

ARTIFICIAL SWEETENERS

Aspartame, Splenda, Sweet'n Low, Sugar Twin, NutraSweet, Equal etc.

High fructose corn syrup (HFC), fructose, agave

These are neurotoxins that can accumulate in your body and increase the risks of cancers, brain tumors, diabetes, Alzheimer's, Parkinson's, ADHD, digestive issues, liver disease, heart palpitations and muscle spasms, high blood pressure, insomnia, autoimmune diseases etc.

Xylitol, Sorbitol, Maltitol, Erythritol, Mannitol, Isomalt, Hydrogenated starch hydrolysates (HSH) are common sugar alcohols that don't spike insulin as HFC or white sugar, doesn't have the calories as sugar, but some people still report digestive issues, bloating and laxative effects. Sugar alcohols have about half the calories as sugar, some are derived from fruits and vegetables, but some are man made.

**If you need sweeteners, make your own drinks using a little unpasteurized honey or pure maple syrup. Do not bake with honey as the medicinal properties will be destroyed, apply honey on warm or cool foods.

Stevia is great for cooking/baking, dates are also good sweeteners. You can also use Stevia flavored protein powders substituting about ½ of the baking or almond flour in the recipe for added flavor/sweetness.

Splenda - Side Effects

A study showed that with a moderate consumption 96.7% of sucralose leaves our bodies, while high consumption the percentage falls to 92.8%. This means chlorine is being stored in other areas of your body causing your cells to become toxic!

Symptoms include:

Migraine	Dizziness
Intestinal Cramping	Rashes
Acne	Headaches
Bloating	Chest Pain
Tinnitus	Gum Bleeding

2008 Duke University study found that Splenda alters the intestine flora as it destroys beneficial bacteria.

~Source of info: Dr. Josh Axe



Aspartame Side Effects

Anxiety	Arthritis	Hair Loss
Candida	Asthma	Hives
ADD	Bloating	Hypertension
Obesity	Edema	Impotency
Headaches	Brain Cancer	Insomnia
Hyperactivity	Chronic Fatigue	Irritability
Tooth Decay	Chronic Cough	Itching
Diabetes	Confusion	Joint Pains
Brain Lesions	Diarrhea	Brain Fog
Mood Alterations	Dizziness	Memory Loss
Brain Tumors	Flushing	Muscle Spasms
Depression	Heart Palpitations	Weight Gain

