

Q. What is a Chiropractic Adjustment?

A. Spinal bones (vertebrae) fit together so that the mental impulses (nerve supply) produced in your brain may filter down your spinal cord and out over your nerves. These messages are responsible for communicating information throughout your body so that growth, repair and healing may take place. When vertebrae are out of their natural alignment, the potential for nerve interference is great.

Doctors of Chiropractic, precisely place hands on your back and gently line up vertebrae into their natural position. This process may take weeks or months, depending on the amount of misalignment. As alignment is restored, the nerve supply more effectively communicates throughout your body, and healing may take place. As your body heals, your optimum health



The Dangers of Artificial Sweeteners

Over the last several years I have been telling friends and family to stay away from artificial sweeteners. Of course, they always ask why. I am not one of those individuals who can spew out information and scientific facts that I read in a recent articles. So, I decided it was time I got on the internet to do some of my own research and an informational article on the dangers of artificial sweeteners.

When you start to look in your grocers shelves, it is alarming to see the number of products that have either aspartame or Splenda (sucralose) in them. Today some 7,000 products contain aspartame and 3,500 contain Splenda. These products are consumed by adults and children – and they are killing us!!!

ASPARTAME

Aspartame has been on the shelves for many years and only in recent years have consumers realized the debilitating effects this chemical has on their bodies. There is ample research out there on the dangers, all you have to do is jump on the internet and start looking.

Aspartame is an intense source of excitotoxins and neurotoxin. Excitotoxins are a class of commonly used flavor enhancers (MSG, hydrolyzed vegetable protein, aspartame) that overstimulate the brain and are implicated in such conditions as Alzheimer's, Parkinson's, Attention Deficit Disorder (ADHD), memory and cognitive decline, as well as a host of other hormonal and neurological problems.

Aspartame is an acidic amino acid that reacts with specialized receptors in the brain in such a way as to lead to destruction of certain types of neurons. This amino acid is a normal neurotransmitter in the brain, but is found in extremely small concentrations (8-12 uM). When the concentration of this transmitter rises above this level the neurons begin to fire abnormally. At higher concentrations, the cells undergo a specialized process of delayed cell death known as excitotoxicity, that is, they are excited to death.

Russell Blaylock, MD, a neurosurgeon in Jackson, Mississippi, has done extensive research into the effects of excitotoxins on the human brain. What he found is most shocking: since 1945, our usage of excitotoxins has doubled every 10 years. Excitotoxins are now added to many processed foods, fast foods, diet foods, beverages, and frozen foods. It has been demonstrated that excitotoxins actually destroy nerve cells in the brain and in the retina of the eye. Excitotoxins should be avoided, especially by young children and older adults.

Aspartame is also a neurotoxin which causes brain lesions and destroys the central nervous system.

Aspartame breaks down in 20 minutes at room temperature into several primary toxic and dangerous ingredients:

1. DKP (diketopiperazine) which converts to a near duplicate of a powerful brain tumor-causing agent.
2. Methanol/wood alcohol (10% of aspartame) is a deadly poison and most commonly causes vision problems and can lead to blindness. The absorption of methanol into the body is sped up considerably when free methanol is ingested. Free methanol is created from aspartame when it is heated to above 86° F (body temperature is 98.6 F), which would occur when aspartame-containing products are improperly stored or heated. An EPA assessment of methanol states that methanol "is considered a cumulative poison due to the low rate of excretion once it is absorbed". The recommend limit of consumption is 7.8 mg/day. A one-liter (approx. 1 quart) aspartame-sweetened beverage contains about 56 mg of methanol. Heavy users of aspartame-containing products consume as much as 250 mg of methanol daily or 32 times the EPA limit. Methanol breaks down into:
 - a. Formic acid – an ant venom, a known carcinogen, causes retinal damage. It is most commonly used in the manufacturing of fumigants, animal feed additives, and commercial paint stripper.
 - Formaldehyde - a deadly neurotoxin, an embalming fluid and a known carcinogen, causes retinal damage, interferes with DNA replication, and causes birth defects.

Due to the lack of a couple of key enzymes, humans are many times more sensitive to the toxic effects of methanol than animals. Therefore, tests of aspartame or methanol on animals do not accurately reflect the danger for humans. As pointed out by Dr Woodrow C. Monte, Director of the Food Science and Nutrition Laboratory at Arizona State University, "There are no human or mammalian studies to evaluate the possible mutagenic, teratogenic, or carcinogenic effects of chronic administration of methyl alcohol."

The Food and Drug Administration (FDA) is well aware of the terrible affects of aspartame, yet leave it on the shelves. The FDA has a list of 92 aspartame-related reactions – here is just a few of those:

- anxiety attacks - arthritis - asthma - blood sugar problems - brain cancer - chest pains - depression - dizziness - fatigue - hair loss - headaches/ migraines - heart palpitations - high blood pressure - impotency - infection susceptibility - insomnia - joint pain - memory loss - muscle spasms - seizure and convulsions - weight gain.

