SUGAR – REFERRED TO BY SOME AS “WHITE DEATH,”
IS THERE A SAFE ALTERNATIVE?

Stevia, a non-caloric herb native to South America has been used as a natural sweetener for over 1,500 years. Stevia is several hundred times sweeter than sugar and has no calories. While it has been approved as a dietary supplement in the United States, it is not approved as a food additive. However, beverage giants including the Coca Cola Co. are looking at Stevia as a new non-calorie sweetener. Unlike Aspartame and other artificial sweeteners that have been cited for dangerous toxicities; Stevia is a safe, natural alternative that’s ideal for those watching their weight and anyone interested in maintaining their health by avoiding sugar. Some people say they don’t care for its overpowering taste; yet, other than that, it is considered almost the ideal sweetener.

If you struggle with high blood pressure, high cholesterol, diabetes and/or extra weight, then you have insulin sensitivity issues and you would undoubtedly benefit from avoiding all sweeteners. Artificial sweetener itself can decrease your sensitivity to insulin. This is certainly one of a number of reasons why we have a current epidemic of seventy million Americans suffering from cardio-vascular disease, twenty million having Diabetes and forty-five million being considered pre-diabetic. An over-whelming 65 percent of the U.S. adults are overweight and 30 percent are obese. Strokes, cancer and autism are occurring in record numbers and continually climbing. I would personally and professionally consider avoiding all artificial sweeteners whether you have a known disease condition or not. Dr. Joseph Mercola’s book entitled, Sweet Deception, notes that artificial sweeteners are about the worst of all possible worlds, as far as dietary choices go, “They are completely unnatural, insufficiently tested for safety, unnecessary in the diet and have a long history of causing a variety of health problems.” Stevia, whether in powder or liquid form, should be the non-caloric sweetener of choice for you based on the findings of his book alone.

Certainly, modern man consumes sugar in vast quantities. Most everyone has heard of the well-publicized risks associated high sugar consumption; one of which is obesity. That’s really only the tip of the iceberg. Modern man consumes sugar in vast quantities estimated at 158 pounds per year. Certainly, our unlimited access to sugar combined with our inherent desire for sweet foods – has lead many North Americans to consume as much sugar in one week, as our ancestors did in an entire year! For those that are concerned about their sugar intake, serious consideration about using natural Stevia and not the artificial sweeteners that come in the pink, blue and yellow baby clothes colors should be a consideration.

If we truly believe that we shouldn’t eat something that’s not food, then the artificial sweeteners are not something that should be on our daily food consumption list. The choices we make today about the food we eat will play a major role in our future health. Don’t leave your future health to chance – start today on your quest for improved health.

To learn more, visit our website www.fairfieldspinecenter.com

For more information, contact Dr. James Grilliot, Chiropractic Physician.
Fairfield Spine and Wellness Center, (740) 687-5002.