

What About Splenda (sucralose)?

This is from **FIRST**, "A Magazine For Women On The Go"

In an article titled:
"Tired All the Time?"

June 26, 2006, pp 25-26.

AND

A book:

Splenda: Is it Safe or Not?

By Janet Starr Hull, Ph.D., Pickle Press, 2005

Sucralose can cause one to suffer from sluggishness, fatigue, make legs feel like lead weights, mood swings, severe cramps (female), intense pain, painful bowel movements, bloating, dizziness, confusion, and more.

Seven (7) out of ten (10) American women consume sucralose daily.

"The artificial sweetener *sucralose* (Splenda) is made by binding three chlorine atoms to a molecule of sugar. The problem: Chlorine reacts with organic material to create *chlorination by-products* (CBPs) that can trigger chronic symptoms like fatigue, headaches and brain fog, as well as reproductive and immune problems."

"Sucralose is found in nearly 4,000 food, beverage and health-care products, including diet drinks, ice cream, protein bars, vitamins and toothpaste." It is also found in gum, over-the-counter drugs, and salad dressings.

Consumer use of sucralose has grown annually by 10%.

70% of those who consume sucralose (Splenda) will have a sensitivity to it and develop symptoms.

If one is experiencing symptoms from consuming sucralose (Splenda), the solution is to stop taking it and to "Flush Your System" as follows:

"Supplementing daily [for 2 months] with 600 mg of the amino acid N-acetyl-l-cysteine (NAC) boosts the body's production of glutathione, according to a study in the American Journal of Respiratory and Critical Care Medicine. This antioxidant (glutathione) flushed CBPs from the body." I purchase N-acetyl-cysteine (NAC) in the product **Complete Glutathione From Nutri-West: 800-443-3333.**

If these symptoms are caused by sucralose (Splenda) sensitivity, elimination from the diet for a minimum of 2 weeks should start to improve symptoms:

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|------------------------------|-------------------|------------------|-------------------|
| Unexplained Tiredness | Brain Fog | Nausea | Joint Pain |
| Cramps/Bloating | Diarrhea | Headaches | Dizziness |
| Mood Swings | Depression | | |