



ELITE

Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

6/19 - Sucralose Just Got Scariier

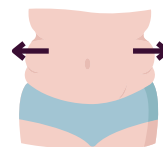
But first, a comment on our content...

Short content has its place. It's great for quick marketing and cute cat videos. However, health is radically different from entertainment. We are often told that our EPT articles are information dense. This is deliberate. Our goal is to educate and empower readers so that they aren't misled. We try to make our articles appealing without skimping on important content. It's a tough task to achieve the right balance.

Having said that, let's move on to an update on the common artificial sweetener known as sucralose. I will be brief because we've discussed artificial sweeteners in the past. To recap, they are bad. Really bad. Way worse than sugar. Nobody should be consuming artificial sweeteners with any regularity! Here's why:

Artificial sweeteners

- are hundreds of times sweeter than sugar
- desensitize the taste buds
- damage healthy bacteria, feed unhealthy bacteria, and increase gut permeability, which allows toxins to leak into the body
- are associated with many adverse reactions
- are associated with increased risk for insulin resistance, diabetes, irritable bowel, Crohn's disease and thyroid dysfunction
- causes more weight gain and obesity than sugar



If all of the reasons above aren't bad enough, a new study says that sucralose is genotoxic, meaning it damages DNA! Now, that is really scary.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

North Carolina State University shared the findings of a study published May 29, 2023. As with most research, it's tedious to read. Here's the important take-home message: the threshold for safe consumption of sucralose is 0.15 micrograms per day. Their study shows that consuming just one sucralose-sweetened drink daily significantly exceeds this threshold.

Sucralose was originally developed as an insecticide. It was never meant for human consumption! Yet the not-so-trustworthy FDA approved sucralose in 1998 for use in 15 food and beverage categories. In 1999, they approved sucralose as a general-purpose sweetener for all food and beverages. Under higher temperatures, sucralose breaks down into toxic compounds. Sucralose increases the risks for many diseases and dysfunctions. And now we learn that sucralose can potentially damage DNA!



EPT concurs with the North Carolina study's conclusion, which states, "people should avoid products containing sucralose. It's something you should not be eating". We go a step further and recommend avoiding all artificial sweeteners, not just sucralose. Note that Splenda is the most common sucralose-based product.

For our article on artificial sweeteners entitled "The Good, the Bad and the Ugly", please refer to the health topic for August 8, 2022.

If you are consuming artificial sweeteners, you really need to stop immediately. Please let us help. As always, we are here to help with your wellness journey and are glad to discuss exercise, nutrition, and supplement concerns.



References

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