

Clarity on Sweeteners

Everybody needs a little sweetness in their life. It's clear that the search is on for a safe alternative to the processed sugars.

Aspartame, NutraSweet and Equal – are sugar substitutes made up of methyl ester (methanol) and aspartic acid/phenylalanine dipeptide (chemically derived amino acids). WHERE IS THE SUGAR? When the temperature of Aspartame, or product it is in, exceeds 86 degrees F, the wood alcohol (methanol) in it converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. (*Formic acid is the poison found in the sting of fire ants*) *What is our normal body temperature? 98.6F... **Danger!*** For more info go to www.dorway.com/

Splenda – is an altered sugar - Splenda is a brand name for **Sucralose**, and the chemical used to process it is CHLORINE. The Chlorine transforms the sugar molecule of *Sucralose* so that the body is not able to metabolize it. Ingesting Chlorine of any sort is not a health benefit.

According to the *Sucralose Toxicity Information Center*, research in the 90's demonstrated years of Sucralose use may lead to immune system and neurological disorders... www.holisticmed.com/splenda

Xylitol – is a natural sweetener made from Xylan, the structural fiber of birch wood. This sugar metabolizes in the body which does not cause a spike in blood sugar level and it has at least 40% fewer calories than sugar.

Stevia - is another natural sweetener that is 300 times sweeter than cane sugar. Benefits: Suppresses glucose response while increasing insulin levels.

Among the variety of sugars, there are those that provide clear benefits, while others appear to have drawbacks, and still others that may have serious long-term side effects that we simply don't know about yet. Read the labels on your beverages, foods, candies and gums carefully to be certain you're making the right choices for you.

Diabetics and Dieters Beware of the Mis-Information given as your Sugar Intake!

Blessings,

Nancy

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