Aspartame is, by far, the most dangerous substance on the market that is added to foods.

Aspartame is the technical name for the brand names NutraSweet, Equal, Spoonful, and Equal-Measure. It was discovered by accident in 1965 when James Schlatter, a chemist of G.D. Searle Company, was testing
an anti-ulcer drug.

Aspartame was approved for dry goods in 1981 and for carbonated beverages in 1983. It was originally approved for dry goods on July 26, 1974, but objections filed by neuroscience researcher Dr John W. Olney and Consumer attorney James Turner in August 1974 as well as investigations of G.D. Searle's research practices caused the U.S. Food and Drug Administration (FDA) to put approval of aspartame on hold (December 5, 1974). In 1985, Monsanto purchased G.D. Searle and made Searle Pharmaceuticals and The NutraSweet Company separate subsidiaries.

Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious including seizures and death.(1) A few of the 90 different documented symptoms listed in the report as being caused by aspartame include: Headaches/migraines, dizziness, seizures, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain.

According to researchers and physicians studying the adverse effects of aspartame, the following chronic illnesses can be triggered or worsened by ingesting of aspartame:(2) Brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, parkinson's disease, alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia, and diabetes.

Aspartame is made up of three chemicals: aspartic acid, phenylalanine, and methanol. The book "Prescription for Nutritional Healing," by James and Phyllis Balch, lists aspartame under the category of "chemical poison." As you shall see, that is exactly what it is.

What Is Aspartame Made Of?

Aspartic Acid (40 percent of Aspartame)

Dr. Russell L. Blaylock, a professor of neurosurgery at the Medical University of Mississippi, recently published a book thoroughly detailing the damage that is caused by the ingestion of excessive aspartic acid from aspartame. Blaylock makes use of almost 500 scientific references to show how excess free excitatory amino acids such as aspartic acid and glutamic acid (about 99 percent of monosodium glutamate (MSG) is glutamic acid) in our food supply are causing serious chronic neurological disorders and a myriad of other acute symptoms.(3)

How Aspartate (and Glutamate) Cause Damage

Aspartate and glutamate act as neurotransmitters in the brain by facilitating the transmission of information from neuron to neuron. Too much aspartate or glutamate in the brain kills certain neurons by allowing the influx of too much calcium into the cells. This influx triggers excessive amounts of free radicals, which kill the cells. The neural cell damage that can be caused by excessive aspartate and glutamate is why they are referred to as "excitotoxins." They "excite" or stimulate the neural cells to death.

Aspartic acid is an amino acid. Taken in its free form (unbound to proteins) it significantly raises the blood plasma level of aspartate and glutamate. The excess aspartate and glutamate in the blood plasma shortly after ingesting aspartame or products with free glutamic acid (glutamate precursor) leads to a high level of those neurotransmitters in certain areas of the brain.

The blood brain barrier (BBB), which normally protects the brain from excess glutamate and aspartate as well as toxins, 1) is not fully developed during childhood, 2) does not fully protect all areas of the brain, 3) is damaged by numerous chronic and acute conditions, and 4) allows seepage of excess glutamate and aspartate into the brain even when intact.

The excess glutamate and aspartate slowly begin to destroy neurons. The large majority (75 percent or more) of neural cells in a particular area of the brain are killed before any clinical symptoms of a chronic illness are noticed. A few of the many chronic illnesses that have been shown to be contributed to by long-term exposure to excitatory amino acid damage include:

- Multiple sclerosis (MS)
- ALS
- Memory loss
- Parkinson's disease
- Hypoglycemia
- AIDS

- Hormonal problems
- Hearing loss
- Epilepsy
- Alzheimer's disease
- Dementia
- Brain lesions
- Neuroendocrine disorders

The risk to infants, children, pregnant women, the elderly and persons with certain chronic health problems from excitotoxins are great. Even the Federation of American Societies for Experimental Biology (FASEB), which usually understates problems and mimics the FDA party-line, recently stated in a review that:

"It is prudent to avoid the use of dietary supplements of L-glutamic acid by pregnant women, infants, and children. The existence of evidence of potential endocrine responses, i.e., elevated cortisol and prolactin, and differential responses between males and females, would also suggest a neuroendocrine link and that supplemental L-glutamic acid should be avoided by women of childbearing age and individuals with affective disorders."(4)

Aspartic acid from aspartame has the same deleterious effects on the body as glutamic acid.

