



IN-DEPTH



**“Everyone’s
Sunrider
Newsletter”**

**“Do You know
what is
Sweetening
your drink
or your
children’s
drink?”**



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Dr. Janet Hull's aspartame expertise is based on her professional background. She holds a Doctorate in Nutrition, a Master's Degree in Environmental Science, is an international geographer and geologist, a former university professor, firefighter and Hazardous Waste Specialist and Emergency Responder. She is a Licensed Certified Nutritionist, certified fitness professional, author and aspartame victim.

Aspartame - Other Sweeteners

Many people want to know what other artificial sweeteners they can safely use instead of aspartame. My first recommendation is NOT to use any chemical sweeteners at all, but merely use natural sugars or learn to adjust to the natural sweetness of raw foods themselves.

I have provided a list of alternative artificial sweeteners available on the market today, even though I am not recommending their use over natural sweeteners. I do recommend them above aspartame, nonetheless, as their side effects are less harmful to human health.

The best thing to do is avoid all artificial and chemical sweetener substitutes. They have NO food value, trick the body into thinking it is eating something sweet, and they have by-products of harmful toxic side effects. And remember that aspartame was discovered as an ulcer drug, not a sweetener. Every diet drink you used to drink was a dose of medication .

Information on Aspartame and Other Chemical Sweeteners:

Acesulfame K

Acesulfame Potassium (K) was approved for use by the FDA as a safe artificial sweetener in July, 1988. It is a derivative of acetoacetic acid. Unfortunately, several potential problems associated with the use of acesulfame have been raised. They are based largely on animal studies since testing on humans remains limited. The findings showed the following:

Acesulfame K stimulates insulin secretion in a dose dependent fashion thereby possibly aggravating reactive hypoglycemia ("low blood sugar attacks").

Acesulfame K apparently produced lung tumors, breast tumors, rare types of tumors of other organs (such as the thymus gland), several forms of leukemia and chronic respiratory disease in several rodent studies, even when less than maximum doses were given. According to the Center for Science in the Public Interest, it was petitioned on August 29, 1988 for a stay of approval by the FDA because of "significant doubt" about its safety.

Dr. H.J. Roberts, Aspartame (NutraSweet) Is It Safe?, Charles Press, page 283/84.

Aspartame (commonly misspelled as aspertame)

Aspartame, a dipeptide of aspartic acid and a methyl ester of phenylalanine, is approved for use in pharmaceutical products and is being used increasingly in chewable tablet and sugar-free formulations. Labels for both prescription and nonprescription products must include the phenylalanine content. The major consideration in the use of aspartame in children is in patients with autosomal recessive phenylketonuria. Although heterozygotes do not appear to have clinically significant increases in phenylalanine after ingestion of even large amounts (equivalent to 24 12-oz cans of diet beverages), homozygotes with strict dietary restrictions should avoid aspartame. Children without dietary restrictions could safely ingest 10 mg/kg/d. [37-40]. Dietary consumption of aspartame is typically less than 5 mg/kg/d[41]; young children, however, could ingest considerably more. For example, a 2-year-old child weighing 12 kg consumes 17 mg/kg from drinking one 12-oz can of diet soda and one serving of a sweetened product (eg, cereal, pudding, gelatin, or frozen dessert).

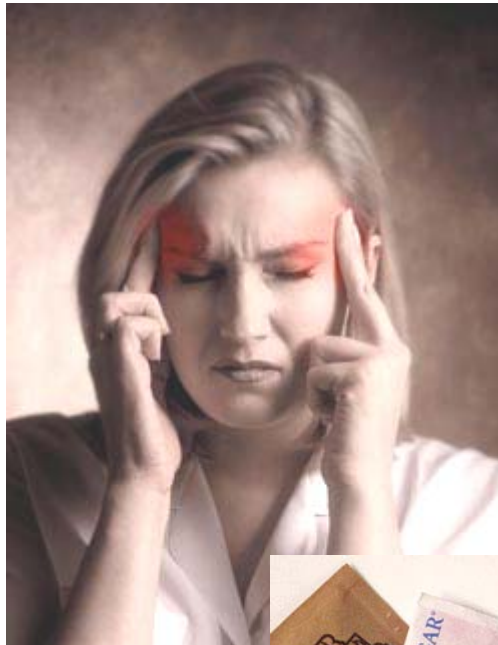
Headache is the most common adverse side effect attributed to aspartame but is seldom confirmed by single-dose double-blind challenge. Up to 11% of patients with chronic migraine headaches reported headaches triggered by aspartame; however, a double-blind challenge with three doses of 10 mg/kg given every 2 hours triggered no more headaches than did placebos in patients with vascular headaches believed to be exacerbated by aspartame. A small, double-blind 4-week trial showed an increase in frequency of headaches after ingestion of 1200 mg/d, indicating that a longer challenge period may be necessary.

