

Is Aspartame Killing You Sweetly - Better Health

Is Aspartame Safe for Diabetics?

Monday, April 18, 2011 4:18 PM © 2011 Newsmax. All rights reserved.

http://www.newsmaxhealth.com/dr_brownstein/Aspartame_Diabetics/2011/04/18/385347.html?s=al&promo_code=C216-1

Question: I am a diabetic. Is it safe for me to use the artificial sweetener aspartame?

Dr. Brownstein's Answer:

The most common artificial sweetener used is aspartame, sold under the brand names **NutraSweet and Equal**. It is **added to more than 6,000 foods and many pharmaceuticals**, including many **children's liquid medications**.

Our experiences show that consuming large amounts of aspartame may actually cause many **health problems**, including obesity. We have found that it is **very difficult for people to lose weight** if they are consuming large amounts of aspartame. In addition, there are **many neurological and immune system disorders exacerbated by aspartame**.

Aspartame should not be used in any amount and should be avoided.

Astoundingly, Big Pharma claims that because aspartame has no calories, it is therefore an appropriate dietary supplement for diabetics. **Nothing could be further from the truth.**

Aspartame is particularly toxic for diabetics because it disrupts the body's normal response to glucose, which is to cause the pancreas to release insulin.

The main symptom of diabetes is high blood sugar due to the body's inadequate production or utilization of insulin.

Therefore, **aspartame is doing exactly the opposite of what diabetics need.**

Unfortunately, even the American Diabetic Association has fallen for this propaganda, and has accepted the idea that aspartame is a suitable sugar substitute for diabetics.

The bottom line: **Aspartame is not safe for diabetics or anyone else.**

All sources of aspartame sweetener need to be Avoided.

Is Aspartame Killing You Sweetly - Better Health

DISCLAIMER: This is not legal or medical advice as I am NOT a doctor nor trained in the medical field or an attorney. These are simply things that I have discovered along the way, and that you can talk about with your medical provider or with his/her attorney, I am just a caring person. The information I am presenting is from both personal experience and internet studies and research. I am advocating knowledge, general information, good health, and that should remain a personal preference. Everyone reading this article should research more about this topic first and consider asking their attorney and/or doctor if it's safe to do with your current medications before even thinking of trying it, if the subject is covering health.

This is not any medical advice; it's an opinion of my personal experiences. No medical claims can be made by this article, subject, and/or information, under Federal law. Otherwise the FDA can take care of the ones involved with marketing and distributing said cures all the way to the store if they make drug like claims. Food products are not regulated by the FDA, as of yet, as a cure and/or aid for better health.

This information is solely for informational purposes. It is not intended to provide medical advice. Before engaging in any complementary medical technique, including the use of natural and/or herbal remedies, you should do your own research, and then consult your present physician. If your doctor does not believe in alternative medicines and you would like to give them a try then find a reputable doctor familiar with natural herbal remedies for your needs that can assist you in deciding what treatments might meet your specific needs.

This is not a replacement for medical diagnosis, treatment, and/or professional medical advice. The statements contained on this article have not been reviewed and/or approved by the Food & Drug Administration for their validity. Nothing contained on or in this article is meant to infer and/or state that any products are for the treatment of any disease and/or ailment and/or diagnose, treat, cure, and/or prevent any disease.

This article is for information and education purposes only and/or does not constitute advice. The information in this article strives to provide content that is true and accurate; however I give no guarantee the accuracy of the contents, as some information changes constantly. Always consult your attorney and/or doctor before starting a new diet and/or exercise if you have any known medical conditions and/or diseases.

This has no connection with any Churches and/or Religions, just purely for informational purposes, just information found on the internet, just doing my own research. Some of the above data may be religious in nature. You may find more supporting information or information contrary to the subject or material. This subject or material is just to make you think how you can live or survive in this great world. . Much of the data is copied from website with URL address.