

SWEETENERS TO AVOID

What about other refined sugars? **Brown sugar** is simply refined sugar that is sprayed with molasses to make it appear more whole. **Turbinado sugar** gives the illusion of health, but is just one step away from white sugar. Turbinado is made from 95 percent sucrose (table sugar). It skips only the final filtration stage of sugar refining, resulting in little difference in nutritional value.

Corn syrup is found everywhere. It is used in everything from bouillon cubes to spaghetti sauce and even in some "natural" juices. Corn syrup processed from cornstarch is almost as sweet as refined sugar and is absorbed quickly by your blood. Corn-derived sweeteners pose other problems: they often contain high levels of pesticide residues that are genetically modified and are common allergy producers. This is a cheap and plentiful sweetener often used in soft drinks, candy and baked goods. Corn syrup is very similar to refined sugar in composition as well as effect.

Aspartame, which is a common synthetic sweetener, affects the nervous system and brain in a very negative way. Aspartame is made from two proteins, or amino acids, which gives it its super sweetness. Aspartame has many harmful effects: behavior changes in children, headaches, dizziness, epileptic-like seizures and bulging of the eyes to name a few. Aspartame is an "excitotoxin," a substance that over stimulates neurons and causes them to die suddenly (as though they were excited to death). One of the last steps of aspartame metabolism is formaldehyde. The next time you consume diet soda, think. You are literally embalming yourself.

Sucrose is found in white sugar and maple syrup. Sucrose requires very little digestion and provides instant energy followed by plummeting blood sugar levels. It stresses the entire body system.

Glucose is also called dextrose. When combined with sucrose, glucose subjects your blood sugar to the same up and downs. In whole food form -- in starches like beans and whole grain breads; they are also rich in soluble fiber -- glucose takes longer to digest, resulting in more balanced energy.

Sorbitol, Mannitol & Zylitol are synthetic sugar alcohols. Although these can cause less of an insulin jump in glucose to sugar, many people suffer gastric distress. You see these sugars listed as ingredients in foods.

Unrefined cane juice. This is sugarcane in crystal form. Nothing more, nothing less. Unrefined cane juice is brown and granulated, contains 85 percent to 96.5 percent sucrose and retains all of sugarcane's vitamins, minerals and other nutrients. Cane juice has a slightly stronger flavor and less intense sweetness than white sugar. Look for the brand names Sucanat and Florida Crystals.

Crystalline fructose. This refined simple sugar has the same molecular structure as fruit sugar. It's almost twice as sweet as white sugar, yet releases glucose into the bloodstream much more slowly. Extra sugar gets stored in your liver as glycogen instead of continuing to flood your bloodstream. Thus, crystalline fructose appeals to diabetics and hypoglycemics.

"A Drugless Family Guide to Optimal Health"

by Robert Demaria

www.DeBob4Health.com