

# JUNE

## Is National Sweet Tea Month!!



### What's In YOUR Sweet Tea?

Many people today use artificial sweeteners in their tea or coffee. They do this because the ads they see on TV tell them that sugar is bad for their health. This is absolutely true. Sugar is toxic, but what most people use as a replacement for sugar is much worse. We are talking about Aspartame, also known as Phenylalanine. Aspartame is marketed as a diet product, or a "sugar substitute" for diabetics. For those watching their waistline, it will cause you to GAIN weight because it makes you crave carbohydrates. When diabetics drink or eat sugar substitutes, such as NutraSweet, Splenda or Equal, it sends a signal to the pancreas alerting the brain that it craves more sugar. Now the brain is saying, "I need more sugar!" Aspartame is extremely poisonous because one of the toxic ingredients of Aspartame is wood alcohol. When the temperature of Aspartame exceeds 86°F the wood alcohol in the Aspartame is converted to formaldehyde, and then to formic acid, which in turn causes metabolic acidosis. If that isn't enough, another reason to steer clear of Aspartame is because it attacks and destroys the nervous system, which controls and coordinates everything in your body! Some of the symptoms of Aspartame poisoning are: Lupus, Multiple Sclerosis, Fibromyalgia, Alzheimer's Disease, and Cancer.

So what should you use as an alternative to raw sugar? Stevia, a sweet herb which helps in the metabolism of sugar, and which is proving to be ideal for diabetics, has now been approved as a dietary supplement by the F.D.A. Also, a product called Xylitol has been used in foods since the 1960's. It is a popular sweetener for the diabetic diet in some countries.

You can purchase Stevia and Xylitol at most grocery and health food stores. The choice is yours, but before you enjoy that cool glass of sweet tea this summer ask yourself, "What's in MY Sweet Tea?"

By Dr. Karen Maxwell-adapted from an article by Dr. Sophie N. Blanchard - Alameda Marina Wellness Center

### Xylitol

Our bodies produce up to 15 grams of xylitol from other food sources using established energy pathways. Xylitol is not a strange or artificial substance, but a normal part of everyday metabolism.

Xylitol is widely distributed throughout nature in small amounts. Some of the best sources are fruits, berries, mushrooms lettuce, hardwoods, and corn cobs. One cup of raspberries contains less than one gram of xylitol.

[www.xylitol.org](http://www.xylitol.org)

Maxwell Family Chiropractic Center's

### Sweet Tea Day!!



June 18<sup>th</sup>

Come & Enjoy a Cool Refreshing Glass of Sweet Tea on us!!

### Stevia

Stevia is a South American herb that has been used as a sweetener by the Guarani Indians of Paraguay for hundreds of years. The leaves of this small, green *Stevia rebaudiana* plant have a delicious and refreshing taste.

Stevia has many excellent properties. The body does not metabolize the sweet glycosides from the stevia leaf or any of its processed forms - so there is no caloric intake. Stevia doesn't adversely affect blood glucose levels and may be used freely by diabetics.

[www.stevia.com](http://www.stevia.com)