

Sweeteners

Description

To Jesus:

default watermark

You can use this as an aide to your own research and share with your doctor.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

Sweeteners

What to use:

What is the healthiest sweetener?

Honey

Raw organic honey doesn't appear to significantly increase weight, blood sugar, & diabetes. It also helps sleep (by reducing orexin, the wakefulness chemical) & reduces coughing. Topically it appears to speed healing of wounds, acne, eczema & psoriasis & may help stop bacterial infections in the body like UTIs. Local organic raw honey may reduce pollen sensitivity.

Honey appears to be the healthiest sweetener by far. Processed honey has been heated & filtered & may not have the benefits of unfiltered & unheated honey.

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-2017060711849

Honey and Diabetes: The Importance of Natural Simple Sugars in Diet for Preventing and Treating Different Type of Diabetes Das, Bobi, Otilia, Dezmirean, Daniel S., Moise, Adela Ramona

Oxidative Medicine and Cellular Longevity 2018/02/04
4757893 1942-0900 doi.org/10.1155/2018/4757893
10.1155/2018/4757893 Academic editor Undurti N., Hindawi

Honey sold in supermarkets can be made from sugar & flavoring so it is best if it is raw & organic to be real honey from real bees.

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-the-

Cinnamon

Cinnamon (Ceylon may be best) appears to reduce blood sugar, blood pressure, free radicals, oxidation, inflammation, osteoporosis, ulcers, liver damage, pain, Alzheimer's & bacterial & parasitic

infection & speeds up wound healing & is often paired with honey for weight loss.

Ranasinghe, P., Pigera, S., Premakumara, G.S. et al. Medicinal properties of "true"™ cinnamon (Cinnamomum zeylanicum): a systematic review. BMC Complement Altern Med 13, 275 (2013). <https://doi.org/10.1186/1472-6882-13-275>

Apple cider vinegar & honey

Using apple cider vinegar with honey in meals with vegetables may also help weight loss as the vinegar appears to reduce the amount of carbs digested.

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

Stevia & monk fruit are natural sweeteners coming from plants that have no calories and have been used for centuries with no reported side effects in humans. Stevia's™ best tasting form may be the white powder concentrate. The brown leafy form tastes more earthy & appears to be one of the most effective things for lyme disease.

Stevia does not appear to cause the same neurological problems of aspartame/Nutrasweet or sucralose/Splenda. Stevia does not appear to increase blood sugar or triglycerides or blood pressure

over time, nor cause weight gain in studies.

Memorial Sloan Kettering Cancer Center:

https://www.mskcc.org/cancer-care/integrative-medicine/herbs/stevia#msk_professional

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

Monk fruit

default watermark

Monk fruit has been used for centuries safely but only recently as a concentrated sweetener. It is usually used in combination with stevia & allulose.

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

[theepochtimes.com/health/a-natural-sweetener-that-could-combat-covid-diabetes-and-cancer-](https://theepochtimes.com/health/a-natural-sweetener-that-could-combat-covid-diabetes-and-cancer-5279772?src_src=Health&src_cmp=health-2023-09-09&est=gi2b3dNpEQj3xx7qPgj3TkNVZcSKBSm0H%2F8ovhDKVx33q)

[5279772?src_src=Health&src_cmp=health-2023-09-](https://theepochtimes.com/health/a-natural-sweetener-that-could-combat-covid-diabetes-and-cancer-5279772?src_src=Health&src_cmp=health-2023-09-09&est=gi2b3dNpEQj3xx7qPgj3TkNVZcSKBSm0H%2F8ovhDKVx33q)

[09&est=gi2b3dNpEQj3xx7qPgj3TkNVZcSKBSm0H%2F8ovhDKVx33q](https://theepochtimes.com/health/a-natural-sweetener-that-could-combat-covid-diabetes-and-cancer-5279772?src_src=Health&src_cmp=health-2023-09-09&est=gi2b3dNpEQj3xx7qPgj3TkNVZcSKBSm0H%2F8ovhDKVx33q)