The exact mechanism of acute reactions to excess free glutamate and aspartate is currently being debated. As reported to the FDA, those reactions include:(5)

- Headaches/migraines
- Nausea
- Abdominal pains
- Fatigue (blocks sufficient glucose entry into brain)
- Sleep problems
- Vision problems
- Anxiety attacks
- Depression
- Asthma/chest tigShtness.

One common complaint of persons suffering from the effect of aspartame is memory loss. Ironically, in 1987, G.D. Searle, the manufacturer of aspartame, undertook a search for a drug to combat memory loss caused by excitatory amino acid damage. Blaylock is one of many scientists and physicians who are concerned about excitatory amino acid damage caused by ingestion of aspartame and MSG.

A few of the many experts who have spoken out against the damage being caused by aspartate and glutamate include Adrienne Samuels, Ph.D., an experimental psychologist specializing in research design. Another is Olney, a professor in the department of psychiatry, School of Medicine, Washington University, a neuroscientist

and researcher, and one of the world's foremost authorities on excitotoxins. (He informed Searle in 1971 that aspartic acid caused holes in the brains of mice.)

Phenylalanine (50 percent of aspartame)

Phenylalanine is an amino acid normally found in the brain. Persons with the genetic disorder phenylketonuria (PKU) cannot metabolize phenylalanine. This leads to dangerously high levels of phenylalanine in the brain (sometimes lethal). It has been shown that ingesting aspartame, especially along with carbohydrates, can lead to excess levels of phenylalanine in the brain even in persons who do not have PKU.

This is not just a theory, as many people who have eaten large amounts of aspartame over a long period of time and do not have PKU have been shown to have excessive levels of phenylalanine in the blood. Excessive levels of phenylalanine in the brain can cause the levels of seratonin in the brain to decrease, leading to emotional disorders such as depression. It was shown in human testing that phenylalanine levels of the blood were increased significantly in human subjects who chronically used aspartame.(6)

Even a single use of aspartame raised the blood phenylalanine levels. In his testimony before the U.S. Congress, Dr. Louis J. Elsas showed that high blood phenylalanine can be concentrated in parts of the brain and is especially dangerous for infants and fetuses. He also showed that phenylalanine is metabolised much more effeciently by rodents than by humans.(7)

One account of a case of extremely high phenylalanine levels caused by aspartame was recently published the "Wednesday Journal" in an article titled "An Aspartame Nightmare." John Cook began drinking six to eight diet drinks every day. His symptoms started out as memory loss and frequent headaches. He began to crave more aspartame-sweetened drinks. His condition deteriorated so much that he experienced wide mood swings and violent rages. Even though he did not suffer from PKU, a blood test revealed a phenylalanine level of 80 mg/dl. He also showed abnormal brain function and brain damage. After he kicked his aspartame habit, his symptoms improved dramatically.(8)

As Blaylock points out in his book, early studies measuring phenylalanine buildup in the brain were flawed. Investigators who measured specific brain regions and not the average throughout the brain notice significant rises in phenylalanine levels. Specifically the hypothalamus, medulla oblongata, and corpus striatum areas of the brain had the largest increases in phenylalanine. Blaylock goes on to point out that excessive buildup

of phenylalanine in the brain can cause schizophrenia or make one more susceptible to seizures.

Therefore, long-term, excessive use of aspartame may provid a boost to sales of seratonin reuptake inhibitors such as Prozac and drugs to control schizophrenia and seizures.

Methanol (aka wood alcohol/poison) (10 percent of aspartame)

Methanol/wood alcohol is a deadly poison. Some people may remember methanol as the poison that has caused some "skid row" alcoholics to end up blind or dead. Methanol is gradually released in the small intestine when the methyl group of aspartame encounter the enzyme chymotrypsin.

