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In Glycomics
The Science of
Sugars

Lose Weight - Control Your Blood Sugar - Screen for Cancer Your New Year's Resolution - Simple, Easy and Doable Most fail - But, You Can Succeed with 3 Easy Steps!

Glycoscience Lesson #38 Part 1 of 3 **SWEETENERS**
Part 2 of 3 will be **FATS and SUGARS**
Part 3 of 3 will be **FATS, SUGARS and CANCER**

by JC Spencer

New Year is when people suddenly realize that it is time to trim the waistline. But, many people make a major mistake in substituting their sugar with something far worse.

Sugar substitutes are touted as safe but too often scientific facts have not caught up with advertising. New studies are destroying the myth that "*sugar is sugar*" and "*low-calorie makes it good*."

Some sweeteners were the result of searches for better pesticides. Most of these sweeteners have survived "rigorous safety testing" that ignore long term affects.

Eddie, a trusted friend questioned me if the decision Diet Pepsi made to replace Aspartame with Sucralose was an improvement for consumers. I told him that I thought that nearly anything is better than Aspartame because researchers tell us that it forms formaldehyde in the human body... beneficial only after death.

Splenda aka sucralose is another discovery from attempts to build a better bug poison. Houston attorney, Mark Lanier won a legal case for the sugar industry against Splenda that now forbids them from advertising it with the slogan, "*Tastes like sugar - made from sugar.*"

The advertising ploy was to get away from the fact that it is made from a pesticide. When the chlorine molecule is bonded to the sugar molecule, it no longer kills bugs although they like to eat it. Today, they put Splenda in little yellow packets as a sweetener for human consumption. It also passes through people without the poison killing them.

The sugar molecule bonded to chlorine now has no nutritional benefit or known harm. Chlorine is the chemical warfare agent routinely used to disinfect pools.

Sucralose, saccharine, and aspartame were all accidentally discovered from research for a new improved powerful insecticide.

There are indicators that these sweeteners may not be good for you. The indicators (side effects) are manifest as you begin experiencing more frequent headaches, skin irritation, coughing, runny nose, heart palpitation, depression, mood swings, digestive problems and itchy eyes.

In answer to Eddie's question, "*Did Diet Pepsi make an improvement by replacing Aspartame with Splenda?*" I would have to say, "Yes!"

Our research indicates that some non-sugar sweeteners are not "bad" for you but have little or no health benefits. Xylitol is a sugar alcohol and it is good for the teeth but that's it. Table sugar can turn to alcohol and becomes addictive. Trehalose is a most interesting and significantly beneficial sugar found in nature.

Our readers can download a free book on sugars at www.DiabeticHope.com

Source and References:

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