



Artificial Sweeteners

Dr. Charles Shaffer

Happy Holidays, all! Last year, many of you made the decision to be at your goal weight by this time of year...did you make it? We've had so many patients do exceptionally well this year, big shout out to all of you and your hard work!

It's easy to get off track during this time of year. However, everyone is different. Some individuals will not gain an ounce and others will gain up to 8 pounds.

New data from the American Diabetes Association shows that sucralose and fructose can lead to intolerance. You may be asking, what is sucralose? Sucralose is one of the top artificial sweeteners used globally to reduce caloric and dietary foods and beverages. Developing this sugar is a multistep process that involves replacing three hydrogen-oxygen groups of sugar with a chlorine atom. This replacement with chlorine atoms only increases the sweetness of sucralose.

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Originally, sucralose was discovered during the development of a new insecticide compound. The company had no idea it would ever be used as a natural sugar substitute. In 1998, the FDA approved sucralose reviews in 15 foods and beverages. This included baked goods, frozen dairy treats, chewing gum, and drinks.

Sucrose is a synthetic sugar that isn't recognized well by the body. It makes up approximately 5% of Splenda and the other 95% is a corn-based sugar called dextrose. Splenda is a sugar substitute in cooking, baking, and thousands of 0 calorie food products worldwide. The content of Splenda is 3.36 calories per gram, which comes from the addition of dextrose and maltodextrins. Now you understand why we ask you to read labels.

Why does the world make sucralose so popular in food and drinks? One reason is that it is soluble in methanol-water and ethanol. It's used in fat and water-based products, including alcoholic and adult beverages.

Other artificial sweeteners like aspartame and sodium saccharin are not soluble. Therefore, they have a limited product application. The Journal of Diabetic Care reported that daily consumption is associated with a 36% greater risk of metabolic syndrome and a 67% greater risk of Type II diabetes. Sucralose is among diabetic triggers, so if you're learning about the safety of sucralose with diabetes, the answer is that it's not safe.

Years ago, Dr. Cohen M.D., Ph.D., was searching for causes of IBS symptoms. He also discovered us, the Weigh Station, by examining multiple patients who had IBS in Alberta, Canada, residents. Their disease process went up 600%.

Dr. Cohen found that sucralose has a more detrimental effect on gut bacteria and other artificial sweeteners. However, in 1991, Canada became the first country to approve the use of sucralose as an artificial sweetener. There was a direct correlation between the amount of sucralose consumed and IBS disease throughout Canada.

A recent study in inflammatory bowel diseases has found that artificial sweeteners, like Splenda, doubles the risk of Crohn's disease and can exacerbate antimicrobial decibel reactivity.

The leaky gut is unable to fully digest due to damages to the G.I. tract and fructose. There are quite a few patients who have irritability of the G.I. tract and leaky gut syndrome. Multiple studies affirm the harmful effects of sucralose, including the Journal of Toxicity. This journal recently published an animal study conducted at Duke University that demonstrates sucralose significantly reduces beneficial bacteria in the gut and increases your fecal pH, which in turn decreases the amount of nutrients absorbed.

Artificial sweeteners can increase metabolic syndrome, Type II diabetes, hypertension, and cardiovascular disease. Studies linked aspartame, fructose, and sucralose to headaches, joint discomfort, allergic reactions, and increased insulin levels in the body. Insulin increased due to the sweetness of sucralose. Aspartame is the culprit that also causes an increase in insulin, the same as sucralose. Other side effects include confusion and weight gain.

As you continue through the Holiday season and enter into New Year's, try to pay attention to food labels and what you're eating. We hope you read the newsletters, as we go to great lengths to ensure they are medically and editorially correct.

Blessings,
Chuck Shaffer MD

The Recipe of the Month

Homemade Flax Bread French Toast

Ingredients

- 2 Cups flax seed meal
- 1 Tablespoon baking powder
- 1 Teaspoon salt
- 1-2 Teaspoons Truvia, Stevia or Pruevia
- 1-2 Tablespoons cinnamon
- 5 beaten eggs
- 1/2 Cup water
- 1/3 Cup oil



Directions

Preheat oven to 350 degrees. Prepare a pan (10x15 pan with sides works best) with oiled parchment paper. Mix dry ingredients well. Add wet to dry and combine well. Let batter set for 2-3 minutes to thicken up.

Pour batter into pan and bake for 20 minutes, or until the bread springs back when touched. Cool and cut into slices. Once the bread is cooled, take 1 slice and dip it into a bowl with a beaten egg mixed with 1 tablespoon of cinnamon. Transfer to a coated pan and cook on both sides over medium heat. Top with a sprinkle of Truvia and blueberries if desired.