The absorption of methanol into the body is sped up considerably when free methanol is ingested. Free methanol is created from aspartame when it is heated to above 86 Fahrenheit (30 Centigrade). This would occur when aspartame-containing product is improperly stored or when it is heated (e.g., as part of a "food" product such as Jello).

Methanol breaks down into formic acid and formaldehyde in the body. Formaldehyde is a deadly neurotoxin. An EPA assessment of methanol states that methanol "is considered a cumulative poison due to the low rate of excretion once it is absorbed. In the body, methanol is oxidized to formaldehyde and formic acid; both of these metabolites are toxic." They recommend a limit of consumption of 7.8 mg/day. A one-liter (approx. 1 quart) aspartame-sweetened beverage contains about 56 mg of methanol. Heavy users of aspartame-containing products consume as much as 250 mg of methanol daily or 32 times the EPA limit.(9)

Symptoms from methanol poisoning include headaches, ear buzzing, dizziness, nausea, gastrointestinal disturbances, weakness, vertigo, chills, memory lapses, numbness and shooting pains in the extremities, behavioral disturbances, and neuritis. The most well known problems from methanol poisoning are vision problems including misty vision, progressive contraction of visual fields, blurring of vision, obscuration of vision, retinal damage, and blindness. Formaldehyde is a known carcinogen, causes retinal damage, interferes with DNA replication and causes birth defects.(10)

Due to the lack of a couple of key enzymes, humans are many times more sensitive to the toxic effects of methanol than animals. Therefore, tests of aspartame or methanol on animals do not accurately reflect the danger for humans. As pointed out by Dr. Woodrow C. Monte, director of the food science and nutrition laboratory at Arizona State University, "There are no human or mammalian studies to evaluate the possible

mutagenic, teratogenic or carcinogenic effects of chronic administration of methyl alcohol."(11)

He was so concerned about the unresolved safety issues that he filed suit with the FDA requesting a hearing to address these issues. He asked the FDA to "slow down on this soft drink issue long enough to answer some of the important questions. It's not fair that you are leaving the full burden of proof on the few of us who are concerned and have such limited resources. You must remember that you are the American public's last defense. Once you allow usage (of aspartame) there is literally nothing I or my colleagues can do to reverse the course. Aspartame will then join saccharin, the sulfiting agents, and God knows how many other questionable compounds enjoined to insult the human constitution with governmental approval."(10) Shortly thereafter, the Commissioner of the FDA, Arthur Hull Hayes, Jr., approved the use of aspartame in carbonated beverages, he then left for a position with G.D. Searle's public relations firm.(11)

It has been pointed out that some fruit juices and alcoholic beverages contain small amounts of methanol. It is important to remember, however, that methanol never appears alone. In every case, ethanol is present, usually in much higher amounts. Ethanol is an antidote for methanol toxicity in humans.(9) The troops of Desert Storm were "treated" to large amounts of aspartame-sweetened beverages, which had been heated to over 86 degrees F in the Saudi Arabian sun. Many of them returned home with numerous disorders similar to what has been seen in persons who have been chemically poisoned by formaldehyde. The free methanol in the beverages may have been a contributing factor in these illnesses. Other breakdown products of aspartame such as DKP (discussed below) may also have been a factor.

In a 1993 act that can only be described as "unconscionable," the FDA approved aspartame as an ingredient in numerous food items that would always be heated to above 86 degree F (30 degree C).

Diketopiperazine (DKP)

DKP is a byproduct of aspartame metabolism. DKP has been implicated in the occurrence of brain tumors. Olney noticed that DKP, when nitrosated in the gut, produced a compound that was similar to N-nitrosourea, a powerful brain tumor causing chemical. Some authors have said that DKP is produced after aspartame ingestion. I am not sure if that is correct. It is definitely true that DKP is formed in liquid aspartame-containing products during prolonged storage.