In anecdotal reports, aspartame has been linked to various neuropsychiatric disorders, including panic attacks, mood changes, visual hallucinations, manic episodes, and isolated dizziness. A small, double-blind crossover study of patients with major depression revealed a higher incidence of reactions in these patients compared with non-depressed volunteers after administration of 30 mg/kg for 7 days; symptoms included headache, nervousness, dizziness, memory impairment, nausea, temper outbursts, and depression.

None of these conditions has been rigorously proven to be caused by aspartame, but carefully conducted double-blind challenges may be indicated in patients with histories that suggest aspartame as a cause. Patients with underlying mitral valve prolapse or affective disorders may be at increased risk for neuropsychiatric effects; several studies have shown that individuals without psychiatric or seizure disorders do not demonstrate these effects.

Seizures have been reported via passive surveillance data collected by the FDA and in a few case reports. A recent analysis of FDA reports showed 41 cases of rechallenge with a temporal relationship to aspartame consumption. Most seizures occurred in patients who had an acceptable dietary intake, except for a 16-year-old who ingested up to 57 mg/kg of aspartame. Aspartame is generally considered safe for children with epilepsy. One study found increased spike-wave discharges in children with untreated absence seizures after a high dose of aspartame and suggested that children with poorly controlled absence seizures avoid aspartame.

Aspartame Side Effects



The components of aspartame can lead to a number of health problems, as you have read. Side effects can occur gradually, can be immediate, or can be acute reactions. According to Lendon Smith, M.D. there is an enormous population suffering from side effects associated with aspartame, yet have no idea why drugs, supplements and herbs don't relieve their symptoms. Then, there are users who don't 'appear' to suffer immediate reactions at all. Even these individuals are susceptible to the long-term damage caused by excitatory amino acids, phenylalanine, methanol, and DKP.

Adverse reactions and side effects of aspartame include:

Eye:

Blindness in one or both eyes, decreased vision and/or other eye problems such as: blurring, bright flashes, squiggly lines, tunnel vision, decreased night vision, pain in one or both eyes, decreased tears, trouble with contact lenses, bulging eyes.

Ear:

Tinnitus - ringing or buzzing sound, severe intolerance of noise, marked hearing impairment.

Neurological:

Epileptic seizures, headaches, migraines and some severe dizziness, unsteadiness, both confusion, memory loss, both severe drowsiness and sleepiness,

paresthesia or numbness of the limbs, severe slurring of speech, severe hyperactivity and restless legs, atypical facial pain, severe tremors.

Psychological/Psychiatric

Severe depression
Irritability
Aggression
Anxiety
Personality changes
Insomnia
Phobias

Chest

Palpitations, tachycardia
Shortness of breath
Recent high blood pressure

Gastrointestinal

Nausea
Diarrhea, sometimes with blood in stools
Abdominal pain
Pain when swallowing

Skin and Allergies

Itching without a rash
Lip and mouth reactions
Hives
Aggravated respiratory allergies such as asthma

Endocrine and Metabolic

Loss of control of diabetes
Menstrual changes
Marked thinning or loss of hair
Marked weight loss
Gradual weight gain
Aggravated low blood sugar (hypoglycemia)
Severe PMS

Other

Frequency of voiding and burning during urination
Excessive thirst, fluid retention, leg Swelling, and bloating
Increased susceptibility to infection

Additional Symptoms of Aspartame Toxicity include the most critical symptoms of all:

Death
Irreversible brain damage
Birth defects, including mental retardation
Peptic ulcers
Aspartame addiction and increased craving for sweets
Hyperactivity in children
Severe depression
Aggressive behavior
Suicidal tendencies

Aspartame may trigger, mimic, or cause the following illnesses:

Chronic Fatigue Syndrome
Epstein-Barr
Post-Polio Syndrome
Lyme Disease
Grave's Disease

Meniere's Disease
Alzheimer's Disease
ALS
Epilepsy
Multiple Sclerosis (MS)
EMS
Hypothyroidism
Mercury sensitivity from Amalgam fillings
Fibromyalgia
Lupus
non-Hodgkins
Lymphoma
Attention Deficit Disorder (ADD)



These are not allergies or sensitivities, but diseases and disease syndromes. Aspartame poisoning is commonly misdiagnosed because aspartame symptoms mock textbook 'disease' symptoms, such as Grave's Disease.