Erythritol

Erythritol is a sugar alcohol (fermented sugar) with no calories that has little of the laxative or stomach cramping side effects in limited amounts that the other sugar alcohols like sorbitol, mannitol, & xylitol have in lower amounts. It has the volume of sugar, preserves like sugar, and tastes like sugar, but is 30% less sweet. It appears to increase digestive hormones associated with satiety (stopping eating) & cause no increase in blood sugar. It appears to kill bacteria that cause tooth decay.

A new study associates erythritol with increased blood clotting, heart attacks & strokes, but it appears to be most likely they found an increase in the amount of erythritol the body makes, not the amount eaten, when it has artery blockage or other risk factors. Followup studies on people who ingest a lot of erythritol will help clarify.

reason.com/2023/03/02/be-skeptical-of-the-new-artificial-sweetener-scare/

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 doses has little gastrointestinal problems at lower amounts. Like the sugar alcohols it has the fullness of taste of sucrose but is not as sweet as sugar so needs stevia & monk fruit in combination to be sweeter than sugar. It appears to reduce blood glucose levels.

Allulose for the attenuation of postprandial blood glucose levels in healthy humans: A systematic review and meta-analysis

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/

Combination

Stevia, monk fruit, allulose are often blended together to make them even sweeter. The combination of all has been said to be sweeter than sugar.

Unfortunately sometimes the sweeteners are mixed with dextrose, corn sugar, to add bulk- which is usually GMO. Fortunately they can often be found without GMO additives.

naturalnews.com/048909_stevia_natural_anti-inflammatory_anti-cancer.html

Kobus-Moryson M, and Gramza-Micha?owska A. Directions on the use of stevia leaves (Stevia Rebaudiana) as an additive in food products. Acta Sci Pol Technol Aliment. 2015 Jan;14 (1), 5-13 DOI: 10.17306/J.AFS.2015.1.1

Salvador RR, Sotelo MH, Paucar LM. Study of Stevia (Stevia rebaudiana Bertoni) ad a natural sweetener and its use in health benefit. Scientia Agricultural. 2014 Sep;5(3):157-163. ISSN: 2077-9917

Chatsudthipong V, and Muanprasat C. Stevioside and related compounds: therapeutic benefits beyond sweetness. *Pharmacology & Therapeutics*. 2009 Jan;121(1):41-54. PMID: 19000919

Anton SD, Martin CK, Han H, et al. Effects of stevia, aspartame, and sucrose on food intake, satiety, and postprandial glucose and insulin levels. *Appetite* 2010;55(1):37-43. PMID: 2900484

Holvoet P, et al. Stevia-derived compounds attenuate the toxic effects of ectopic lipid accumulation in the liver of obese mice: A transcriptomic and metabolomics study. *Food Chem Toxicol*. 2015 Mar;77:22-33. PMID: 25554529

default watermark

Switching from sugar

The way to get used to any new sweetener is to eat a couple bites of food unsweetened before every meal. It will immediately resensitize taste to the new amount & type of sweetener used as the freshest memory will be of the contrast between the unsweetened food and the new sweetener, not between the old sweetener & the new sweetener.

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-for-weight-control-in-newly-released-guideline

Aspartame (Nutrasweet/Equal)

Aspartame is a sweetener in many diet pops & foods. The chemicals it breaks down into like methyl alcohol (methanol) & formaldehyde- for a lot of people appear to cause brain damage, brain cancer, blindness, epilepsy, anger, aggression, insomnia, depression, anxiety, behavior problems, diabetes, migraines, tinnitus, motion sickness/dizziness & other neurological diseases.

More than 50% of reports by doctors to the FDA's Adverse Reaction Monitoring System (ARMS) since it has come on the market in the 1990s have reportedly been on aspartame/Nutrasweet/Equal sweetener out of the hundreds of thousands of food additives introduced.