G.D. Searle conducted animal experiments on the safety of DKP. The FDA found numerous experimental errors occurred, including "clerical errors, mixed-up animals, animals not getting drugs they were supposed to get, pathological specimens lost because of improper handling," and many other errors.(12) These sloppy laboratory procedures may explain why both the test and control animals had sixteen times more brain tumors than would be expected in experiments of this length.

In an ironic twist, shortly after these experimental errors were discovered, the FDA used guidelines recommended by G.D. Searle to develop the industry-wide FDA standards for good laboratory practices.(11)

DKP has also been implicated as a cause of uterine polyps and changes in blood cholesterol by FDA Toxicologist Dr. Jacqueline Verrett in her testimony before the U.S. Senate.(13)

fprThis latest study found a two-fold increased risk of a decline in kidney function among women who drank two or more artificially sweetened beverages a day. This adds to the growing list of serious health risks from consuming these toxic substances, which are deceptively marketed as though they are safe and even healthy!

There is enough evidence showing the dangers of consuming artificial sweeteners to fill an entire book -- which is exactly why I wrote Sweet Deception.

If you or your loved ones drink diet beverages or eat diet foods, this book will explain how you've been deceived about the truth behind artificial sweeteners like aspartame and sucralose -- for greed, for profits ... and at the expense of your own health.

To get the complete low-down, I suggest you read Sweet Deception, but I want to give an overview of the dangers of two common artificial sweeteners, aspartame and Splenda, so you can get an idea of just how toxic they really are.

Aspartame Dangers You Need to Know

Aspartame goes by the brand names NutraSweet and Equal. It is one of the first generation of artificial sweeteners and is 180 times as sweet as sugar. There are over 6,000 products containing aspartame, sold in over 100 countries and consumed by over 250 million people worldwide.

There have been more reports to the FDA for aspartame reactions than for all other food additives combined. And, there are over 900 published studies on the health hazards of aspartame. You can find a list in the National Library Medicine Index.

There are also some 10,000 documented reports of adverse reactions to aspartame, including death. Since it is estimated only about 1 percent of people who experience a reaction report it, it is safe to assume at least a million people have had a reaction to this chemical.

Among the risks, the phenylalanine in aspartame dissociates from the ester bond and increases dopamine levels in your brain. This can lead to symptoms of depression

because it distorts your serotonin/dopamine balance. It can also lead to migraine headaches and brain tumors through a similar mechanism.

Furthermore, the aspartic acid in aspartame is a well-documented excitotoxin. Excitotoxins are usually amino acids, such as glutamate and aspartate. These special amino acids cause particular brain cells to become excessively excited, to the point they will quickly die. Excitotoxins can also cause a loss of brain synapses and connecting fibers.

Then the ester bond in aspartame is broken down to formaldehyde and methanol, which have their own toxicities. So it is not surprising that this popular artificial sweetener has also been found to cause cancer.

Why Splenda is Not so Splendid

Splenda was approved by the FDA in 1998 as a tabletop sweetener and for use in products such as baked goods, nonalcoholic beverages, chewing gum, frozen dairy desserts, fruit juices, and gelatins. Sucralose is also permitted as a general-purpose sweetener for all processed foods.

The approval was given after the FDA supposedly reviewed more than 110 animal and human safety studies, but out of these 110 studies, only two were human studies, and the longest one was conducted for four days!

And, those animal studies reveal plenty of problems, such as:

- Decreased red blood cells -- sign of anemia -- at levels above 1,500 mg/kg/day
- Increased male infertility by interfering with sperm production and vitality, as well as brain lesions at higher doses
- Enlarged and calcified kidneys (McNeil stated this is often seen with poorly absorbed substances and was of no toxicological significance. The FDA Final Rule agreed that these are findings that are common in aged female rats and are not significant.)
- Spontaneous abortions in nearly half the rabbit population given sucralose, compared to zero aborted pregnancies in the control group
- A 23 percent death rate in rabbits, compared to a 6 percent death rate in the control group

A recent study published in the *Journal of Toxicology and Environmental Health* also found that Splenda:

- Reduces the amount of good bacteria in your intestines by 50 percent
- Increases the pH level in your intestines
- Affects a glycoprotein in your body that can have crucial health effects, particularly if you're on certain medications

They also found unmistakable evidence that Splenda is absorbed by fat, contrary to previous claims.