Aspartame changes the ratio of amino acids in the blood, blocking or lowering the levels of serotonin, tyrosine, dopamine, norepinephrine, and adrenaline. Therefore, it is typical that aspartame symptoms cannot be detected in lab tests and on x-rays. Textbook disorders and diseases may actually be a toxic load as a result of aspartame poisoning.

Ever gone to the doctor with real, physical symptoms, but he/she can't find the cause? Well, it's probably your diet, your environment, or both.



Aspartame is the common denominator for over 92 different health symptoms at the root of modern disease. The Aspartame Detoxification Program demonstrates the most effective way to reverse disease symptoms is removing the underlying cause - aspartame.

Saccharin

Foods containing saccharin no longer carry a label stating that the "use of this product may be hazardous to your health ...contains saccharin which has been determined to cause cancer in laboratory animals." This warning was lifted in 2001 by the American FDA as saccharin no longer has been connected to cancer in human beings.

Saccharin may be present in drugs in substantial amounts. Ingestion of the recommended daily dosage of chewable aspirin or acetaminophen tablets in a school-age child would provide approximately the same amount of saccharin contained in one can of a diet soft drink. This amount, relative to the body weight of a child younger than 9 or 10 years, ingested for pro-

longed periods would be considered as "heavy use," as defined in a major large-scale FDA/National Cancer Institute epidemiologic study. In this study, heavy use of artificial sweeteners was associated with a significantly increased risk for the development of bladder cancer. An independent review of this study concluded that there was no association. An investigation of saccharin performed by the American Medical Association in 1985 concluded that bladder changes were species-specific, were confined to the second generation of male rats, and occurred in association with large doses (equivalent to several hundred cans of diet soft drink per day). The no-effect level was equivalent to 500 mg/kg/d.[68,69] Saccharin is not genotoxic; the presumed mechanism of toxicity is the binding of saccharin to urinary proteins (not normally found in humans), creating a nidus for the formation of silicate crystals, which are cytotoxic to bladder epithelium.

Saccharin is an O-toluene sulfonamide derivative and causes similar dermatologic reactions. Cross-sensitivity with sulfonamides has been demonstrated; therefore, children with "sulfa" allergy should also avoid saccharin. Hypersensitivity can usually be confirmed by a radioallergosorbent test for saccharin. In a series of 42 patients with adverse effects resulting from consumption of saccharin in pharmaceutical agents, pruritus and urticaria were the most common reactions, followed by eczema, photosensitivity. Other reactions include wheezing, nausea, diarrhea, tongue blisters, tachycardia, fixed eruptions, headache, diuresis, and sensory neuropathy.

Ingestion of saccharin-adulterated milk formula by infants was associated with irritability, hypertonia, insomnia, opisthotonos, and strabismus, which resolved within 36 hours after ingestion. Two anecdotal reports of an accidental overdose in an adult and a child discussed reactions of generalized edema, oliguria, and persistent albuminuria. Because of the paucity of data on the toxicity of saccharin in children, the American Medical Association has recommended limiting the intake of saccharin in young children and pregnant women.

Sucralose

Splenda, also known as **sucralose**, is an artificial sweetener, which is a chlorinated sucrose derivative. Facts about this artificial chemical are as follows:

Pre-Approval Research

Pre-approval research showed that sucralose caused shrunken

thymus glands (up to 40% shrinkage) and enlarged liver and kidneys.

Recent Research

A possible problem with caecal enlargement and renal mineralization has been seen in post approval animal research.

Sucralose Breaks Down

Despite the manufacturer's mis-statements, sucralose does break down into small amounts of 1,6-dichlorofructose, a chemical which has not been adequately tested in humans. More importantly, sucralose must break down in the digestive system. If it didn't break down and react at all (as the manufacturer claims), it would not chemically-react on the tongue to provide a sweet taste. The truth is that sucralose does break down to some extent in the digestive system.

