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We have heard about GM (genetically modified) produce and the harmful side effects that coming from eating them. Many people are not aware that aspartame is made from GM bacteria. These bacteria are actually a modified form of E. coli, which has killed hundreds of people. The portions of the bacteria that are used are actually the excrement, or feces.

Doesn't that sound appetizing?

Aspartame (as well as other GM foods) has been shown to cause cancer. It has also been linked to weight gain and obesity. Then why would we turn to it when we are trying to lose weight? It does this because it increases your appetite, especially for carbs and other sweets, as well as stimulating the storage of any fat in your system. In addition to this there is evidence that it causes the same (or worse) health problems that eating the sugar would have caused. They have also been shown to decrease your resistance to eating calorie laden foods.

Some of the symptoms caused by aspartame include headaches, ear buzzing, dizziness, nausea, stomach upset, memory lapses, numbness and/or shooting pains in the extremities. Since not everyone experiences all of these each time they consume aspartame many people deny that these symptoms exist.

Aspartame has an accumulative effect. It can be found in the brain tissue ten years after the last consumption. This shows that it crosses the blood-brain barrier. Studies also show that while it is in the brain it attacks the cells and causes cell death.

Consuming aspartame has also been shown to cause hormonal imbalances. This could explain both obesity and the rising rates of fertility problems.

Don't be fooled into thinking that other artificial sweeteners are any safer.

All of the ones on the market have the same or similar problems as aspartame. Even some ‘natural’ sweeteners carry
problems. gave syrup has been advertised as a natural sugar. In reality it is a laboratory generated super condensed fructose syrup. Honey is also high in fructose, but has some redeeming nutrients when consumed in small quantities. If you get pure raw honey, that is. Many of the containers labelled honey in the grocery store are high fructose corn syrup and caramel coloring.

Stevia is and herb that was originally found in South America. You can grow them at home as a house plant. Many have a bitter aftertaste, but manufacturers are working on that. Truvia and PureVia are advertised as Stevia, but is a chemically produced product. They contain the same harmful side effects as other artificial sweeteners. Coconut palm sugar is another option. It is not highly refined, and contains many minerals that are helpful to the human body. It can also be used for baking.

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