



Artificial Sweeteners

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Image: gardenoflife.com



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But what about Artificial Sweeteners?

What about them???. Avoid them as they all contribute to addiction!

What is the difference between a sweetener that contains nutrition and a 'non-nutritive sweetener'? **Nutrition of-course!**

Most non-nutritive sweeteners contain zero to almost zero calories. But listen to this... they are linked to **weight gain** rather than **weight loss!**

They do not satisfy and end up leaving you hungry, so you require more and more... or a more calorie-dense meal to compensate.

Some are worse than others, but this doesn't mean that the 'others' are good!

NB: Scientist can't necessarily agree but it often depends on who is paying their bills as to what they say. Err on the side of caution is my advice!



Image: diyhealthremedy.com

Deadliest
Sweetener
-
Aspartame

ASPARTAME was brought to you by
the same folks* that brought you:



*Psst- I'll give you a hint.
The company starts with "M".

- Saccharin
- Petroleum based fertilizer
- rBGH
- DDT
- Dioxin
- Agent Orange
- PCBs
- ROundUp
- Polystyrene
- GMOs
- Terminator seeds
- Atom Bomb & Nuclear weapons

Are you sure you want to take a chance?

healthy-holistic-living.com

When exposed to temperatures of 30 degrees or more Aspartame breaks down into:

- **Methanol** (wood alcohol that you don't want to be messing with)
- **Formaldehyde** (a form of poison used to preserve bodies)

Excerpt from 'Donald Rumsfeld and the Strange History of Aspartame'

“According to the top doctors and researchers on this issue, aspartame causes headache, memory loss, seizures, vision loss, coma and cancer. It worsens or mimics the symptoms of such diseases and conditions as fibromyalgia, MS, lupus, ADD, diabetes, Alzheimer’s, chronic fatigue and depression. Further dangers highlighted is that aspartame liberates free methyl alcohol. The resulting chronic methanol poisoning affects the dopamine system of the brain causing addiction. Methanol, or wood alcohol, constitutes one third of the aspartame molecule and is classified as a severe metabolic poison and narcotic. **How’s that Diet Coke treating you now?”**

Where can Artificial Sweeteners be found?

Artificial Sweetener Names:

- Aspartame
- Acesulfame potassium
- Alitame
- Cyclamate
- Dulcin
- Equal
- Glucin
- Kaltame
- Mogrosides
- Neotame
- NutraSweet
- Nutrinova
- Phenlalanine
- Saccharin
- Splenda
- Sorbitol
- Sucralose
- Twinsweet
- Sweet 'N Low
- Xylitol

Are found in these products:

- Toothpaste and mouthwash
- Children's chewable vitamins
- Cough syrup and liquid medicines
- Chewing gum
- No-calorie waters and drinks
- Alcoholic beverages
- Salad dressings
- Frozen yoghurt and other frozen deserts
- Lollies
- Baked goods
- Yoghurt
- Breakfast cereals
- Processed snack foods
- 'Lite' or diet fruit juices and beverages
- Prepared meats
- Nicotine gum

This is not an exhaustive list!



Run.....while you still can!



Return to nature and seek natural produce wherever you can.

Forget the lab-created sweeteners and consume only that which has been provided for us naturally.

