

## **Sweeteners, Good, Bad, or Something even Worse.**

(Part 1)

The word Sweet or Sugar today is something that is considered poison due to the calories they contain. And diet sweeteners or zero calorie sweeteners have been touted as healthy. One more thing that man with his science has fixed in this world. I believe that we have it totally backward, as usual. I believe that God made us and this planet with all the nutrients and foods that are ideal for not only our health but our pleasure. And if food was not created for our pleasure then all God had to do was create one or two foods to sustain us. But He didn't, He created millions of different kinds of foods and many of them were designed as just sweeteners such as honey and sugar cane. It is man's scientific corruption and abuse of these sweeteners that are not to be consumed.

There are so many people addicted to sweets and there are so many lies and so much corruption around sweeteners that I decided to write a series of articles exposing some of these truths and lies.

Many people want to know what artificial or diet sweeteners they can safely use. Well I am sorry to say this but there are no non-calorie sweeteners that are safe and most low calorie and even full calorie sweeteners also have health and safety issues. For a substance to taste sweet and have no calories is not a substance naturally found in nature and the body has no idea how to respond to that material so it reacts to it. One of the reactions is the sweet taste. As far as I know all non-calorie sweeteners still function as a neurotoxin and have significant negative influence on the internal communication systems of the body thereby causing significant dysfunctions and health issues. This same toxicity will interfere and degrade the therapeutic effectiveness of Low Level Laser so we highly recommend not to utilize any non-calorie sweetener while being treated with any form of laser therapy. Another significant issue with very low or non-calorie sweeteners is the fact that when you tell the body that you are ingesting sugar by putting sweets in the mouth the body prepares for this sugar by changing the hormones and chemistry of the blood stream. When the actual simple carbs do not reach the blood because they were never there, the blood sugar becomes imbalanced quite rapidly.

The first question you should ask is "Why do you want to eat a non-calorie sweetener?"

- They have all been documented as significantly dangerous to your health, yet people use it because they have been told that it is good for their health by the manufactures of the sweeteners.
- They have all been proven to make a person gain weight, but don't people eat it to try to lose weight?
- They all have different offensive after tastes, until you become accustom to the taste and then many people actually become addicted to the product.
- And many people don't even taste the sweetness of some of the sweetener chemicals unless they use much more than suggested on the label. And this just enhances the above dangers and further reduces the rational for eating them.

The second question is "Why are you afraid to use a quality natural sweetener when you want a sweetener?"

- True, some sweeteners such as corn syrup is very toxic and should never be eaten, but corn syrup is not natural, nor is it sugar and should never be considered sugar regardless of what the experts say.
- Honey is an excellent sweetener as long as it is real honey. You have to look at the label because some "honey" is nothing more than colored, flavored corn syrup.
- Raw organic crystalized cane syrup. A healthy person can eat a significant amount of this every day for the rest of their life with no adverse effects. The worst effect of this sugar is that it is a fractionated food or negative nutrition food meaning that it does not have all the nutrients to process its carbohydrates so you either have to have a good diet of vegetables or supplement your diet with a good whole food supplement to make up for it.

So the first idea that we have to get across to people is that there is really no good reason to consume a diet sweetener especially a zero calorie sweetener and many great reasons not to consume these products.

The following articles will cover the most common sweeteners beginning with non-calorie, then low calorie, then we will end with the common forms of sugar in our diet.

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