Independent, Long-Term Human Research

None. Manufacturer's "100's of studies" (some of which show hazards) were clearly inadequate and do not demonstrate safety in long-

term use.

Chlorinated Pesticides

The manufacturer claims that the chlorine added to sucralose is similar to the chlorine atom in the salt (NaCl) molecule. That is not the case. Sucralose may be more like ingesting tiny amounts of chlorinated pesticides, but we will never know without long-term, independent human research.

Conclusion

While it is unlikely that sucralose is as toxic as the poisoning people are experiencing from Monsanto's aspartame, it is clear from the hazards seen in pre-approval research and from its chemical structure that years or decades of use may contribute to serious chronic immunological or neurological disorders.

It is very important that people who have any interest in their health

stay aware from the highly toxic sweetener aspartame and other questionable sweeteners such as sucralose (Splenda), and acesulfame-k (Sunette, Sweet & Safe, Sweet One).

Why would anyone put these chemicals into their Bodies!



Stevia



Originally found growing wild in the highlands of Paraguay, is the sweetest substance on earth. Known to the natives as Khaa Jee but more commonly referred to as stevia (*Stevia rebaudiana*).

Since pre-Columbian times the indigenous natives have collected stevia from the rainforests to use as a sweetener, to treat diabetes, hypertension, and to keep skin looking young. In the 16th century the Spaniards noted this mysterious plant, but it wasn't until 1889 that the first studies were done by Botanist Moises Santiago Bertoni. He "discovered" stevia after seeing its use by Guarani natives, and his studies showed that Stevia is 200-400 times sweeter than sugar without the effects.

In the early 1900's stevia was being widely used throughout Paraguay, and had earned the attention of other countries. By 1941 it was being grown in Britain as a sweetener to combat the shortages brought on by the Second World War. In the mid 1950's Japan started growing stevia and by the 1970's, after extensive studies, they began marketing it as an alternative to aspartame. Today, health conscious Japan is one of the worlds largest users of stevia. It is used in gum, diet soda and in a large



multitude of other products.

Studies now show that stevia's benefits include: pancreas nourishment, blood sugar regulation, stabilization of high blood pressure, digestive aid, prevention of tooth and gum decay, suppression of cravings, safe for diabetics and as a great weight loss aid.

After extensive research, stevia has been safely used for over 30 years in Japan, where aspartame has been banned. Japanese manufacturers use stevia in cola, pickling, gum, ice cream and a wide variety of other foods. Other countries around the world have also been using stevia as a sugar substitute in food manufacturing. Stevia may be used in cooking and baking as a natural sweetener, children may enjoy dessert recipes without risk of weight gain, tooth decay or hyperactivity.

Benefits of Stevia



Stevia (*Stevia rebaudiana*) is a wonderful dietary supplement used for over 1500 years as a sweetener and for medicinal purposes. Since the 1970's, stevia has been used in Japan as the main alternative to sugar, used instead of the banned aspartame in diet soda, gum and other food and beverages. Stevia is also being used as a sweetener in other countries after extensive studies proved it's safety. Stevia has been used with success to treat many ailments including diabetes, high blood pressure, gingivitis, digestion ailments, addictions, topically for acne and other skin ailments and also as a wonderful weight loss aid. Safe for diabetics as it does not raise blood sugar!

DIABETES:

Known for its nourishing properties for the pancreas, stevia has been used by diabetics for centu-

ries as a sweetener and also as a method of controlling blood sugar levels. Studies have shown that stevia can regulate blood sugar levels when taken appropriately. This is not meant to replace current practices of a diabetic, but as an aide to control diabetes.

HYPERTENSION:

Studies have shown that stevia lowers high blood pressure without affecting normal blood pressure. The Guarani Indians of Paraguay have used stevia for centuries without any negative effects.

TEETH AND GUMS:

Due to high beneficial mineral content and antibacterial properties, stevia is a wonderful additive to toothpaste or diluted as a mouthwash. Not only will it not cause cavities, but it actually prevents them!

DIGESTION:

Stevia improves digestion and intestinal function, soothes an upset stomach and promotes quicker recovery from minor ailments. It is best to consume stevia as a tea or put into Calli or Fortune Delight for this effect, although other methods may also be beneficial to digestion and minor ailments.

