

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Artificial sweeteners, should you be using them?

Aspartame, sucralose and saccharin are all artificial sweeteners. They are alike in that they all give foods and beverages a sweet taste, minus the calories and carbohydrates of regular sugar. But how do they differ and, more importantly, are they safe?

Aspartame, marketed under the names Equal® and NutriSweet®, was FDA-approved in 1981. It is used in literally hundreds of food products including cereals, yogurt, fruit juices, drugs, teas and coffees and soft drinks. However, although it is used by people who are dieting, aspartame may actually increase your appetite!

On his website, www.mercola.com, Dr. Joseph Mercola reports “aspartame accounts for over 75 per cent of the adverse reactions to food additives reported to the FDA.” He also notes that certain chronic illnesses can result, or be made worse, by ingesting aspartame. This includes brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, Parkinson’s disease, Alzheimer’s, mental retardation, lymphoma, birth defects, fibromyalgia and diabetes.

If you think sucralose, marketed under the name Splenda®, is any better, think again. Sucralose is made by adding chlorine to sugar molecules. With limited human testing, sucralose was approved by the FDA in 1998. In laboratory animals, sucralose has resulted in decreased red blood cell count, slower growth rate, spontaneous abortion, longer pregnancies, decreased fetal weight, enlarged liver and kidneys and diarrhea. Many who have used Splenda® have reported incidences of depression that disappeared once they stopped using it.

Saccharin, the “granddaddy” of all artificial sweeteners, has been around for 125 years. In 1977, it was determined that saccharin caused bladder cancer in laboratory animals. Consequently, the FDA ordered that all saccharine-containing products carry a warning label.

Abstinence from these sugar substitutes, and from sugar itself, could be in your best interest. If you have a “sweet tooth” and feel the need for sugar we suggest using raw honey, Blue Agave, or Stevia.