

New Splenda Study Reveals Shocking Info About Potential Harmful Effects

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A recent study of the artificial sweetener, Splenda (sucralose), by the Department of Pharmacology, Duke University Medical Center, Durham, North Carolina, was released in the July, 2008 edition of the **Journal of Toxicology and Environmental Health Part A**

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. However, this recent study found even further disturbing news besides weight gain, e.g. Splenda was shown to reduce the amount of good bacteria in the intestines by 50 percent. These bacteria help maintain your body's overall balance of friendly versus unfriendly micro-organisms, and support your general health. It was also shown to increase the pH level in the intestines, putting your body at risk of contracting any number of degenerative diseases. Additionally, the study revealed that Splenda affects a *glycoprotein* in your body that can have crucial health effects, particularly if you're on certain medications used in chemotherapy, AIDS treatment and treatments for heart conditions. It causes the medications to be shunted back into the intestines, rather than being absorbed and used by the body. The research team also found unmistakable evidence that Splenda is absorbed by fat, contrary to previous claims.

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

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

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
- * **Skin** -- Redness, itching, swelling, blistering, weeping, crusting, rash, eruptions, or hives (itchy bumps or welts).
- * **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.

James Turner, the chairman of the national consumer education group **Citizens for Health**, has expressed shock and outrage after reading this new report. 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." Turner adds, "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.

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 be present in the prescription drugs you take, as well. Nearly 10 percent of all sucralose is sold to drug companies. There is no way you would know that you're consuming this potentially dangerous artificial sweetener, because many times sucralose (Splenda) isn't listed in the drug information.

Knowing what I know about the dangers of both sugar and artificial

sweeteners, if I am having a cup of tea in a restaurant and I have to choose between the two, I will take sugar anytime over the chemical sweeteners. I'd prefer Stevia, but it hasn't come to the restaurant scene, yet.

For more on this subject, go to the **Featured Health Articles** section on my website, drinkcleanwater.com, and look for **The Truth About Artificial Sweeteners**. To your good health, Lyle