SKIN CARE:

Applied to the skin, stevia treats acne and other skin ailments. It also protects against premature aging. Place a few drops of stevia liquid concentrate on your skin, rinse after 30 minutes and feel the difference. Stevia may also be used on skin afflictions. After a 20 second stinging sensation, the pain is significantly reduced and the healing time is accelerated.

WEIGHT LOSS AIDE:

Stevia contains no calories and actually reduces

cravings for sweets and fatty foods. Studies have shown that it also minimizes hunger sensations. Once again your sweet tooth can be satisfied guilt free. It is not only a diet aide, but beneficial for you too.

ADDICTIONS:

Reports keep coming in that the use of stevia has reduced cravings for tobacco, alcohol, sweet and fatty foods. Take a few drops of the stevia liquid to help curb cravings. Take 20 minutes before a meal to feel satiated sooner.

SunnyDew

SunnyDew is a powerful blend of stevia leaf extract and chrysanthemum flowers. Other brands commonly use a chemical reaction to process stevia altering its natural structure. However, the stevia in SunnyDew undergoes a unique purifying and concentration process that preserves the natural structure found in its whole food form.

Highly concentrated and all natural, SunnyDew is an excellent supplement to your diet to help maintain normal blood sugar levels.

Sunectar

Stevia rebaudiana bertonii is a plant belonging to the chrysanthemum family. It is native to South America. Stevia leaves have been used for centuries by the indigenous peoples, who added it to bitter medicines and teas. In the USA, it is sold as a dietary supplement that is regulated by the Food & Drug Administration. Sunectar is a great choice for maintaining a healthy diet & lifestyle.

Since there are virtually no calories in Stevia, you can bake with Stevia since the extracts are heat stable.

Can Stevia replace artificial sweeteners in the diet? Yes, say all the publications written on Stevia. However, remember that the FDA did not approve it as a sweetener, only as a dietary supplement.

The Early Days of Sunectar

Thought you all would enjoy learning a little about the beginnings of Sunrider's Sunectar and the Problems they encountered marketing this wonderful product. Below is a letter from Sharon Farnsworth on the matter:

Dear Sunriders:

We fought quite a battle for this herb to be approved here in the USA.

As many of you know, in about 1983 or 1984, Sunrider was served with an injunction also by the C.D. Searl Company that we couldn't market the Stevia under the name that we were using then, "TrueSweet." We had to cease and decess marketing the product, because we couldn't call it a "sweetener." But we knew of its properties for benefiting the skin. So we re-labeled and called it Suncare.

Later on in the early '90's Dr. Chen submitted over 4,000 pieces of documentation and testing to the US Gov't as well as paid over \$10,000 for the research to get the herb legally approved as a food.

As you read this article, you can see the politics being played by the former C.D.Searl Company, who is now Monsanto, the largest drug manufacturer in the world, to promote its "Nutrasweet," which we know is very detrimental to the body. So it is really a fight that has been going on, and continues to go on. Bottom line is we have this product available through SR, legally now.

In the USA it is marketed as Sunny Dew or Sunectar. We can legally tell people three positive things about this herb:

1. It nourishes the pancreas, and helps with blood sugar regulation.
2. It helps regulate blood pressure, high or low.
3. It does not promote tooth decay.

But interestingly enough, we still cannot legally market it as a sweetener. Politics are very interesting. If you put a drop on your tongue, what do you experience? Wow, it is potent isn't it? Notice I didn't say sweet. And you as SR's should do the same, to protect our right to continue having this wonderful herb, now classified as a "dietary supplement".

However we as Sunriders know our Stevia product is simply the best. Now other companies can also market this product. But the natural herb has tannic acid naturally occurring in the stem of the plant. But again, Dr. Chen with his enhancement and concentration processing is able to negate this and any other negative ingredient that naturally occurs in the Stevia herb.

Therefore ours is better for the body, nutritionally speaking, as well as has a less bitter taste. I learned that the bitter taste was the tannic acid and some other negative elements in the herb. With negating these elements, then our product is better for us, as well as better tasting.

Early on, when SR, who was one of the first companies to market this product, another company I knew about also came out with a liquid stevia which tasted absolutely awful in comparison to our then True Sweet. With Dr. Chen's expertise, we were then and still are Simply the best choice for this wonderful herb.

I hope this is as enlightening to you as it was to me to read.

Enthusiastically,
Sharon Farnsworth