

# SUGAR-FREE...THE UN-SWEET TRUTH!

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*Are you trying to lose a few pounds before the holidays, or trying to maintain your weight this season? Feel like the only way to succeed at this is to substitute the "real-thing" with those "sugar-free" sodas and snacks?*

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Before you start convincing yourself that the label "sugar-free" or "diet" makes it better...educate yourself on what you are really putting into your body and what kind effects this will have on your mind and body in the future.

Let's start with the basics...what the "sugar-free" and "diet" really are: When a company labels their product "sugar-free" or diet, look on the package and you will discover some of these words: Aspartame (aka Equal), Sucralose (aka Splenda), phenylalanine (majority of aspartame), Saccharin (sweet n Low), etc.

All artificial sweeteners act as poison in our bodies once ingested. For example, aspartame is a harmless chemical outside the body, but once ingested it is broken down into its three parts, one of which is methanol. Methanol free floating in your body is turned into formaldehyde a.k.a. embalming fluid...yes, the chemical used to preserve dead bodies! It is very toxic to our system. Ingesting aspartame daily, say in a diet coke or in your coffee, or by chewing sugarless gum, or sugar free popsicles, etc. adds up and eventually you have an accumulation of aspartame toxicity which may cause many symptoms all of which show the damaging affect on your nervous system, they are all neurotoxins.

There are over 92 health side effects associated with consuming the toxin aspartame reported to the FDA.

*Aspartame Symptoms Submitted to the FDA*

The following are symptoms attributed to aspartame in complaints submitted to the FDA by the Department of Health and Human Services April 20, 1995.

April 20, 1995

**DEPARTMENT OF HEALTH AND HUMAN SERVICES**  
**SYMPTOMS attributed to ASPARTAME in complaints submitted to the FDA**

REPORTED SYMPTOMS	NO. OF COMPLAINTS	% OF REPORTS	% OF COMPLAINTS
HEADACHE	1847	21.1%	19.0%
DIZZINESS / POOR EQUILIBRIUM	735	11.2%	7.5%
CHANGE OF MOOD	656	10.0%	6.7%
VOMITING OR NAUSEA	647	9.8%	6.6%
ABDOMINAL PAIN AND CRAMPS	483	6.9%	4.7%
CHANGE IN VISION	362	5.5%	3.7%
DIARRHEA	330	5.0%	3.4%
SEIZURES AND CONVULSIONS	290	4.4%	3.0%
MEMORY LOSS	255	3.9%	2.6%
FATIGUE, WEAKNESS	242	3.7%	2.5%
OTHER NEUROLOGICAL	230	3.5%	2.4%
RASH	226	3.4%	2.3%
SLEEP PROBLEMS	201	3.1%	2.1%
HIVES	191	2.9%	2.0%
CHANGE IN HEART RATE	185	2.8%	1.9%
ITCHING	175	2.7%	1.8%
GRAN MAL	174	2.6%	1.8%
NUMBNESS, TINGLING	172	2.6%	1.8%
LOCAL SWELLING	114	1.7%	1.2%
CHANGE IN ACTIVITY LEVEL	113	1.7%	1.2%
DIFFICULTY BREATHING	112	1.7%	1.2%
ORAL SENSORY CHANGES	108	1.6%	1.1%
CHANGE IN MENSTRUAL PATTERN	107	1.6%	1.1%
SYMPTOMS REPORTED BY LESS THAN 100 COMPLAINTS	1812	—	18.6%

**DISTRIBUTION of REACTIONS to ASPARTAME by product name.**

REPORTED SYMPTOMS	NO. OF COMPLAINTS	% OF REPORTS	% OF COMPLAINTS
DIET SOFT DRINKS	3021	45.9%	38.3%
TABLE TOP SWEETENER	1716	26.1%	21.7%
PUDDINGS - GELATINS	633	9.6%	8.0%
LEMONADE	410	6.2%	5.2%
OTHER	346	5.3%	4.4%
KOOL AID	339	5.1%	4.3%
ICED TEA	319	4.8%	4.0%
CHEWING GUM	319	4.8%	4.0%
HOT CHOCOLATE	318	4.8%	4.0%
FROZEN CONFECTIONS	136	2.1%	1.7%
CEREAL	119	1.8%	1.5%
SUGAR SUBSTITUTE TABLETS	71	1.1%	0.9%
BREATH MINTS	62	0.9%	0.8%
PUNCH MIX	45	0.7%	0.6%
FRUIT DRINKS	24	0.4%	0.3%
NON-DAIRY TOPPINGS	8	0.1%	0.1%
CHEWABLE MULTI-VITAMINS	8	0.1%	0.1%
FRUIT, DRIED	1	0.01%	0.01%



Look carefully at this list of symptoms...are you experiencing any of these while consuming aspartame? The amount of artificial sweetener that can cause these symptoms and neurological damage is just the amount that the average American ingests everyday. The rate of brain cancer has proportionally increased with the rate of ingestion of artificial sweeteners. Aspartame also mimics the symptoms or worsens the symptoms of other diseases that affect the nervous system, such as MS, Parkinson's disease, lupus, fibromyalgia, lyme's disease, etc. Overwhelming research has been done confirming that aspartame is poison to the human body.

If the product you are about to put into your body says "sugar-free", "no added sugar", "diet", etc., we would like to encourage you to stop and think before you put these poisons into your body. If the product is not clearly labeled on the front...take the time to read the fine print of ingredients on the back.

We highly encourage all of our patients to personally talk to us about this topic. A new healthy, energetic, lively you is waiting...challenge yourself to get off the artificial sweeteners! This is not an easy thing to do; we are here to help! Talk to your chiropractor today about natural sweeteners you can use in place of toxins!

Visit some of our favorite websites for more information!

- \* [www.mercola.com](http://www.mercola.com)
- \* [www.sweetpoison.com](http://www.sweetpoison.com)
- \* [www.holisticmed.com](http://www.holisticmed.com)
- \* [www.dorway.com](http://www.dorway.com)
- \* [www.wnho.org](http://www.wnho.org)
- \* [www.russellblaylockmd.com](http://www.russellblaylockmd.com)
- \* [www.sunsentpress.com](http://www.sunsentpress.com)

<http://www.BodyHarmonyChiro.com>