One analysis in 2004 noted that all the independent studies (82) done found serious adverse reactions to aspartame, while the companies own studies (& a few gov studies) -often poorly done- found no problem.

Walton RG. Survey of aspartame studies: correlation of outcome and funding sources.

<https://www.lightenyourtoxicload.com/wp-content/uploads/2014/07/Dr-Walton-survey-of-aspartame-studies.pdf>

wnho.net/aspartame_tinnitus_connection.htm

globalhealing.com/6-dangerous-excitotoxins/#references

articles.mercola.com/sites/articles/archive/2024/06/27/artificial-sweetener-neotame.aspx?ui=3d90cd9ccf1dad7c2998a00db2019cff80e40ea38be
Sara K. Jones, Deirdre M. McCarthy, Cynthia Vied, Gregg D. Stanwood, Chris Schatschneider, Pradeep G. Bhide. Transgenerational transmission of aspartame-induced anxiety and changes in glutamate-GABA signaling and gene expression in the amygdala. Proceedings of the National Academy of Sciences, 2022; 119 (49) DOI: 10.1073/pnas.2213120119

Florida State University. "Research links common sweetener with anxiety in mouse study." ScienceDaily. ScienceDaily, 8 December 2022. sciencedaily.com/releases/2022/12/221208174226.htm>.

nature.com/articles/1602866

swankin-turner.com/lawof.html#CDC

laleva.it/food/aspartame_factsheet.html

marystod.blogspot.com/2022/07/aspartame-consumer-safety-network-fact.html

facebook.com/marystod/posts/aspartame-consumer-safety-network-fact-sheet-history-of-fda-approval-of-artifici/1691092264415855/
swankin-turner.com/hospital.html#to%20do

Monsanto bought the company who owned aspartame & worked with their chairman (yes, that Donald Rumsfeld) to get it approved despite it previously being banned for a 1980 board of inquiry of three independent scientists for brain cancer concerns. Ronald Reagan's brand new head of the FDA in 1981 approved it. He left the FDA under allegations of impropriety and went to work for Monsanto.

rense.com/general33/legal.htm

Nutrasweet (aspartame) has had a dizzying list of dangerous neurological side effects reported to the FDA
swankin-turner.com/lawof.html#CDC

fda.gov/media/81007/download

fda.gov/media/80995/download

epilepsy.com/connect/forum-archive/men-epilepsy/diet-coke-aspartame-seizure-link

mpwhi.com/all_eyes_on_aspartame.htm

Aspartame has the most side effects reported to the FDA of any substance, and that was before the FDA stopped taking reports of side effects starting in 1995:

Environ Health Perspect. 1987 Nov; 75: 53â€“57.

Possible neurologic effects of aspartame, a widely used food additive.

T J Maher and R J Wurtman

naturalnews.com/008952_aspartame_seizures.html

usrtk.org/tag/seizures/

usrtk.org/sweeteners/aspartame_health_risks/

nature.com/articles/1602866

Humphries, P., Pretorius, E.

& NaudÃ©, H. Direct and indirect cellular effects of aspartame on the brain (2008). <https://doi.org/10.1038/sj.ejcn.1602866>

shop.getmyid.com/blogs/myid-epilepsy-community/fda-pivotal-safety-study-aspartame-caused-brain-seizures

medicalnewstoday.com/articles/322266#health-risks

magnesiumandhealth.com/aspartame-dangers/

mercola.fileburst.com/PDF/ExpertInterviewTranscripts/Interview-Victoria-Innes-Brown.pdf

mpwhi.com/

web.archive.org/web/20050702015408/http://www.holisticmed.com/aspartame

Aspartame addiction

Aspartame use in colas & flavored drinks appears to make water & other liquids taste bitter to some. Most people need to switch to water until the bitterness goes away. Then other drink flavors & sweeteners can begin to taste normal/good again.

