

Just How Safe Are Artificial Sweeteners?

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Studies and statistics are showing that over 64% of the American population are worried about their artificial sweetener intake such as sucralose and aspartame. These are the most common two artificial sweeteners that can be found in diet soda, flavored water drinks, cereals, breath mints, ice cream and even chewing gum. The list could go on forever, this is how much artificial sweetener is being consumed throughout our society today even with the growing health concerns.

The FDA approved the use of aspartame in foods and consumer related food products even with the public inquiry committee stating in 1980 that aspartame should not be approved, as there was no significant evidence it was safe for intake. This was quite a controversy at the time as it was believed the FDA approved the use of aspartame due to high financial needs for studies instead of thinking of the safety of the American people. There were many studies at the time and there still are that were stating the intake of aspartame could in fact induce the risk of brain tumors and the medical community of 1981 was appalled that the FDA approved aspartame even with these serious health concerns.

25 years later after the FDA approval of aspartame, the average American consumes aspartame on a daily basis through a number of different products. For instance, the next time you want to drink a diet soda, take a moment to really think what you are putting into your body. As the aspartame gets broken down in your digestive system a metabolic by-product called DKP appears. When your stomach processes DKP it produces a compound very similar to N-nitrosourea, which is a powerful chemical that has been documented as causing brain tumors. Not only this, but aspartame contains methanol, which breaks down in the body as a formic acid as well as formaldehyde. As we all know, formaldehyde is one of the key chemicals used for embalming a dead body.

With this information put in front of you, it should be clear that you do not want to be filling your body with chemicals used for embalming dead bodies when you

are alive. Doctors and studies state that these chemicals run closely through your DNA and can cause serious problems, including brain tumors as mentioned earlier. Even if you drink only one diet soda a day you are causing enough formaldehyde build up in your cells to cause serious problems with your health.

What can be seen as completely ironic is that many people turn to non-calorie and diet products in order to control their weight and maintain their health; however aspartame and sucralose is the main ingredient of these products, which can produce far more serious health problems than obesity. The manufacturers of aspartame market their products and assure consumers that by using their products you can drastically change your health and lower your weight without having to change your diet. What many people do not know is that aspartame and sucralose products do not satisfy your appetite, which actually causes you to eat more and more food than you normally would. This entire situation is a vicious cycle that can only lead to more and more serious health problems the more years you continue to consume these unsafe foods and drinks.

If you are still not convinced, there are further studies and evidence that supports that aspartame not only has the ability to cause brain tumors, but also debilitating headaches and even seizures. Although you can hardly walk into the grocery store today and not buy something that contains aspartame, still the leading product of aspartame intake is diet soda and now close second is the ever-popular flavored water products. Since many people have been drinking either of these products religiously, you may be able to argue that you do not suffer from headaches or migraines but studies can show that if you were to stop drinking diet soda or flavored water products for a few weeks or even just a few days you would find yourself far more sensitive to the aspartame and headaches would inevitably be your body's defence mechanism. Allergy specialist Dr. James

Braly from Florida states that over 50% of patients who complain of constant migraines are caused by additives such as aspartame in their daily diets.

Of course migraines cannot be deadly but the fact is they can create the onset of grand mal seizures in your future and this can be fatal. A collection of doctors throughout the USA took a survey of grand mal seizure patients and that half of them experienced migraines or severe headaches on a regular basis due to aspartame consumption. So many people throughout the country suffer from aspartame induced migraines and are sure they have them under control but it is important to be aware that this can be just a warning sign to the aspartame induced seizures that could be in your future.

With all this information on the table relating to the health dangers of artificial sweeteners many people are wondering what their options are and natural sweeteners are the way to go. Of course the truth of the matter is that avoiding artificial sweeteners altogether can be incredibly difficult with the long list of everyday products that contain them, but avoiding heavy intake by avoiding the top products such as diet sodas and flavored waters can make all the difference you need to avoid these serious health problems. Agave Nectar is one of the most highly recommended natural sweeteners available to you today.

This natural sweetener is 75% stronger than sweeteners and 100% safer than artificial sweeteners like aspartame. You can use this sweetener which comes in a squeeze bottle in baking or cooking recipes, basically anywhere you would normally use an artificial sweetener. It has a slight honey taste to it and originated right out of Mexico where there are currently government trials and cases trying to legally ban the use of aspartame throughout the country. Agave Nectar is a natural caloric sweetener with the lowest glycemic levels as it is obtained directly from the Agave plant. It contains absolutely no chemicals or additives whatsoever, it is sweet in its natural form and can be used to sweeten

any foods or beverages without safety concerns. It is often recommended for low calorie diets to help with weight control as it does not contain calories and effectively sweetens your foods and beverages without heightening your appetite as artificial sweeteners can. This natural sweetener can even be consumed by diabetic patients looking to enjoy the sweet taste of food but who cannot consume the artificial sweeteners of today.

