the US in 1977, but is still allowed in table-top sweeteners like Sweet N' Low. Avoid.

All artificial sweeteners are just that – artificial. They are not meant to be processed by the body, and so get stored in fat or cause damage, potentially leading to cancer. When avoiding sugar, use natural sweetener substitutes. Stevia is a natural herb, so contains no calories. This is quite safe for consumption. Sucanat is dehydrated cane sugar – all the minerals and vitamins are still in it, so as a whole food our bodies can metabolize and utilize without causing as much damage as white sugar. Sweeten with natural sugars like unpasteurized honey, concentrated fruit juice, agave syrup, and maple syrup – in moderation. These are natural, whole foods, but still have quite an effect on one's blood sugar. Cut down on sweets in general for good health.

#### Reference:

- Sarjeant, D. and K. Evans. Hard to Swallow: The Truth about Food Additives. Alive Books; Burnaby BC; 1999.
- Starr Hull, J. "12 Questions You Need to Have Answered Before You Eat Splenda." [www.mercola.com](http://www.mercola.com) December 2003.
- [www.truthaboutsplenda.com](http://www.truthaboutsplenda.com) "The Truth About Splenda – Fact Vs. Fiction." January 25 2006.
- [www.medicalnewstoday.com](http://www.medicalnewstoday.com) "Aspartame Causes Cancer in Rats at Levels Currently Approved for Humans." November 23 2005.