

Healthier Sweetener Resource List

Before detailing the sweetener resources, there are three general points that are very important to consider.

1. It is helpful to get comfortable with a number of different sweeteners. You can focus on one or two main sweeteners and use others to add a little variety to your food. For healing and disease prevention, it is preferable to use the safer sweeteners listed below in relatively *small* amounts.
2. While it is very important not to be too restrictive in a diet, it can be helpful to use sweeteners that contribute to improving your health. Gradually and comfortably moving towards a healthy diet and lifestyle.
3. Toxic sweeteners to avoid: neotame, aspartame (NutraSweet, Equal), sucralose (Splenda), acesulfame-k (Sunette, Sweet-n-Safe, Sweet One). Use saccharin, cyclamates and sugar alcohols only as transitional sweeteners to those mentioned below.

NOTE: If you are a diabetic, it is important to work closely with your healthcare practitioner when you change your diet. Diabetics can safely use STEVIA (listed below) and usually small amounts of LICORICE ROOT and FRUCTOOLIGOSACCHARIDES. Some diabetics who are allowed to use small amounts of sugar can use small amounts of Sucanat or Florida Crystals listed below. Please consult your healthcare practitioner.

Specific Sweetener Ideas

1. Sucanat -- Whole cane sugar with water removed. You can get sucanat products mail order from Purity Foods (800/997-7358). Nutra Cane (603/672-2801) distributes sucanat in the US. Also, a company called Florida Crystals sells this product. Still sugar as far as diabetics are concerned, but it contains a small amount vitamins and minerals which helps reduce some of the negative effects found in long term use of white sugar.

2. Barley Malt -- Sunspire (510/569-9731) sells a malted barley product. Some people are sensitive to barley malt. However, they may have been sensitive to the malt because MSG is often hidden in the "malt" in processed foods.

3. Stevia -- From a South American plant. It is 300 times sweeter than sugar so it is used in extremely small amounts. It is used by diabetics in many parts of the world.

For more information on Stevia or Stevia Plants please visit:
www.Stevia-Plant.com

You can purchase Stevia from:

Sweetleaf.com
Wisdom Natural Brands™
1203 West San Pedro Street, Gilbert, Arizona 85233
P (800) 899-9908, E info@wisdomnaturalbrands.com
Powdered in Packets or Liquid

Consumer Direct
640 South Perry Lane, Suite #2
Tempe, AZ 85281
(800) 899-9908 (602) 921-2160
Sells liquid concentrate of Stevia from Paraguay.

Body Ecology Diet
1266 West Paces Ferry Road, Suite 505
Atlanta, GA 30327
(800) 896-7838 (404) 266-1366
Sells Stevia powder from China.

Richters Herbs
Goodwood, ON L0C 1A0, Canada
Tel +1-905-640-6677 Fax 640-6641
Info: info@richters.com
Catalog Requests: catalog@richters.com
Sells stevia plants

Stephen J. Marsden

Herbal Advantage, Inc.
Route 3, Box 93
Rogersville, MO 65742
Phone: 800-753-9199 or 417-753-4000
Fax: 417-753-2000
Email: Herbal@dialnet.net
<http://www.HerbalAdvantage.com>
Sells stevia powder, extract, and plants.
(Can ship same day small orders or up to hundreds of pounds.)
Dealer inquiries invited. Custom bottling and labeling available.
Free Catalog of herbs and spices.

The taste of Stevia can vary considerably from one vendor's product to another due to different growing conditions, processing, etc. Please try products from several vendors until you find one that you like the best.

4. Xylitol

Health Connection of Pocatello
<http://www.mysweetliving.com/prwolf>
208-221-8327
(Bulk xylitol, gum, etc.)

5. Fruit Juice

If you shop at a natural foods store, you will notice that many products are sweetened with fruit juice. R.W. Knudsen sodas for example taste almost as sweet as junky soda, but are made with fruit juice and carbonated water. So you get the vitamins and minerals and avoid the junk that usually comes in typical sodas.

Natural jellos can be made with water, fruit juice and agar-agar as another example of using fruit juice as a sweetener.

6. Honey -- It may have contaminants, however, especially if it is imported. Be certain of the source and quality before using it regularly. Honey should never be given to infant and very young children.

7. Rice Syrup and Yinnie Syrup are often found at natural food stores.

8. Licorice Root

Licorice root is one of the most commonly used herbs in the world.

No serious adverse reactions have been published about licorice root. *Single* chemical extracts have caused serious adverse reactions on occasion when used in medicine or candy, but the whole root does not cause these serious reactions. A single chemical extract of glycyrrhizin from licorice root causes the blood level of this chemical to rise dramatically. This does not happen to when whole licorice root is taken in reasonable amounts. (See Environmental Health Perspectives, Volume 102, Supplement 9, November 1994, 65-68.) See the book, "The Scientific Validation of Herbal Medicine" by Dr. Daniel B. Mowrey for a more detailed discussion of licorice root.

Licorice root is safe for diabetics, but *not* as a primary sweetener. Stevia is a better choice for diabetics. As an example, you may want to consider using stevia and also use fruit juice, small amounts of licorice root in tea, amasake, etc. so that you get variety in your diet. Licorice root is best used in small amounts to give herbal teas a sweet taste.

9. Amasake -- Made from sweet brown rice, brown rice and koji (starter). The koji breaks down the polysaccharides in the rice to disaccharides giving it a very sweet taste. Most natural food stores have amasake drinks, which you can try -- or you can make it yourself. Try to avoid drinking too much of the amasake drinks made with almonds or nuts as they can be hard on the digestion.

10. Other herbs -- There are a number of plants which can be used as a sweetener. Stevia is just one of the more popular ones. There are other herbs which are sweet and safe for everyone which will be added in the future as they become generally available.

11. