

# Why Stop Sugar and Artificial Sweeteners?

The foods we eat, digest, and absorb play a huge part in our health and longevity. Whole foods containing sugar are an important part of a balanced eating for health diet. They contain vitamins, minerals, proteins, carbohydrates, fibers, and many more constituents in balance that the body recognizes and utilizes. The refined, processed, so-called foods and sugars that are used most today are void and naked of all the above. These fake foods are foreign to the body and are extremely toxic to the entire body and brain. The entire population has been enthralled over the consumption of fats and how bad they say they are when they should really be looking a little deeper into the addictiveness and destructiveness that refined sugars and carbohydrates wreak on the body.

## Sugar

“During the time of the Revolutionary War, sugar consumption was less than 1 pound per person per year. During the Civil War, it was about 4 pounds per person per year. In 1915, the national average of sugar consumption (per year) was around 15 to 20 pounds per year. Today the average person consumes his/her weight in sugar, plus over 20 pounds of corn syrup. The human body cannot tolerate this large amount of refined carbohydrates. The vital organs in the body are actually damaged by this gross intake of sugar.” (Ellis)

“In 1957, Dr. William Coda Martin tried to answer the “Sugar Blues” question: When is a food a food and when is it a poison? His working definition of “poison” was Medically: Any substance applied to the body, ingested or developed within the body, which causes or may cause disease. Physically: Any substance, which inhibits the activity of a catalyst, which is a minor substance, chemical, or enzyme that activates a reaction. Dr. Martin classified refined sugar as a poison because it has been depleted of its life forces, vitamins and minerals.” (Duffy) White sugar is a human-made invention not something that is found in nature. “There are long term health hazards associated with refined sugar. Remember, sugar depletes your body of essential minerals and B vitamins. Refined sugar is actually a stripped carbohydrate. Eating depleted or stripped carbohydrate forces your body to use its own vitamins and minerals for digestion. Over time, excessive consumption of refined sugars can lead to nutritional deficiencies and serious problems like osteoporosis, gum disease and arthritis.” (DeMaria)

When examining the physiology effects of sugar during human consumption, a good place to begin would be on “blood balance”. The normal amount of sugar or glucose, that should be circulating in the entire 4 liters of human blood at any given time, is one-half to one teaspoon. To go above or below this level is courting havoc within the normal functioning of the body organ systems. (AHICDMH) This is definitely a factor when we consume 1 can of soda pop which contains as many as 12 teaspoons of sugar and the only reason one does not throw up is because of the phosphoric acid, which is also a health hazard. These large amounts of sugars cause the body to become very acidic and the oxygen level become very low, making the energy level decrease and sluggishness increase.

“The brain cells are the first cells to register and feel the trauma or this imbalance. When these naked or refined sugar dumps into the bloodstream the body reacts; it must steal the vitamins and nutrients from other processes and areas of storage. Vitamins and minerals are drafted from nerves, muscles, liver, kidneys, stomach, heart, skin, eyes and blood. When the liver is saturated, it will return the excess sugar to the bloodstream as fatty acid, which accumulates first in inactive parts of the body. i.e. hips, abdomen, thighs, and also on active organs such as the heart and kidney.” (joy of living.com) In addition, we see a rise in blood pressure.

“The National Health and Nutrition Examination Survey indicates that the population in the United States has increased its proportion of energy consumption from carbohydrates and decreased its proportion from total fat while obesity has increased. This implies that obesity may correlate better with sugar consumption than with fat consumption, and that reducing fat consumption while increasing sugar consumption actually increases the level of obesity.” (Wikipedia)

## Artificial Sweeteners

Synthetic artificial sweeteners are even more detrimental to our health. The word artificial is defined as something that is not found in nature; therefore, it is again foreign to the body and its metabolic processes. There are over 5000 products containing these artificial sweeteners. Some of these substances have been the most controversial issues of this century.

You see the little packets of artificial sweeteners laid out for you whenever you go to a restaurant. They are in pink, blue, and yellow, the color of baby clothes. They are in all your diet sodas and snacks. Are they really safe? The answer is no. Artificial sweeteners are just about the worst of all possible worlds as far as dietary choices go; they are completely unnatural, insufficiently tested for safety, unnecessary in the diet, and have a long history of causing health problems. They are powerful examples of a diet gone mad.

### Aspartame

One of the most controversial artificial sweeteners is Aspartame. It is made of several components, one being aspartic acid. Aspartic acid is an amino acid that is normally supplied by the food we eat; however, it can only be considered natural and harmless when it is consumed in combination with protein, fat, and carbohydrates in the form of genuine whole food. When aspartic acid is consumed as a free amino acid, it enters your central nervous system in abnormally high concentration, causing excessive firing of brain neurons and potential cell death. This effect has been termed excitotoxicity. It is linked to symptoms such as headaches, depression, mental confusion, balance problems and seizures.

A second component is Methanol, (aka. wood alcohol, paint thinner) a break down product of the methyl ester component. The EPA defines safe consumption of methanol as no more than 7.8 milligrams per day; a can of diet soda contains almost 16 milligrams of methanol. Methanol poisoning can result in fatal kidney damage, blindness, multiple organ system failure, and death.