This particular natural sweetener offers a great deal of health benefits as well. Due to its perfect balance of natural sugars obtained directly from the Agave plant, mixed with citrus juices this natural sweetener can instantly be used as a natural laxative as well. Also, the oligo-organic contents help maintain a well functioning gall bladder by helping saponification of fats. The same oligo-organics also help control the blocking of arteries and veins due to high cholesterol levels. These are all health benefits the average American could use in their daily diets. This natural sweetener can be located through any natural health store or retailer and again can be used anywhere an artificial sweetener would generally be used.

Although the FDA has refused to recognize Stevia as a genuinely safe natural sweetener, herbalist and naturopathic professionals still believe and recommend Stevia as one of the most effective natural sweeteners available today. In the 1990s the FDA ordered the destruction of history books and food recipes which promoted and used Stevia as a natural sweetener but this is not stopping those who know how it works and why it is 100% safer than any product containing an artificial sweetener. Stevia is considered to be one of the most health restoring plants on earth as it can produce healing capabilities for the inside of the body as well as the outside. This plant is from the origins of Paraguay and its leaves are so sweet that they can be 30X sweeter than sugar or any artificial sweetener. Not only is the leaf of this plant considered to be a great natural sweetener but it also contains, proteins, fiber, carbohydrates, iron, calcium, potassium, Vitamin A,

Vitamin C and sodium. As you can see Stevia offers more natural health benefits than just a natural sweetener which is why so many naturopathic professionals choose Stevia over the many other natural sweeteners available.

Stevia is quite literally the sweetener of the future when the awareness continues to grow of the health dangers of the artificial sweeteners found throughout the most common foods and beverages today. The human body does not metabolize the sweet glycosides from Stevia, they pass right through the normal elimination channels and therefore the body does not obtain any calories from Stevia. The processed forms of Stevia can be 70-400 times sweeter than sugar and the forms of Stevia can be named Stevia, Stevioside, Rebaudioside, Stevia Extract, or Stevia Concentrate but they are all the same natural sweetener. In this pure natural form Stevia cannot affect blood sugar levels and can therefore be used by diabetics freely and for people with high blood sugar, high blood pressure or weight problems, Stevia is the best possible natural sweetener.

Raw honey is an incredibly common natural sweetener that many people can use as an alternative to artificial sweeteners in their daily diet and not even realize it. This natural sweetener is easy to obtain and has a delicious and unique flavor that can be added successfully to just about any food or beverage in replace of artificial sweeteners like aspartame. Raw honey is the best type of honey as it contains no additives and can be found at your local health food store for the same price as the honey in the grocery store but it is the natural form of honey not tampered with. Honey also has different healing abilities and antioxidants which provide that much more natural nutrition into our lives with one simple product. Honey can be used to ward off asthma attacks, heal cuts and bruises as well as even healing serious diseases through daily intake. What honey is being more and more used for today is its natural sweetener abilities. Honey is far sweeter than sugar and when you are choosing to replace sugar or artificial

sweeteners with honey it is important to remember that honey is a liquid and the different texture could tamper with the recipe's final result. For example, replace 1 cup of sugar with $\frac{3}{4}$ cup of honey and use 2-4 tablespoons less of other liquids throughout the recipe to even out the texture accordingly. Honey can be added to just about anything, as any natural sweetener can, and it 100% safe in its natural, raw organic form.

What we have listed here are the top and most popular and effective natural sweeteners available to you today through the natural health stores and retailers in the USA. It is no secret that the awareness of aspartame and other artificial sweeteners is becoming more and more of a concern to the average American but they are stumped as to how to act on this concern. Many people continue to be worried but think they have no other choice but to continue their aspartame intake, as they feel there are no alternatives. There is always an alternative to artificial sweeteners.

The natural way is always the alternative to anything and everything! In our society today so much is produced and consumed through different tested chemicals and artificial sweeteners is only one of the problems. The people who are choosing the natural side of nutrition and healing powers are finding their lives to be more peaceful and healthier without the worries of health risks. The number of health and naturopathic professionals in the world is constantly growing due to demand.

It can be seen as ironic how the natural way was once the only way to heal and the world began evolving and discovering what was thought to be more effective and quicker ways of healing which decades or even centuries later is turning out to be causing more harm than good. When you are ever in doubt about what you are putting into your body, choosing to visit a naturopathic specialist is always in your best interest. They can guide you in the right direction towards a

healthier lifestyle through herbs and natural supplements that can enhance not only your diet but your health entirely as well.

The more aspartame and other artificial sweeteners are being exposed the more you should be wondering about your own intake of sweeteners and taking the time to find the natural alternatives which can provide the same, if not better flavor, without the worry of health risks and dangers in your future.

A handwritten signature in black ink that reads "Frank Mangano". The signature is written in a cursive style with a long, sweeping tail on the letter "o".

Founder, [Natural Health On The Web](#)