Aspartame can also mimics diseases or worsens their symptoms – the following is just a few of the diseases:

- MS - Parkinson's - Lou Gehrig's disease - Fibromyalgia - Lupus - ADHD - Alzheimer's

Aspartame also precipitates Diabetes; 65% of all Diabetics develop Alzheimer's because they replace sugar with aspartame.

SPLENDA (SUCROLOSE)

Splenda, aka sucralose, has only been on the market a few years, but is fast replacing aspartame. Due to the fact that it has only been on the market a short time, there are no long-term human studies (12-24 months) of splenda's (sucralose) effects. Splenda claims that over 100 studies have been conducted, but fail to tell us that they are mostly on animals. As of 2005 only six human trials have been conducted, of these trials, only two were completed and published before the FDA approved sucralose for human consumption. The two published trials had only 36 human subjects and the longest trial time was four days. (mercola). So, without even addressing the pre-approval research showing potential toxicity, it is clear that sucralose has a) no long history (eg, decades) of safe use, b) no independent monitoring of health effects, c) no long-term human studies and d) no independent human studies.

Much of Splenda's controversy has been over its false advertising, claiming that is made from sugar, so it taste like sugar. Dietitian Nancy Restuccia, MS, RD, a nutritionist at the Center for Obesity Surgery at New York Presbyterian/Columbia University Medical Center in New York City says, "Splenda is not sugar -- and to piggyback it on to the reputation of the centuries' old profile of sugar is more than misleading, it could come back to haunt us, perhaps sooner than we think." Indeed, while there are currently only a handful of studies that question Splenda's safety and more than 100 which attest to it's safe use, Restuccia says it simply hasn't been around long enough to amass any long-term data -- or even short-term data involving heavy consumption.

Actually, splenda is chlorinated synthetic sugar molecule. It may start with a sugar molecule, but in a five step patent process three chlorine molecules are added to a sugar molecule. This type of molecule does not exist in nature, therefore, your body does not possess the ability to properly metabolize it. The manufactures of splenda have claimed that splenda is not absorbed into the body. Consumers who realize they are actually eating chlorine may hope it is true, but the FDA determined that as much as 27% of sucralose can be absorbed by the body. This is particularly alarming for a chemical substance containing chlorine. Splenda is a chlorocarbon and chlorocarbons are significantly absorbed from the digestive tract and sucralose is no exception. It is significantly absorbed from the GI tract.

When a sugar molecule is turned into splenda, it becomes a chlorocarbon, in the family of pesticides, such as, Chlorodane, Lindane and DDT. Obviously, chlorocarbons are extremely toxic to some species. The chlorocarbons have long been famous for causing organ, genetic, and reproductive damage. It should be no surprise, therefore, that the testing of sucralose, even at less than the level demanded by FDA rules, reveals that it has been shown to cause up to 40%shrinkage of the thymus: A gland that is the very foundation of our immune system. It also causes swelling of the liver and kidneys, and CALCIFICATION of the kidney.

Another claim the manufacturer of splenda makes is the chlorine added to sucralose is similar to the chlorine atom in the salt (NaCl) molecule. That is not the case. Sucralose may be more like ingesting tiny amounts of chlorinated pesticides, but we will never know without long-term, independent human research.

There is a lot of information out there and what it really comes down to is you educating yourself and making a truly informed decision about what you are putting into your body. With many people trying to get away from sugars either because of dieting or just wanting ourselves and our children to be healthier – using an artificial sweetener may seem like the answer, when in fact, limiting sweets and sugar, eating natural whole foods that are unaltered, free from preservatives, and eating more natural fruit and vegetables is the answer. My philosophy is: If it is made made or man altered – do I really want to put it into mine and my family's body? It may not be easy to eliminate or at least limit sugar intake, **but it is absolutely possible.**

There are some natural sweeteners out there that are much better to use, if you need a sugar alternative. Stevia is a remarkable noncaloric herb, native to Paraguay, and has been used as a sweetener and flavor enhancer for centuries. Agave nectar

I believe that we as consumers need to take our power back and ask questions. Do not believe that if the FDA approved it must be okay for us – that is just not the case any more. We need to read food labels, encourage our children and family to eat healthy fruits and vegetable, be more proactive with regards to our health and bodies and make informed decisions.

Thank you for reading! - Dr. Katie

The web-sites I used for this article:

REFERENCES:

- www.mercola.com/ / www.nsc.com (National Safety Council) / www.osha.com / www.haciendapub.com / www.dorway.com / www.wnho.com