It's truly disturbing that Splenda can destroy up to 50 percent of your healthy intestinal bacteria, as these bacteria help maintain your body's overall balance of friendly versus unfriendly micro-organisms, and support your general health.

My site also contains a long list of personal case studies from readers who have been injured and suffered side effects from Splenda. In fact, we have more people on our site that have reported adverse reactions to Splenda than were formally studied in the research submitted for FDA approval!

The symptoms are so numerous I can't include them all here, but the following are common symptoms, usually noticed within a 24-hour period following consumption of Splenda products:

- Skin -- Redness, itching, swelling, blistering, weeping, crusting, rash, eruptions, or hives (itchy bumps or welts). These are the most common allergic symptoms that people have.
- Lungs -- Wheezing, tightness, cough, or shortness of breath
- Head -- Swelling of the face, eyelids, lips, tongue, or throat; headaches and migraines (severe headaches)
- Nose -- Stuffy nose, runny nose (clear, thin discharge), sneezing
- Eyes -- Red (bloodshot), itchy, swollen, or watery
- Stomach -- Bloating, gas, pain, nausea, vomiting, diarrhea, or bloody diarrhea
- Heart -- Palpitations or fluttering

- Joints -- Joint pains or aches
- Neurological -- Anxiety, dizziness, spaced-out sensation, depression

Artificial Sweeteners Can Even Make You Gain Weight

Truth be told, most people opt for artificial sweeteners over regular sugar not because they taste so good but because they contain zero calories.

However, the belief that eating artificially sweetened foods and drinking artificially sweetened beverages will help you to lose weight is a carefully orchestrated deception. So if you are still opting for diet choices for this reason, you are being sorely misled.

In reality, these diet foods and drinks ruin your body's ability to count calories, thus boosting your inclination to overindulge. Unfortunately, most public health agencies and nutritionists in the United States recommend these toxic artificial sweeteners as an acceptable alternative to sugar, which is at best confusing and at worst harming the health of those who take their misguided advice.

The research clearly shows:

- Drinking diet sodas may double your risk of obesity
- Artificial sweeteners can stimulate your appetite, increase carbohydrate cravings, and stimulate fat storage and weight gain

So when you add up all the evidence, there is really NO reason to be consuming these dangerous artificial substances.

Are You Ready to Ditch Artificial Sweeteners?

You may become addicted to artificial sweeteners because you have cravings for sweets and think you are making a healthy choice by swapping out sugar for artificial sweeteners.

Your body, however, is craving sweets because you are not giving it the proper fuel it needs. Finding out your nutritional type will tell you exactly which foods you need to eat to feel full and satisfied. It may sound hard to believe right now, but once you start eating right for your nutritional type, your sweet cravings will significantly lessen and may even disappear.

Meanwhile, be sure you address the emotional component to your food cravings using a tool such as the Meridian Tapping Technique (MTT). More than any traditional or alternative method I have used or researched, MTT works to overcome food cravings and helps you reach dietary success.

And, if diet soda is the culprit for you, be sure to check out Turbo Tapping, which is an extremely effective and simple tool to get rid of your soda addiction in a short period of time.

For those times when you just want a taste of something sweet, there is a healthier alternative called Stevia that you can use in moderation.

Stevia is a natural plant and, unlike aspartame and other artificial sweeteners that have been cited for dangerous toxicities, it is a safe, natural alternative that's ideal if you're watching your weight, or if you're maintaining your health by avoiding sugar.

It is hundreds of times sweeter than sugar and truly has virtually no calories.

I must tell you that I am biased; I prefer Stevia as my sweetener of choice, and I frequently use it. However, like most choices, especially sweeteners, I recommend using Stevia in moderation, just like sugar. However, in excess it is still far less likely to cause metabolic problems than sugar or any of the artificial sweeteners.

I want to emphasize, however, that if you have insulin issues, I suggest that you avoid sweeteners altogether, including Stevia, as they all can decrease your sensitivity to insulin.

