



ARTIFICIAL SWEETENERS

Artificial sweeteners are sugar substitutes. As sugar consumption in the United States has increased, so has the consumption of artificial sweeteners. Commonly used sweeteners include:

- Aspartame (Equal, Nutrasweet) is about 200 times sweeter than sugar. After consuming this product people have reported experiencing everything from headaches to brain and mood disorders, depression, anxiety, hyperactivity, and memory loss among many other symptoms.
- Cyclamate (Sucaryl) is 30 to 50 times sweeter than sugar. Banned in the US since 1969, it is still used in some non-US markets.
- Saccharin (Sweet 'n Low) is 350 times sweeter than sugar and is used in many dietetic foods and as a sugar substitute.
- Acesulfame Potassium (Ace K, Sunnett, Sweet One) is 200 times sweeter than sugar and is widely used around the world. Two rat studies suggest that this sweetener causes cancer.
- Sucralose (Splenda) is 600 times sweeter than sugar.
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The Center for Science in the Public Interest has noted that most artificial sweeteners “are either unsafe or poorly tested”. Some have been shown to cause cancer in laboratory animals.

Most importantly, in addition to the brain, mood and other disorders caused by artificial sweeteners, studies have shown that they can actually contribute to weight gain. According to Annemarie Colbin, founder of the Natural Gourmet Institute and author, teacher, lecturer and wellness consultant, “Artificial Sweeteners can increase appetite because as the sweet taste hits the mouth, a message is passed on to the body that carbohydrates are coming in; then the pancreas swings into action and sends insulin into the bloodstream. As there are no actual carbohydrates, the insulin lowers the blood sugar and appetite increases. In this manner, artificial sweeteners can contribute to hypoglycemia.” (Annemarie Colbin), *Free Spirit Magazine*, October & November 1996)

The best thing to do is stick to real, whole sugars and limit sugar intake. The best sugars to use are:

- Maple Syrup and Sugar
- Date Sugar
- Honey
- Rapadura (dehydrated cane sugar juice)