

SPLENDA?

Splenda® (aka: Sucralose) is the derived from chemically altering sugar with chlorine.

Potential adverse reactions and side effects of Splenda® include:

Research in animals has shown that sucralose can cause many problems in rats, mice, and rabbits, such as:

- Shrunken thymus glands (up to 40% shrinkage)
- Enlarged liver and kidneys.
- Atrophy of lymph follicles in the spleen and thymus
- Increased cecal weight
- Reduced growth rate
- Decreased red blood cell count
- Hyperplasia of the pelvis
- Extension of the pregnancy period
- Aborted pregnancy
- Decreased fetal body weights and placental weights
- Diarrhea

Things to think about before jumping on the band-wagon with this new ARTIFICIAL SWEETENER:

- Pre-approval test indicated potential toxicity of sucralose.
- There are no *independent* controlled human studies on sucralose (similar to 15 years ago for aspartame).
- There are no long-term (12-24 months) human studies of sucralose's effects.
- There is no monitoring of health effects. It took government agencies decades to agree that there were countless thousands of deaths from tobacco. Why? Simply because there had been no monitoring or epidemiological studies. Without such monitoring and studies, huge effects can easily go unnoticed.

Why would anyone voluntarily put this in his/her body? God made sugar, not Aspartame, not Splenda®, not Acesulfame, not saccharine. Is it really that bad to eat a fruit or vegetable without added sweeteners? God made those too!

Source: http://www.mercola.com/2000/dec/3/sucralose_dangers.htm

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