

Sweeteners

**Description**

Sweeteners

What to use:

What is the healthiest sweetener?

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Honey

Raw organic honey lowers weight, blood sugar, & diabetes. It also helps sleep & reduces coughing. Topically it appears to speed healing of wounds, acne, eczema & psoriasis & helps stop bacterial infections in the body like UTIs. Local organic raw honey can reduce pollen sensitivity. Honey is the healthiest sweetener by far. Processed honey has been heated & filtered & may not have the benefits of unfiltered & unheated honey.

[medicalnewstoday.com/articles/317662](https://medicalnewstoday.com/articles/317662)

[livestrong.com/article/273425-how-to-use-honey-for-weight-loss/](https://livestrong.com/article/273425-how-to-use-honey-for-weight-loss/)

[health.harvard.edu/blog/could-artificial-sweeteners-be-bad-for-your-brain-2017060711849](http://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 can be made from sugar & flavoring so it is best if it is raw & organic to be real.

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) reduces 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.

Stevia does not appear to cause the same neurological problems of aspartame/Nutrasweet or sucralose/Splenda. Stevia does not 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.mskcc.org/cancer-care/integrative-medicine/herbs/stevia#msk_professional)

<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 concentrated sweetener. It is usually used in combination with stevia & allulose.

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

[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](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

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

## Combination

Stevia, monk fruit, allulose (erythritol needs further testing) 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 be found without GMO additives.

[naturalnews.com/048909\\_stevia\\_natural\\_anti-inflammatory\\_anti-cancer.html](http://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

Switching from sugar

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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](http://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 that make it up- phenylalanine- brain damage, & seizures, aspartic acid- brain damage, methyl alcohol (methanol)- brain damage & blindness & death & the chemical it metabolizes into- 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.

[wnho.net/aspartame\\_tinnitus\\_connection.htm](http://wnho.net/aspartame_tinnitus_connection.htm)

[globalhealing.com/6-dangerous-excitotoxins/#references](http://globalhealing.com/6-dangerous-excitotoxins/#references)

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](https://doi.org/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](http://sciencedaily.com/releases/2022/12/221208174226.htm)>.

[nature.com/articles/1602866](http://nature.com/articles/1602866)

[swankin-turner.com/lawof.html#CDC](http://swankin-turner.com/lawof.html#CDC)

[laleva.it/food/aspartame\\_factsheet.html](http://laleva.it/food/aspartame_factsheet.html)

[marystod.blogspot.com/2022/07/aspartame-consumer-safety-network-fact.html](http://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/](https://facebook.com/marystod/posts/aspartame-consumer-safety-network-fact-sheet-history-of-fda-approval-of-artifici/1691092264415855/)

[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 (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](https://www.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](https://www.swankin-turner.com/lawof.html#CDC)

[fda.gov/media/81007/download](https://www.fda.gov/media/81007/download)

[fda.gov/media/80995/download](https://www.fda.gov/media/80995/download)

[epilepsy.com/connect/forum-archive/men-epilepsy/diet-coke-aspartame-seizure-link](https://www.epilepsy.com/connect/forum-archive/men-epilepsy/diet-coke-aspartame-seizure-link)

[mpwhi.com/all\\_eyes\\_on\\_aspartame.htm](https://www.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: 53–57.

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

T J Maher and R J Wurtman

[naturalnews.com/008952\\_aspartame\\_seizures.html](http://naturalnews.com/008952_aspartame_seizures.html)

[usrtk.org/tag/seizures/](http://usrtk.org/tag/seizures/)

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Humphries, P., Pretorius, E.

& Naudé, H. Direct and indirect cellular effects of aspartame on the brain

*Eur J Clin Nutr* **62**, 451–462

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[medicalnewstoday.com/articles/322266#health-risks](http://medicalnewstoday.com/articles/322266#health-risks)

[magnesiumandhealth.com/aspartame-dangers/](http://magnesiumandhealth.com/aspartame-dangers/)

[mercola.fileburst.com/PDF/ExpertInterviewTranscripts/Interview-Victoria-Innes-Brown.pdf](http://mercola.fileburst.com/PDF/ExpertInterviewTranscripts/Interview-Victoria-Innes-Brown.pdf)

[mpwhi.com/](http://mpwhi.com/)

[web.archive.org/web/20050702015408/http://www.holisticmed.com/aspartame](http://web.archive.org/web/20050702015408/http://www.holisticmed.com/aspartame)

Aspartame appears to cause a high incidence of 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](https://doi.org/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](http://www.sciencedaily.com/releases/2006/02/060213093019.htm)>.

Charlotte Debras, Eloi Chazelas, Bernard Srouf, Nathalie Druesne-Pecollo, Younes Esseddik, Fabien Szabo de Edelenyi, Cédric Agaësse, Alexandre De Sa, Rebecca Lutchia, Stéphane Gigandet, Inge Huybrechts, Chantal Julia, Emmanuelle Kesse-Guyot, Benjamin Allès, Valentina A. Andreeva, Pilar Galan, Serge Hercberg, Mélanie 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](https://doi.org/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](http://www.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](http://huffingtonpost.com/robbie-gennet/donald-rumsfeld-and-the-s_b_805581.html)

3x strokes, 3x dementia

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[health.harvard.edu/blog/could-artificial-sweeteners-be-bad-for-your-brain-2017060711849](http://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](https://doi.org/10.3390/molecules23102454)

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## 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](https://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)

A main chemical appears to cause liver & kidney damage, cancer, mood problems & cancer & possibly autism.

Charlotte Debras, Eloi Chazelas, Bernard Srouf, Nathalie Druesne-Pecollo, Younes Esseddik, Fabien Szabo de Edelenyi, Cédric Agaësse, Alexandre De Sa, Rebecca Lutchia, Stéphane Gigandet, Inge Huybrechts, Chantal Julia, Emmanuelle Kesse-Guyot, Benjamin Allès, Valentina A. Andreeva, Pilar Galan, Serge Hercberg, Mélanie 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](https://doi.org/10.1371/journal.pmed.1003950)

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<[www.sciencedaily.com/releases/2022/03/220324143800.htm](http://www.sciencedaily.com/releases/2022/03/220324143800.htm)>.

## 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](https://draxe.com/wp-content/uploads/2015/04/WorstArtificialSweeteners.jpg)

[draxe.com/nutrition/artificial-sweeteners](https://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 it's 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

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