

# How Sweet It Is!

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If you can believe it the FDA released 2 more recalls this week on contamination of more lots of the blood pressure medicine Valsartan and the replacement many changed to Losartan or Irbesartan. Blood pressure control involves controlling not only sodium intake but also sugar. **2 out of every 3 diabetics** also have high blood pressure. We have talked about ways to control blood pressure naturally by managing sodium intake (Himalayan pink salt, herbs and spices to season), limiting added sugars, getting adequate sleep, stress management (prayer), proper nourishment (fruits, vegetables, whole grains, nuts, seeds, avoiding junk/processed “food”), moving more, and drinking the delicious Hibiscus tea (up to 3 8 oz cups per day).

The taste of SWEET is our first taste. It compels us to drink milk as infants to signal nourishment. Sweet activates the pleasure and calming centers of our brains. IS sugar evil? No. Many people attribute the world’s health problems fat and now to sugar. It is only excessive sugar intake that is an issue. However God never meant us to demonize an inanimate object. It has no power over us beyond what we believe it to be. Many people misquote and say Money is the root of all evil. Similarly people claim sugar is the root of all evils and we much banish it with artificial substitutes to be healthy. That is so contrary to God’s original plan for our nourishment. He has provided an array of natural sweet items that are both Good2UGood4U.

| Sweetener      | Notes  | Glycemic Index |
|----------------|--|----------------|
| White Sugar    | Sugar cane or beet sugar juice highly processed to be pure dextrose and sucrose<br>In the US beet sugar is genetically modified and run over charcoal bone char filter<br>In the US pure cane sugar is not genetically modified and is vegan<br>All minerals in original plant removed during processing | 85             |
| Honey          | Nectar from honeycomb of beehives. Bees store nectar in “honey stomach” for transport to hive. So no. Honey is not bee vomit   | 50             |
| Agave Nectar   | Comes from agave tequila plant in the cactus family<br>Lower glycemic index than sugar<br>Almost pure fructose. Vegan  | 15             |
| Coconut Sugar  | Made from sap of coconut palm tree buds<br>Vegan   | 35             |
| Maple Sugar    | Sap from maple tree. You can’t get more natural than that  | 54             |
| Molasses       | Blackstrap molasses contains calcium, potassium (6X more than banana), iron, vitamin B6, selenium  | 55             |
| Sugar Alcohols | Made from starches and have fewer calories than sugar. Metabolized slower ; blood sugar raised slowly. Used in diabetic candies, sugar-free gum, toothpaste & mouthwashes (sorbitol, xylitol)  | 1              |
| Erythritol     |  | 2              |
| Mannitol       |  | 12             |
| Xylitol        | Xylitol highly effective in preventing dental caries in humans.  | 4              |
| Sorbitol       | Xylitol can be deadly for dogs. Hypoglycemia, seizures<br>Can cause GI upset (gas, bloating, nausea) or headaches<br>Used as bulking agents in other sweetener formulas  |                |
| Stevia         | Made from extract of stevia rebaudiana plant. Native to South America<br>Powder white extract is processed and adds Erythritol and/or inulin as bulking agent for baking   | 0              |

|                                   |  |     |
|-----------------------------------|--|-----|
|                                   | Some brands use only Reb A extract (the sweetest portion) and claim benefits only studied in whole plant extract<br>Choose brands with greenish liquid or green powder for best benefits |     |
| Sugar In Raw<br>"Turbinado sugar" | Early pressing of sugar cane juice. Minimally processed<br>Made from sugar cane but not bleached or heavily processed  | 54  |
| Monk Fruit<br>"Luo Han Guo"       | Grown in China and Thailand. Expensive to make & export.<br>Not as easily available in most parts of US. Super sweet<br>Usually mixed with bulking agents for use.                       | 0   |
| Glycine                           | Amino acid (building blocks of proteins) with natural slight sweet taste<br>Add to beverages for muscle health, improved sleep quality<br>Helps stabilize blood sugar (15g/day)          | N/A |

**Sweet food additives:** Maltodextrin is made from corn, potato or rice starch. Glycemic index =110. Used in small amounts in processed puddings, protein bars, etc. Diabetics be aware.

**What about high fructose corn syrup? Isn't corn a plant too?** The FDA has not defined the term 'natural' so HFCS still stands as GRAS until a policy definition is made. Corn solids are extracted and treated with one set of enzymes then treated later with another set of enzymes to convert the glucose to fructose.

What's so wrong with artificial sweeteners? All artificial sweeteners: saccharin, acetylsulfame potassium (acet-K), sucralose (Splenda), aspartame (NutraSweet), neotame are MADE IN A LAB. All attempts to circumvent God's original sweet plan have side effects including weight gain, headaches and joint pain issues. When our body senses sweet but gets no calories, the brain is disappointed because it expected some energy. Now you want more to eat. There are my conflicting studies about the impact of artificial sweeteners in the development of cancers.

Avoiding artificial sweeteners is not as easy as you think. READ labels for anything you put in your mouth and swallow. Children's liquid medicines, coatings on your pills are riddled with artificial sweeteners sucralose, sorbitol, aspartame etc. It is difficult to find suitable medicines at times without artificial sweeteners or colors. Little Remedies and Zarbees brands have many options that do not contain artificial sweeteners, taste great and are available at affordable prices in most stores. For infant/children's medicines stick with brand name dye-free versions. In the past 4 months there have been several FDA recall notifications for CVS or Equate (Wal-Mart) brand infant/children Ibuprofen that contained more product than listed as correct.

W B L A C K S T R A P W Y E T  
A S A O D A N I B R U T E E N  
R E N I C Y L G A I H T N R S  
N O K A L N M G X R S J O F U  
I G K I J O U O B Y G H H R C  
R R A G U S T U N O C O C A R  
A L P C N U R I W K E V S G A  
G S Z W S G A L R L F P Q U L  
U O O O E A T I P H A R G S O  
S R T Q S R G A V R T N U G S  
B B Z O S A M A T E H Y V I E  
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X T A I L D M E G E I S T E B  
I O G N O E L U O H A N G U O  
I L F V M D N I R A H C C A S

|            |                |
|------------|----------------|
| AGAVE      | ASPARTAME      |
| BLACKSTRAP | BROWN SUGAR    |
| ERYTHRITOL | GLYCINE        |
| HONEY      | LUO HAN GUO    |
| MAPLE      | COCONUT SUGAR  |
| MOLASSES   | MONK FRUIT     |
| SACCHARIN  | SORBITOL       |
| STEVIA     | SUCRALOSE      |
| SUGAR FREE | SUGAR IN RAW   |
| TURBINADO  | NO SUGAR ADDED |



Got the flu or cold and need hydration. Skip the Pedialyte or artificially sweetened or colored sports drinks. Try coconut water or coconut water + 100% fruit juice