

# Complete Health Truths

Exploring natural health by getting back to the basics.

## Effects of Artificial Sweeteners

By Christina Mroz, Weight Loss/Health Coach

Artificial sweeteners are just that artificial. They are made by combining different chemicals together to make something that is similar to real sugar. Many of these sweeteners are so new that there is little to no research about how they affect a person. Just recently, *Aspartame* has been marked as a sweetener that is linked to tumor, chronic headaches, and hyperactivity in children. It also has carcinogenic properties, which is linked to cancer. Aspartame is found in *Nutra Sweet* and *Equal*. Sucralose has now been created to replace aspartame, but there is very little research on its effects. Artificial sweeteners are found in sodas, sugar-free foods, and low-carb diets.

### Components of Aspartame:

- Aspartic Acid-is a neurotoxin
- Phenylalanine-considered harmful to the unborn and facilitates seizures
- Wood Alcohol-general toxin, harmful to brain and eyes
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*It is thought by some researchers that aspartame causes brain tumors.*

### Effect on the Body

**Aspartame** stimulates hunger, someone trying to lose weight and eating artificial sweeteners will consume more food due to cravings caused by sweeteners.

### Shocking Statistics About Soda

- The average American drinks an estimated **56 gallons** of soft drinks each year.
- One can of soda has about **10 teaspoons of sugar, 150 calories**, 30 to 55 mg of caffeine, and is loaded with artificial food colors and sulphites.
- Soda accounts for more than one-quarter of all drinks consumed in the United States.
- In the past 10 years, soft drink consumption among children has almost doubled in the United States. Teenage boys now drink, on average, three or more cans of soda per day, and 10 percent drink seven or more cans a day.

- The average for teenage girls is more than two cans of soda a day, and 10 percent drink more than five cans a day.

### What's wrong with soft drinks?

They are loaded with sweeteners—usually high fructose corn syrup—or sugar substitutes like aspartame. Sugar in soft drinks accounts for 35 percent of all U.S. sugar consumption and sugar increases insulin levels, which can lead to high blood pressure, high cholesterol, heart disease, diabetes, weight gain, premature aging and many more negative side effects.

### Resources and Further Reading:

**(Decide for yourself on the issue of artificial sweeteners.)**

The Maker's Diet by Jordan Rubin

[http://www.westonaprice.org/modernfood/sugarfree\\_blues.html](http://www.westonaprice.org/modernfood/sugarfree_blues.html)

<http://www.westonaprice.org/modernfood/aspartame.html>

<http://www.mercola.com/sweet-deception-aspartame>

<http://www.mercola.com/article/aspartame/index.htm>

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