

## Sweeteners

### Description

Sweeteners

What to use:

What is the healthiest sweetener?

Honey

Raw organic honey lowers weight, blood sugar, & diabetes. It also helps sleep

medicalnewstoday.com/articles/317662  
livestrong.com/article/273425-how-to-use-honey-for-weight-loss/  
health.harvard.edu/blog/could-artificial-sweeteners-be-bad-for-your-brain-2017  
Honey and Diabetes: The Importance of Natural Simple Sugars in Diet for Preven  
4757893 1942-0900 doi.org/10.1155/2018/4757893 10.1155/2018/4757893 Academic

Honey can be made from sugar & flavoring so it is best if it is raw & organic

To get real honey from bees:

Look for organic, raw, local  
Rub between fingers- if absorb is real, if sticky is sugar  
Microwave or cooktop-carmelize if honey, foam/bubble if sugar  
Put on paper-sugar water will soak through  
Ants avoid honey, flock to sugar  
In water honey lumps & goes to bottom, water melts  
Honey causes tingling on tongue  
Honey makes bread hard  
Honey crystalizes over time

healthyfoodhouse.com/studies-show-fake-honey-is-everywhere-heres-how-to-know-t

Cinnamon

Cinnamon (Ceylon may be best) reduces blood sugar, blood pressure, free radical  
Ranasinghe, P., Pigera, S., Premakumara, G.S. et al. Medicinal properties of '

Apple cider vinegar & honey

Using apple cider vinegar with honey in meals with vegetables may also help we

Stevia, erythritol, allulose and monk fruit (lo han)

Stevia & monk fruit are natural sweeteners coming from plants that have no cal

Stevia does not appear to cause the same neurological problems of aspartame/Nu

Memorial Sloan Kettering Cancer Center:

[https://www.mskcc.org/cancer-care/integrative-medicine/herbs/stevia#msk\\_profes](https://www.mskcc.org/cancer-care/integrative-medicine/herbs/stevia#msk_profes)

<https://www.healthline.com/health/food-nutrition/stevia-side-effects#benefits>

Monk fruit

Monk fruit has been used for centuries safely but only recently as a concentra

[healthline.com/health/food-nutrition/monk-fruit-health-benefits#health-benefit](https://www.healthline.com/health/food-nutrition/monk-fruit-health-benefits#health-benefit)

[theepochtimes.com/health/a-natural-sweetener-that-could-combat-covid-diabetes-](https://theepochtimes.com/health/a-natural-sweetener-that-could-combat-covid-diabetes-)

Erythritol

Erythritol is a sugar alcohol (fermented sugar) with no calories that has litt

A new study associates erythritol with increased blood clotting, heart attacks

[reason.com/2023/03/02/be-skeptical-of-the-new-artificial-sweetener-scare/](https://reason.com/2023/03/02/be-skeptical-of-the-new-artificial-sweetener-scare/)

[tandfonline.com/doi/full/10.1080/1028415X.2021.1965787?src=recsys](https://tandfonline.com/doi/full/10.1080/1028415X.2021.1965787?src=recsys)

Allulose

Allulose is a sugar from fruits with little calories that at low to moderate d

Allulose for the attenuation of postprandial blood glucose levels in healthy h

Tani Yuma ,Masaaki Tokuda,Naoki Nishimoto,Hideto Yokoi,Ken Izumori

Published: April 6, 2023

<https://doi.org/10.1371/journal.pone.0281150>

[peterattiamd.com/replacing-sugar-with-allulose/](https://peterattiamd.com/replacing-sugar-with-allulose/)

Combination

Stevia, monk fruit, allulose (erythritol needs further testing) are often blen

Unfortunately sometimes the sweeteners are mixed with dextrose, corn sugar, to

[naturalnews.com/048909\\_stevia\\_natural\\_anti-inflammatory\\_anti-cancer.html](https://naturalnews.com/048909_stevia_natural_anti-inflammatory_anti-cancer.html)

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Salvador RR, Sotelo MH, Paucar LM. Study of Stevia (Stevia rebaudiana Bertoni)

Chatsudthipong V, and Muanprasat C. Stevioside and related compounds: therapeu

Anton SD, Martin CK, Han H, et al. Effects of stevia, aspartame, and sucrose o

Holvoet P, et al. Stevia-derived compounds attenuate the toxic effects of ecto

Switching from sugar

The way to get used to any new sweetener is to eat a couple bites of food unsw

What to avoid:

Artificial sweeteners appear to increase weight & diabetes  
[www.who.int/news/item/15-05-2023-who-advises-not-to-use-non-sugar-sweeteners-f](http://www.who.int/news/item/15-05-2023-who-advises-not-to-use-non-sugar-sweeteners-f)

Aspartame (NutraSweet/Equal)

Aspartame is a sweetener in many diet pops & foods. The chemicals that make

More than 50% of reports by doctors to the FDA's Adverse Reaction Monitoring S

One analysis in 2004 noted that all the independent studies (82) done found se

Walton RG. Survey of aspartame studies: correlation of outcome and funding sou  
<https://www.lightenyourtoxicload.com/wp-content/uploads/2014/07/Dr-Walton-surv>

[wnho.net/aspartame\\_tinnitus\\_connection.htm](http://wnho.net/aspartame_tinnitus_connection.htm)  
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Sara K. Jones, Deirdre M. McCarthy, Cynthia Vied, Gregg D. Stanwood, Chris Sch