So if you struggle with high blood pressure, high cholesterol, diabetes or extra weight, then you have insulin sensitivity issues and would benefit from avoiding ALL sweeteners.

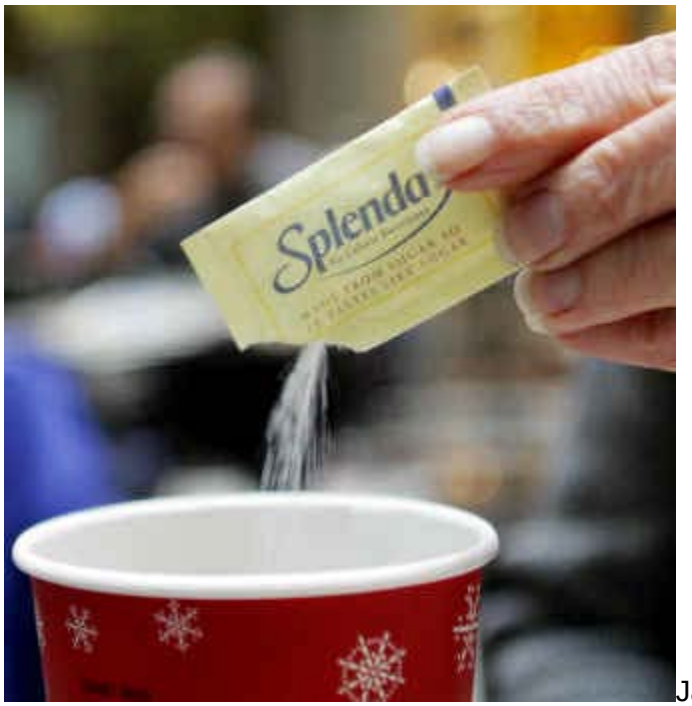
But for everyone else, if you are going to sweeten your foods and beverages anyway, I strongly encourage you to consider using regular Stevia, and toss out all artificial sweeteners and any products that contain them immediately.

If you have experienced an adverse reaction to any aspartame product, call the FDA Consumer Complaint Coordinator in your area.

For more information on the dangers of aspartame, visit http://aspartame.mercola.com.

New Study of Splenda Reveals Shocking Information About Potential Harmful Effects

Posted By Dr. Mercola | February 10 2009 | 298,543 views



James Turner, the chairman of the national consumer education group Citizens for Health, has expressed shock and outrage after reading a new report from scientists outlining the dangers of the artificial sweetener Splenda (sucralose).

In animals examined for the study, Splenda reduced the amount of good bacteria in the intestines by 50 percent, increased the pH level in the intestines, contributed to increases in body weight and affected P-glycoprotein (P-gp) levels in such a way that crucial health-related drugs could be rejected.

The P-gp effect could result in medications used in chemotherapy, AIDS treatment and treatments for heart conditions being shunted back into the intestines, rather than being absorbed by the body.

According to Turner, "The report makes it clear that the artificial sweetener Splenda and its key component sucralose pose a threat to the people who consume the product. Hundreds of consumers have complained to us about side effects from using Splenda and this study ... confirms that the chemicals in the little yellow package should carry a big red warning label."

It’s very important to realize that Splenda (sucralose) is actually NOT sugar, despite its marketing slogan “Made from sugar, so it tastes like sugar”. Rather it’s a chlorinated artificial sweetener in line with aspartame and saccharin, and with detrimental health effects to match.

Splenda was approved by the FDA in 1998 as a tabletop sweetener and for use in products such as baked goods, nonalcoholic beverages, chewing gum, frozen dairy desserts, fruit juices, and gelatins. Sucralose is also permitted as a general-purpose sweetener for all processed foods.

The approval was given after the FDA supposedly reviewed more than 110 animal and human safety studies, but as you’ll soon find out, out of these 110 studies, only two were human studies, and the longest one was conducted for four days!

