

Guillermou

Sucralose dominates the global sweetener market and comprises 30% of the United States sweetener market. Present in more than 4,500 foods and beverages, sucralose plays a fundamental role in the food industry and is unfortunately expected to strengthen its presence in the market. Studies report that some factors cause the opposite of what we want to avoid obesity and diabetes. Recent research reports possible links with systemic inflammation, metabolic diseases, alterations in the intestinal microbiota, liver damage and toxic effects at the cellular level (Table 2, Figure 2 of the first link).

Even the WHO has recently issued an alert indicating that sucralose consumption may be related to systemic inflammation and metabolic diseases. Sucralose, even in amounts considered normal for intake, while highlighting undesirable effects such as cytotoxicity, genotoxicity and immunomodulation. Research in humans indicates possible effects on thyroid function and connections with autoimmune thyroiditis, while animal studies provide histomorphological evidence of pancreatic toxicity and aggravation of the development of autoimmune diseases.

It has been reported that neurons activated by leptin are also stimulated by sucralose, suggesting that sucralose consumption could potentially alter the appetite-satiety axis and raise the threshold for feeling full. It also increased the expression of the dopaminergic nucleus, promoting food intake and suggesting a potential link between sucralose consumption and deregulation of the neuronal mechanisms that control food intake.

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Guillermou

The inflammatory consequences of sucralose consumption can persist across generations. It has been shown that newborns of high sucralose intake (HSI) mothers showed a substantial increase in their percentage of inflammatory monocytes. Additionally, umbilical cord tissue from babies of HSI mothers showed higher levels of tumor and disease suppressive immune enhancers IL-1 beta and TNF-alpha and IL-10. This evidence shows that excessive sucralose ingestion during pregnancy affects the metabolic and inflammatory characteristics of newborns.

Sucralose has the potential to alter the composition of the maternal gut microbiota and, consequently, this could affect breast milk during the bacterial transfer process. A previously established link connects the greater presence of this archaeon in the colostrum with obesity in children. Sucralose may exacerbate intestinal inflammatory activity in mice at risk for Crohn's disease. Due to possible intestinal dysbiosis, it is believed that sucralose could be a major contributor to inflammatory bowel disease. Studies in rats provide evidence that sucralose can deactivate hepatic ribosomes, causing cytokine-mediated inflammation in the liver Ad.

The rats may develop liver fibrosis, hyperplasia and lymphocyte infiltration. Sucralose increased Hb1Ac levels, reduced red and white blood cells, and decreased hematocrit and hemoglobin levels. Subsequent histopathological studies revealed severe liver and kidney damage.

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juststeve

Gui, just my humble opinion, the Processed Food Industry has made the average person Numb to the many subtle and not so subtle flavors, the accurate natural taste of foods. Long ago the back lot here was saturated with wild strawberries. They are not much larger than the top part of the pinky finger. It would take forever to pick enough to make a desert of them. By most people's standards contaminated by the huge, sugar dripping fare produced today, would find them Sour, small, seedy inedible. We enjoyed them as they had greater abundance of Strawberry flavor opposed to being soaked in sugar, and at the time would add some table sugar to sweeten them up a bit. One would expect the indigenous would have used them to add to other fare to change up flavors and add nutrients. Just one example how we all find ourselves disconnected from Creation, the true nature of things.

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Guillermou

Well said Just, real fruits and vegetables without pesticides grown with natural fertilizers regenerate the earth and give us life. Ranging between 80 to 98% gel water by volume, plants are nature's perfect biological packaging of nutrients and hydration. The next time you eat a fruit or a vegetable, it is a form of water. Water rich foods are nutrient rich, packed with antioxidants, proteins with their amino acids, and vitamins. They also carry minerals like calcium, magnesium, potassium, and sodium, which when activated by the electrical charge in water are then known as electrolytes that we need for energy..

We need this fuel not only for biological nutrition but also for cognition, judgement, and mood. And get this, because of the fiber in plants, the water stays in our system longer because we absorb it more slowly. It's a triple play of hydrating health: pure nature's water, absorbent fiber, and not only needed nutrients but electrolytes! Top 12 Hydrating Fruits (% H3O2) and Top 12 Hydrating Veggies (% H3O2) hydrationfoundation.org/guide-on-how-to-be-hydrated-eat-natures-water/

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juststeve

And the water found in vegetables and fruits is Structured Water isn't it Gui? And, as you are pointing out, Creation does not need for self-described We are the Science Types to 'fix things." Creation moves all through cycles and keeps a balance. When things get nailed down on one side or the other the balance is gone. Collapse will follow at some point or another and each loss throws fuel on the fire of further losses. Just heard an interview where it was expressed the Monopoly Big Ag interest are terrified of Nature or anything Natural as they cannot comprehend it is they who have gone so far off, out, disconnected from Nature they are sterilizing Life outside their CAFOS - Livestock City Ghettos because their Dis-Eased Animals lack a proper Immune System due to their practices. Their lust for \$\$\$ blinds them to the Sources of Real Wealth.