Florida State University. "Research links common sweetener with anxiety in mou

[nature.com/articles/1602866](http://nature.com/articles/1602866)  
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[swankin-turner.com/hospital.html#to%20do](http://swankin-turner.com/hospital.html#to%20do)

Monsanto bought the company who owned aspartame & worked with their chairman (i  
[rense.com/general33/legal.htm](http://rense.com/general33/legal.htm)

NutraSweet (aspartame) has had a dizzying list of dangerous neurological side  
[swankin-turner.com/lawof.html#CDC](http://swankin-turner.com/lawof.html#CDC)

[fda.gov/media/81007/download](http://fda.gov/media/81007/download)  
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[epilepsy.com/connect/forum-archive/men-epilepsy/diet-coke-aspartame-seizure-li](http://epilepsy.com/connect/forum-archive/men-epilepsy/diet-coke-aspartame-seizure-li)  
[mpwhi.com/all\\_eyes\\_on\\_aspartame.htm](http://mpwhi.com/all_eyes_on_aspartame.htm)

Aspartame has the most side effects reported to the FDA of any substance, and

Environ Health Perspect. 1987 Nov; 75: 53-57.  
Possible neurologic effects of aspartame, a widely used food additive.  
T J Maher and R J Wurtman  
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Aspartame addiction

Aspartame use in colas & flavored drinks appears to make water & other liquids  
Zevia is a pop brand that uses stevia for sweetening.

Aspartame appears to cause a high incidence of cancer

Aspartame was originally repeatedly rejected by the FDA because it appeared to

Morando Soffritti, Fiorella Belpoggi, Davide Degli Esposti, Luca Lambertini, E  
Environmental Health Perspectives. "Artificial sweetener causes cancer in rats

Charlotte Debras, Eloi Chazelas, Bernard Srouf, Nathalie Druesne-Pecollo, Youn  
PLOS. "Study suggests association between consuming artificial sweeteners and

Aspartame & brain cancer

In 1996, the FDA's own toxicologist told Congress that aspartame (NutraSweet)  
[huffingtonpost.com/robbie-gennet/donald-rumsfeld-and-the-s\\_b\\_805581.html](http://huffingtonpost.com/robbie-gennet/donald-rumsfeld-and-the-s_b_805581.html)

Aspartame appears to increase gout

<https://alernakidneyhealth.com/blogs/uric-acid/does-aspartame-trigger-gout>

Aspartame may increase strokes & dementia by 300%

[health.harvard.edu/blog/could-artificial-sweeteners-be-bad-for-your-brain-2017](http://health.harvard.edu/blog/could-artificial-sweeteners-be-bad-for-your-brain-2017)

My experience

I stopped using it after getting nausea & motion sickness on a repeated basis.

## Diabetes & obesity

Nutrasweet (aspartame), Splenda (sucralose), and Sweet N Low (saccharin) appear

Suez, Jotham & Korem, Tal & Zeevi, David & Zilberman-Schapira, Gili & A Thaiss

Dorin Harpaz, Loo Yeo, Francesca Cecchini, Trish Koon, Ariel Kushmaro, Alfred  
American Associates, Ben-Gurion University of the Negev. "Artificial sweetener

A Bitter Aftertaste: Unintended Effects of Artificial Sweeteners on the Gut Mi  
Bokulich, Nicholas A. et al.

Cell Metabolism , Volume 20 , Issue 5 , 701 - 703

Sucralose may cause DNA damage, epigenetic effects, autoimmune problems, thymu

Sucralose metabolites are fat soluble & may persist for weeks in the body.

Some medications may contain sucralose unlabeled.

## 24 references

New Splenda Studies Confirm Its Dangers September 05, 2018 by Dr. Joseph Merc  
articles.mercola.com/sites/articles/archive/2018/09/05/artificial-sweetener-sp

## Sucralose (Splenda)

Sucralose (Splenda) may reduce good bacteria in our gut, reducing insulin sens

Splenda alters gut microflora and increases intestinal p-glycoprotein and cyto

## Acesulfame potassium (Ace K)

A main chemical appears to cause liver & kidney damage, cancer, mood problems  
Charlotte Debras, Eloï Chazelas, Bernard Srouf, Nathalie Druésne-Pecollo, Youn  
PLOS. "Study suggests association between consuming artificial sweeteners and

## Saccharin

Saccharin may cause nausea, cancer, sun sensitivity, heart tachycardia, & gast

## Zylitol, mannitol, sorbitol

The sugar alcohols can cause gastrointestinal issues & laxative effects even a

draxe.com/wp-content/uploads/2015/04/WorstArtificialSweeteners.jpg

draxe.com/nutrition/artificial-sweeteners

## High fructose corn syrup & sugar

High fructose corn syrup appears in multiple studies to cause increased weight  
Agave syrup has a high amount of fructose that can increase diabetes.  
Regular sugar is almost always GMO beet sugar which often causes allergic reactions  
Cane sugar is highly processed & not handled well by the body but is better than  
Sucanat is as healthy as & contains the nutrients in raw sugar & sugarcane juice  
Brown sugar has molasses added to it.  
Molasses is sweet & has a lot of nutrients in it.  
[draxe.com/nutrition/high-fructose-corn-syrup-dangers](https://draxe.com/nutrition/high-fructose-corn-syrup-dangers)

### Category

1. Uncategorized

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