The third component is Phenylalanine. Phenylalanine decomposes into DKP (Diketopeperzine) a known carcinogen, when it is exposed to warm temperatures or prolonged storage. (i.e. hot coffee or a body that is 98.6 degrees) And even at cold temperatures, methanol can spontaneously break down to a colorless toxin know as formaldehyde. Studies on formaldehyde exposure have shown side effects such as: Irreversible genetic brain damage (Shaham 1996); Headaches, fatigue, chest tightness (Main 1983); Sleeping problems, burning skin, fatigue, chest pain, dizziness (Lier 1991); Cognitive adverse effects (Kilburn 2000); Memory problems, equilibrium and dexterity impairment (Kilburn 1987). According to the EPA, formaldehyde can cause cancer in laboratory animals and likely causes cancer in humans. In January of 1984, one year after aspartame was approved for use in diet sodas, brain cancer rates began to skyrocket at a faster rate than any other form of cancer.

### Splenda/Sucralose

Splenda is the brand name for sucralose, a chlorinated artificial sugar derivative up to six hundred times sweeter than sugar. This product came into existence while trying to create new insecticides--the artificial chemical whose name is 1, 6 dichloro-1, 6 dideoxy-beta-D-fructofuranosyl-4-chloro-4-deoxy-alpha-D-galactopyranoside. We can only assume this molecule was then renamed "sucralose" to make it sound more natural.

As Dr. James Bowen, a physician and biochemist, writes, the bonds between chlorine and carbon makes chlorocarbons harmful to life: "Unlike sodium chloride, chlorocarbons are never nutritionally compatible with our metabolic processes and are wholly incompatible with normal human metabolic functioning... (C)hlorocarbons such as sucralose deliver chlorine directly into the cells through normal metabolism. This makes them effective insecticides...Organochlorines as a group are mainly used as pesticides, such as DDT, dieldrin, aldrin, lindane, chlordane, and heptachlor. Organochlorines have come under considerable scrutiny because of

their persistence in the environment and on the human body. Notorious organochlorines include “Agent Orange.” And polychlorinated biphenyls (PCBs), which have consistently been associated with cancer and abnormalities within the reproductive, immune, and nervous systems.”

Hundreds of people have written letters describing the horrific symptoms they experienced after consuming sucralose. The following list contains some of the most common symptoms listed in the sucralose testimonials on Mercola.com:

- Skin- Redness, itching, swelling, blistering, weeping, crusting, rash, eruptions, (itchy bumps or hives). Lungs- Wheezing, tightness, cough, or shortness of breath.
- Head- Dry mouth, and sinuses, swelling or inflammation of the face, eyelids, lips, tongue, or throat, headaches, and migraines.
- Nose- Stuffy nose, runny nose and sneezing.
- Stomach- Bloating, gas, pain, constipation, nausea, vomiting, diarrhea, or bloody diarrhea.
- Heart- Chest pains, palpitations, or fluttering.
- Joints- Joint pain or aches.
- Neurological- Seizures, anxiety, anger, panic, insomnia, dizziness, spaced out sensation, mood swings, depression.
- Other- Bleeding readily without clotting, blood in urine, menstrual delay or missed period, night sweats, numbness of the limbs.

With Splenda, you are faced with an issue of deceptive advertising. As Michael Jacobson, the executive director of the Center for Science in the Public Interest, states “Made from sugar” certainly sounds better than, say, “Made from chlorinated hydrocarbons,” “Made in a laboratory, or “Fresh from the factory!” According to pharmaceutical chemist Shane Ellison: “To use an organochlorine to make a sweetener defies logic. It is the first organochlorine ever used for human consumption. I would no sooner eat Splenda than I would eat DDT.”

Artificial sweeteners are perhaps the most extreme example of what has gone wrong with our eating habits. They are beyond processed; they are actually newly created chemicals produced in labs and factories. They serve no purpose other than to satisfy our addiction to something we don’t really need to be eating in the first place. They are an attempt to cure our self-created illnesses, but they do nothing but create more disease.” (Mercola) Today many people are trying to reduce their calorie intake by eating refined sugars and artificial sweeteners, not realizing the dangers that they cause.

#### See also:

McCann, Alfred W. The Science of Eating. New York. Truth Publishing Co.1918.

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Duffy, William. Nexus Magazine, Volume 7, Number1, December 1999-January 2000.

DeMaria, Robert. A Drugless Family Guide To Optimal Health. [www.DeBob4Health.com](http://www.DeBob4Health.com).

AHICDMH-African Hebrew Israelite Community Divine Ministry of Health.

[http://www.joyoflivinglive.com/hazards\\_of\\_refined\\_sugar\\_con.htm](http://www.joyoflivinglive.com/hazards_of_refined_sugar_con.htm)

<http://www.en.wikipedia.org/wiki/Sugar>

<http://articles.mercola.com/sites/articles/archive/2008>

Do search on artificial sweeteners on Mercola website:

<http://search.mercola.com/search/Pages/results.aspx?k=artificial%20sweeteners>