Zevia is a pop brand that uses stevia for sweetening, one of the few safer no calorie sweeteners.

Aspartame & obesity

High usage of aspartame may increase obesity 64%.

Steffen, B.T., Jacobs, D.R., Yi, SY. et al. Long-term aspartame and saccharin intakes are related to greater volumes of visceral, intermuscular, and subcutaneous adipose tissue: the CARDIA study. *Int J Obes* 47, 939–947 (2023). <https://doi.org/10.1038/s41366-023-01336-y>

Aspartame & cancer

Aspartame was originally withdrawn from the market & repeatedly rejected by the FDA because it appeared to significantly increase cancer.

Morando Soffritti, Fiorella Belpoggi, Davide Degli Esposti, Luca Lambertini, Eva Tibaldi, Anna Rigano. First Experimental Demonstration of the Multipotential Carcinogenic Effects of Aspartame Administered in the Feed to Sprague-Dawley Rats. Environmental Health Perspectives, 2005; 114 (3): 379 DOI: 10.1289/ehp.8711

Environmental Health Perspectives. "Artificial sweetener causes cancer in rats at levels currently approved for humans, new study suggests." ScienceDaily. ScienceDaily, 13 February 2006. <www.sciencedaily.com/releases/2006/02/060213093019.htm>.

Charlotte Debras et al. Artificial sweeteners and cancer risk: Results from the NutriNet-Santé population-based cohort study. PLOS Medicine, March 24, 2022; DOI: 10.1371/journal.pmed.1003950 sciencedaily.com/releases/2022/03/220324143800.htm

Aspartame & brain cancer

In 1996, the FDA's own toxicologist told Congress that aspartame (Nutrasweet) can cause brain cancer.

huffingtonpost.com/robbie-gennet/donald-rumsfeld-and-the-s_b_805581.html

Charlotte Debras et al. Artificial sweeteners and cancer risk: Results from the NutriNet-Santé population-based cohort study. PLOS Medicine, March 24, 2022; DOI: 10.1371/journal.pmed.1003950
sciencedaily.com/releases/2022/03/220324143800.htm

Aspartame & gout

Aspartame appears to increase uric acid crystal formation in some without increasing uric acid levels. Some people report gout attacks with aspartame being the main trigger.

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

reddit.com/r/gout/comments/eqhk32/diet_soda_flair_up/?rdt=46150

reddit.com/r/gout/comments/18f4dlj/aspartame/

Aspartame may increase strokes & dementia by 300%

health.harvard.edu/blog/could-artificial-sweeteners-be-bad-for-your-brain-2017060711849

My experience

I stopped using it after getting nausea & motion sickness on a repeated basis. It only came back once in the last 15 years, and when I called the company making my new food, I found it had aspartame as an unlisted ingredient.

Diabetes & obesity

Nutrasweet (aspartame), Splenda (sucralose), and Sweet N Low (saccharin) appear to alter the gut microbiome & increase type II diabetes by making people less sensitive to insulin & increasing blood sugar levels & doubling obesity. By contrast organic raw honey lowers blood sugar, diabetes, & weight & is very effective against infections.

Suez, Jotham & Korem, Tal & Zeevi, David & Zilberman-Schapira, Gili & A Thaïss, Christoph & Maza, Ori & Israeli, David & Zmora, Niv & Gilad, Shlomit & Weinberger, Adina & Kuperman, Yael & Harmelin, Alon & Kolodkin-Gal, Ilana & Shapiro, Hagit & Halpern, Zamir & Segal, Eran & Elinav, Eran. (2014). Artificial Sweeteners Induce Glucose Intolerance by Altering the Gut Microbiota. *Nature*. 70. 10.1038/nature13793.