There’s overwhelming evidence that consuming artificial sweeteners will likely wreak havoc on your body. Previous news has centered mainly around artificial sweeteners’ ability to impair your appetite regulation and leading to weight gain.

For example, it’s been discovered that diet soda increases your risk of metabolic syndrome and, ultimately, heart disease.

However, the study mentioned above, published in the *Journal of Toxicology and Environmental Health*, found even further disturbing news besides weight gain. Splenda:

- reduces the amount of good bacteria in your intestines by 50 percent
- increases the pH level in your intestines, and
- affects a glycoprotein in your body that can have crucial health effects, particularly if you’re on certain medications

They also found unmistakable evidence that Splenda is absorbed by fat, contrary to previous claims.

It’s truly disturbing that Splenda can destroy up to 50 percent of your healthy intestinal bacteria, as these bacteria help maintain your body's overall balance of friendly versus unfriendly micro-organisms, and support your general health. Many people are already deficient in healthy bacteria due to choosing highly processed foods. This is why a high quality probiotic is one of the very few supplements I highly recommend for nearly everyone.

The Diet Fallacy

The belief that consuming artificially sweetened foods and drinks will help you to lose or maintain weight is a carefully orchestrated deception. So if you are still opting for diet choices for this reason, please understand that you have been sorely misled.

In reality, these diet foods and drinks can cause serious distortions in your biochemistry and ruin your body's ability to control calories. As a matter of fact, it's been shown that diet soft drinks can **double** your risk of obesity!

Nearly a decade ago, studies were already revealing that artificial sweeteners can:

- Stimulate your appetite
- Increase carbohydrate cravings
- Stimulate fat storage and weight gain

Unfortunately, most public health agencies and nutritionists in the United States still recommend these toxic artificial sweeteners as an acceptable alternative to sugar.

Now, I am definitely not a fan of sugar, but if I had to choose between sugar and any artificial sweetener, I would choose sugar, hands down, without question. I strongly believe artificial sweeteners are even more dangerous to your health than an excess of sugar.

The Health Dangers of Splenda

According to James Turner, the chairman of the national consumer education group Citizens for Health:

"This report followed accepted policies and procedures and the results make clear the potential for disturbing side effects from the ingestion of Splenda.

It is like putting a pesticide in your body. And this is at levels of intake erroneously approved by the Food and Drug Administration.

A person eating two slices of cake and drinking two cups of coffee containing Splenda would ingest enough sucralose to affect the P-glycoprotein, while consuming just seven little Splenda packages reduces good bacteria."

The web site www.truthaboutsplenda.com lists a variety of consumer complaints from Splenda consumption, such as:

- Gastrointestinal problems
- Migraines
- Seizures
- Dizziness
- Blurred vision
- Allergic reactions
- Blood sugar increases
- Weight gain

My site also contains a long list of personal testimonials from readers who have suffered side effects from Splenda. In fact, we have more people on our site that have reported adverse reactions to Splenda than were formally studied in the research submitted for FDA approval!

The symptoms are so numerous I can't include them all here, but the following are common symptoms, usually noticed within a 24-hour period following consumption of Splenda products:

- Skin -- Redness, itching, swelling, blistering, weeping, crusting, rash, eruptions, or hives (itchy bumps or welts). These are the most common allergic symptoms that people have.
- Lungs -- Wheezing, tightness, cough, or shortness of breath.
- Head -- Swelling of the face, eyelids, lips, tongue, or throat; headaches and migraines (severe headaches).
- Nose -- Stuffy nose, runny nose (clear, thin discharge), sneezing.
- Eyes -- Red (bloodshot), itchy, swollen, or watery.
- Stomach -- Bloating, gas, pain, nausea, vomiting, diarrhea, or bloody diarrhea.
- Heart -- Palpitations or fluttering.
- Joints -- Joint pains or aches.
- Neurological -- Anxiety, dizziness, spaced-out sensation, depression.

Beware – You Could be Consuming Splenda Without Your Knowledge

You also need to be aware of the fact that although the bulk of Splenda is sold to processed food manufacturers and soft drink bottlers, it could turn up in your medicine as well, as nearly 10 percent of all sucralose is sold to drug companies.