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pipblanc

It stands to reason that anything that is ultra processed of any type is a threat against the immune system. When pigs were fed gmo potatoes which were laced with snowdrop lectin they died! When I was unthinkingly drinking too much tonic water I got really bad hip pain until I realised it was aspartame. The real enemy here is the FDA and Big Ag/Pharma as things are approved that are patently unsafe.

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Guillermou

Good to see you PIP. Of course. The FDA is a slave to the food and pharmaceutical industry. The market is governed by money and people with chronic diseases are very profitable for BigPharma. Most of the available literature on the safety of aspartame is included in this review. . Existing animal studies and limited human studies suggest that aspartame and its metabolites, whether consumed in amounts significantly above the recommended safe dose or within the recommended safe levels, may alter the oxidant/antioxidant balance, induce oxidative stress and damage the integrity of the cell membrane. , potentially affecting a variety of cells and tissues and causing dysregulation of cellular function, ultimately leading to systemic inflammation. pubmed.ncbi.nlm.nih.gov/28938797

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juststeve

Yes pipblanc, it seems FDA, Big Ag, the Too Big's just throw whatever out there, into the public and then wait. If the symptoms of Dis-Ease are not obvious or able to be somewhat hidden or blamed on something else, just keep cranking it out. If and when it becomes problematic, the next tier is, well, wadda ya gonna do, it would hurt the economy to pull it out now. Party On.

Posted On 06/27/2024

ela3783

True about tonic water with added artificial sweeteners or HFCSyrup. During the pandemic I just ordered Chinconaberry (sp.?) extract and used it place of Tonic water . I habitually read labels for stealthy additions . Unfortunately , forbidden chemicals below a certain percentage are not required to be revealed . Read long ago that no iron 100% cotton has a chemical that doesn't need to be revealed 100 % unadulterated cotton clothing always will have wrinkles after wash . Indian cotton is more wrinkly than Egyptian , someone told me once while being more absorbent than the latter

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Our bodies were never meant to ingest chemicals! These studies on artificial sweeteners can be applied to any chemical we ingest. We've all witnessed the decline of people's health immediately after they get put on a prescription medication. That treatment leads to another. It's the domino effect. Each system in your body supports another system and it all starts in your gut. When you ingest chemicals you're basically turning off the power to every support system in your body. There may be some exceptions to this. There are some naturally occurring chemicals that seem to offer therapeutic benefits, but long term they probably do more harm than good.

Alcohol is a perfect example. A drink or 2 a week is probably therapeutic. Consuming it every day probably isn't. Consuming large quantities is detrimental and probably does more damage than even these artificial sweeteners do to your digestive tract. No amount of artificial sweeteners is beneficial. I once read a report (I believe it was Dr. Mercola's) that compared Splenda (sucralose) to DDT!!! They showed the chemical diagram/structure of Splenda next to DDT's and it was an OMG moment!!! They were almost exactly the same! All you had to do was take the DDT chemical and add another hydrogen atom and I believe another carbon item and you have Splenda!

That gave me an idea. I had a gallon bag of the krapp in my pantry that had been sitting there for 5+ years. We used it once and never again. My hunting club's campsite was over ran with fire ants and we had tried everything commercially available to get rid of them and nothing worked. Late one Fall, I decided to bring this bag of Splenda and I sprinkled it over every fire ant mound. It didn't seem to draw much attention. They just crawled around it. I was hoping they would treat it like sugar. Two weeks later we returned and all the fire ants were gone. We had no fire ants for the next 5 years.

Posted On 06/27/2024

jus5114

Recent study shows that saccharin actually is protective against cancer. "Saccharin received a bad rap after studies in the 1970s linked consumption of large amounts of the artificial sweetener to bladder cancer in laboratory rats. Later, research revealed that these findings were not relevant to people. And in a complete turnabout, recent studies indicate that saccharin can actually kill human cancer cells. Now, researchers have made artificial sweetener derivatives that show improved activity against two tumor-associated enzymes." www.sciencedaily.com/.../191218153437.htm

Posted On 06/27/2024

Laura G.

Wow! Saccharin is the artificial sweetener I like the best. I'm not going to go crazy eating it, but this is good to know. I'll look into it a little further.

Posted On 07/01/2024

Mercola_Fan

Every Government Agency is corrupt. The FDA is bought & paid!

Posted On 06/27/2024

ela3783

Thanks Dr Mercola for this very imp report on Neurotoxic sweeteners as pointed out by one Neurologist long ago (blanking out on name recall) And yes, Citrus fruits or other fruits and veggies with higher Vit C or even supplementing with Vit C can aid to get rid of sweet cravings . This is mostly because Ascorbic acid form of Vit C is structurally similar to Glucose . When body and / brain need glucose , best is to supply it with Glucose (as Dr Mercola suggested in a recent article) or Vit C Perhaps when body needs Vit C , sugar cravings is a sign ??

