

## The Downside of Sucralose

March 10, 2006 ~ The Daily Planet ~ Telluride, CO

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Wal-Mart, our favorite store to have an opinion about, will soon be carrying a store-brand version of the artificial sweetener Splenda, called "Altern". I thought it a great opportunity to raise your consciousness about these artificial sweeteners and why you should steer clear of both of them.

We don't seem to learn the lesson well. We were a human experiment for aspartame, the main ingredient in Equal and NutraSweet. This artificial sweetener was approved by the FDA for human consumption in spite of independent research showing its dangerous side effects in rodents. Over its 15 years of being on the market and in our foods those same side effects appeared in humans.

Not everyone is/was affected by aspartame, but those who are vulnerable to the chemical structure of the aspartame molecule. The question is who is vulnerable? It may take 15 years for the cellular damage to show and by then the harm to the body may be irreparable. One may have spent years of doctor's bills trying to figure out a health problem while consuming the very toxin that was creating it.

The situation is similar here. Splenda and Altern are brand names for a synthetic chemical called sucralose. They are being touted and labeled as "natural", the claim "made from sugar so it tastes like sugar". In actuality, the sugar molecule has been taken through a 5-step patented process of change. In that process three chlorine molecules have been added to the sugar molecule.

This chemical alteration has now made a molecule (chlorinated sugar) that does not exist in nature. The body does not recognize it, nor does it have the ability to properly metabolize it. In that the body cannot digest it, the company is able to make a claim that Splenda and Altern have *zero calories*.

Don't be duped. There are no long term studies of the side effects of Splenda in humans. Short term studies by the manufacturer showed that sucralose caused shrunken thymus glands and enlarged kidneys and livers in rodents. The liver and kidneys are the body's clearing house. Obviously these organs were stressed trying to rid the body of the sucralose. The FDA decided that these tests on sucralose weren't conclusive as they weren't based on human animals. So we are the study...again.

Side-effects of Splenda that have been observed include skin rashes, panic-like agitation, dizziness, headaches, bladder issues, stomach pain, diarrhea and intestinal cramping. These are experienced by people very sensitive to the molecule and whose body's scream aloud at the insult. Who knows how it will affect the rest of the population long term.

Here is the clincher. The makers of Splenda (McNeil Nutritionals) have made an agreement with the organization that provides marketing and fund-raising aid to parent's associations (PTO Today). Children may be the next trial group with school bake sales and products made with and sponsored by Splenda. Yikes.

Check your labels. Educate your family, friends and your schools. Don't be part of the sucralose experiment.

Next week I'll talk more about how the artificial sweeteners play havoc with your blood sugar. They really don't help in weight loss or blood sugar management. Your safer choices of sweeteners are honey, real maple syrup, molasses, Sucanat and Rapadura (dehydrated cane sugar juice). These sweeteners include the vitamins needed to properly metabolize the sugar molecule in a way that doesn't rob your body of nutrients.

Stevia is an herb that I often recommend for sweetening use. My counsel for it, however, is to use it only as a stepping stone, a safer choice. Ultimately the higher goal is to break the sugar addiction all together. I have had people try to convince me that their sugar handling was under control while they were busy putting Stevia drops into everything they ate or drank. That doesn't work in my book.

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