Many times sucralose (Splenda) will not be listed in the drug information, so there simply is no way you would know you are consuming a potentially dangerous artificial sweetener. However, if you experience any of the symptoms above even though you're avoiding Splenda and other artificial sweeteners, then it may be worth investigating the ingredients of any medications you're taking as well.

Splenda Has NEVER Been Proven Safe for Human Consumption

As of 2006, only six human trials have been published on Splenda. Of these six trials, only two of the trials were completed and published before the FDA approved sucralose for human consumption, and the two published trials had a grand total of 36 total human subjects.

36 people sure doesn't sound like many, but wait, it gets worse: only 23 total were actually given sucralose for testing, and here is the real kicker -- The longest trial at this time had lasted only four days, and looked at sucralose in relation to tooth decay, not human tolerance.

Even more shocking, the absorption of Splenda into the human body was studied on a grand total of **six** men! Based on that one human study, the FDA allowed the findings to be generalized as being representative of the entire human population. Including women, children, the elderly, and those with any chronic illness -- none of whom were ever examined.

The FDA claims they reviewed over 100 studies conducted on Splenda. What they don't tell you is that most of the studies were on animals. And, those animal studies reveal plenty of problems, such as:

- Decreased red blood cells -- sign of anemia -- at levels above 1,500 mg/kg/day
- Increased male infertility by interfering with sperm production and vitality, as well as brain lesions at higher doses
- Enlarged and calcified kidneys (McNeil stated this is often seen with poorly absorbed substances and was of no toxicological significance. The FDA Final Rule agreed that these are findings that are common in aged female rats and are not significant.)

- Spontaneous abortions in nearly half the rabbit population given sucralose, compared to zero aborted pregnancies in the control group
- A 23 percent death rate in rabbits, compared to a 6 percent death rate in the control group

Chemically, Splenda is More Similar to DDT Than Sugar

Yes. Splenda bears more chemical similarity to DDT than it does to sugar.

Sucralose is in fact a synthetic chemical that was originally cooked up in a laboratory. It does start off as a sugar molecule. Then, in a five-step patented process of making sucralose, three chlorine molecules are added to a sucrose (sugar) molecule. The chemical process to make sucralose alters the chemical composition of the sugar so much that it is somehow converted to a fructo-galactose molecule.

This type of sugar molecule does not occur in nature, and therefore your body does not possess the ability to properly metabolize it. As a result of this "unique" biochemical make-up, McNeil Nutritionals makes its claim that Splenda is not digested or metabolized by the body, hence it has zero calories.

But, if you look at the research (which is primarily extrapolated form animal studies) you will see that in fact an average of 15 percent of sucralose IS absorbed into your digestive system, and according to this latest study, it is also absorbed into your fat cells.

Unfortunately, if you are healthy and your digestive system works well, you may be at HIGHER risk for breaking down this product in your stomach and intestines!

Your Healthiest Alternatives

If you have a craving for sweets, rather than trying to find "healthier" ways to continue indulging in them, it is in your best interest to learn ways to relieve your cravings.

The obvious one would be to stop eating any of the products to begin with. But sweets are powerfully addictive – sugar has even been shown to be more addictive than cocaine. Stevia is a preferable natural substitute, which can be used in making most dishes and drinks.

However, complete avoidance of sweets is often necessary to break your addictive cycle, as your hormones insulin and leptin likely play an important role in your cravings.

If you are unable to achieve abstinence from sweets, your emotional connection to cravings might be an important factor for you. One of the most profound methods I know of for diminishing the effects of food cravings is the Emotional Freedom Technique (EFT). EFT is the psychological acupressure technique routinely used in my practice to help people reduce their cravings.

There is enough evidence showing the dangers of consuming artificial sweeteners to fill an entire book -- which is exactly why I wrote Sweet Deception. If you or your loved ones drink diet beverages or eat diet foods, this book will explain how you've been deceived about the truth behind artificial sweeteners like aspartame and sucralose -- for greed, for profits ... and at the expense of your own health.