Dorin Harpaz, Loo Yeo, Francesca Cecchini, Trish Koon, Ariel Kushmaro, Alfred Tok, Robert Marks, Evgeni Eltzov. Measuring Artificial Sweeteners Toxicity Using a Bioluminescent Bacterial Panel. *Molecules*, 2018; 23 (10): 2454

DOI: 10.3390/molecules23102454

American Associates, Ben-Gurion University of the Negev.

“Artificial sweeteners have toxic effects on gut microbes.”
ScienceDaily. ScienceDaily, 1 October 2018.
<www.sciencedaily.com/releases/2018/10/181001101932.htm>.

A Bitter Aftertaste: Unintended Effects of Artificial Sweeteners on the Gut Microbiome

Bokulich, Nicholas A. et al.

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

Sucralose may cause DNA damage, epigenetic effects, autoimmune problems, thymus shrinkage, liver & kidney enlargement, kidney calcification, migraines, and at high doses anemia, male infertility, miscarriages, increased mortality, and a number of unwanted physical symptoms.

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 Mercola
articles.mercola.com/sites/articles/archive/2018/09/05/artificial-sweetener-splenda.aspx

Sucralose (Splenda)

Sucralose (Splenda) may reduce good bacteria in our gut, reducing insulin sensitivity, increasing blood sugar & type II diabetes, weight, seizures, and interfere with the metabolism of many drugs.

Splenda alters gut microflora and increases intestinal p-glycoprotein and cytochrome p-450 in male rats. J Toxicol Environ Health A.

2008;71(21):1415-29. doi: 10.1080/15287390802328630

Acesulfame potassium (Ace K)

Ace K may increase liver & kidney damage, cancer, mood problems, early puberty for girls & possibly autism.

Charlotte Debras, Eloi Chazelas, Bernard Srouf, Nathalie Druesne-Pecollo, Younes Esseddik, Fabien Szabo de Edelenyi, Cédric Agasse, Alexandre De Sa, Rebecca Lutchia, Stéphane Gigandet, Inge Huybrechts, Chantal Julia, Emmanuelle Kesse-Guyot, Benjamin Allès, Valentina A. Andreeva, Pilar Galan, Serge Hercberg, Mălanie Deschasaux-Tanguy, Mathilde Touvier. Artificial sweeteners and cancer risk: Results from the NutriNet-Santé population-based cohort study. PLOS Medicine, March 24, 2022; DOI: 10.1371/journal.pmed.1003950

PLOS. "Study suggests association between consuming artificial sweeteners and increased cancer risk." ScienceDaily.

ScienceDaily, 24 March 2022.

<www.sciencedaily.com/releases/2022/03/220324143800.htm>.

Hung-Tsung Wu, Chi-Chen Chiang, Chung-Teng Wang, Yue-Hwa Chen, Shih-Yuan Hsu, Yang-Ching Chen,

Consumption of the nonnutritive sweetener acesulfame potassium increases central precocious puberty risk,

Journal of Hazardous Materials,

Volume 461, 2024, 132529, ISSN 0304-3894,

<https://doi.org/10.1016/j.jhazmat.2023.132529>.

[sciencedirect.com/science/article/pii/S0304389423018125](https://www.sciencedirect.com/science/article/pii/S0304389423018125)

Saccharin

Saccharin may cause nausea, cancer, sun sensitivity, heart tachycardia, & gastrointestinal issues.

Zylitol, mannitol, sorbitol

The sugar alcohols can cause gastrointestinal issues & laxative effects even at low doses.

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 gain, obesity, diabetes, liver failure and cancer much greater than other caloric sweeteners, in part from its high mercury content, deadly glyphosate/Roundup, & genetic modification (as does white wheat, white rice, refined oils and FD&C food colorings- yellow#, red#, blue# that also has lead).

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 & other sensitivities.

Cane sugar is highly processed & not handled well by the body but is better than (beet) sugar.

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

Category

1. Uncategorized

Date Created

September 14, 2022

Author

biggs

default watermark