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Guillermou

Good advice, ELA. Vitamin C and glucose have similar chemical structures and compete for transport proteins that transport both molecules into the cell for uptake and absorption. When you eat, your food turns into glucose. The pancreas releases the hormone insulin which moves glucose floating in the bloodstream into the cells, thus keeping blood glucose levels in a healthy range. Insulin also transports vitamin C into the bloodstream and cells for optimal absorption. Excessive intake of sugars will cause blood sugar levels to rise and at this point insulin promotes the transport of glucose molecules.

As a result, vitamin C does not reach the cells, which reduces its absorption. Excessive consumption of refined sugar removes calcium and magnesium in the urine, depleting the body of these important minerals. It also suppresses the reabsorption of calcium and magnesium in the kidneys. One study suggests that excessive sugar consumption increases the risk of osteoporosis due to the depletion of active vitamin D, calcium and magnesium. Animal studies show that refined sugar, especially fructose, increases enzymes that trigger the breakdown of vitamin D in the kidneys. Additionally, fructose also decreases enzymes required for vitamin D synthesis.

Your body converts food into energy with the help of many vitamins and minerals. Of these, the B vitamins play an exceptionally important role in this process. Vitamin B1 (thiamine), vitamin B2 (riboflavin) and vitamin B3 (niacin) are especially necessary for carbohydrate metabolism. This means that if you are eating a lot of refined sugar and refined flour, you are using a lot of B vitamins to convert this fuel into energy. -----www.ncbi.nlm.nih.gov/.../PMC4975866 .--
www.ncbi.nlm.nih.gov/.../PMC6140170 .-- www.buffalo.edu/.../4839.html .--

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alk4042

I use an extract of Monk Fruit as a substitute for sugar ... all natural and no chemicals. It's a little pricey, but I've been pleased with the sweetness it provided in my coffee, tea, and other drinks. Most stores carry it, or it can be ordered on-line. Monk fruit is a small, round fruit native to southern China. Monk fruit sweetener comes from the mogroside, which is the sweetest part of the fruit. To make monk fruit sweetener, manufacturers crush the monk fruit, extract its juice and then extract its mogroside from the juice. "Monk fruit mogrosides have a taste that's over 100 times sweeter than sugar, but they have no calories,"

Posted On 06/27/2024

blowe

A friend of mine uses whole stevia from her garden. She pinches off a leaf, drops it in her tea while brewing and it's perfect. Think I'll start doing that versus buying processed stevia.

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fvomasch

Many products that say-Low sugar/Sugar free/less sugar most likely contains one of the artificial sweeteners. So read the label carefully. If a product says no sugar there should be NO sugar. Period. I will add my own sugar if I choose to.

Posted On 06/27/2024

rw12341

YES, Juststeve, I have them in my backyard. They are called "Alpine strawberries" - white/yellow or red. Their taste exceeds that of strawberries' by million times. Yes, it is hard to pick a cup of them. :-) OUR ;-)
name is "POZIOMKI"

Posted On 06/27/2024

juststeve

And we are in what some locals call - the Foothills of the Adirondacks. 'Adirondack Strawberries?'
Doubtful any high-tech machine could pick them.

Posted On 06/27/2024

Laura G.

Let me also say stevia is horrid AND affects hormones. I bleed after consuming it. I'm not sure about monk fruit yet, but allulose (sugar alcohols, in general) seems ok with my body.

Posted On 07/01/2024

pam7647

Thank you for this. I am ditching all of them.

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tam2892

A great UN - Artificial Sweetener would be crystalized honey, although the microbiological element of the honey, would no doubt, be compromised, Blood sugar levels would remain relatively unaffected? Thereby, not stimulating insulin production nor creating toxic chemical damage to the Gut or Intestines --- KISS; Keep It Sweet Stupid, without chemically poisoning people! Then again, destroying one's health may be their primary M.O.? All artificial petroleum derivative concoctions used as additives in processed foods to preserve, color, flavor, or otherwise "enhance product appeal and/or profitability", ad infinitum, should be prohibited, outlawed and entirely abandoned in the best interest of human health, welfare & Longevity!

In recent times elements and compounds without any redeeming food additive value, appeal or profitability such as Graphene Oxide, Nano-particles and even the COVID -19 MRNA Jab have been proposed as processed food additives without any pretext whatsoever claiming any type of desirable and/or nutritional value or benefit to the consumer! To the contrary, any & all such additives are extremely detrimental, highly toxic, to their health & well being!

Consumers need to raise their level of concern drastically and realize that the FDA and/or other Federal Government Agencies have not been properly protecting their best Health & Nutritional Interests! We all need to wake-up and boycott the purchase of highly questionable processed foods with Artificial Sweeteners, Colors, & preservatives, Artificial Meats, etc. In order to avoid Artificial Damage, Disability and/or an early Death! "Let Food Be Thy Medicine & Medicine Be Thy Food".

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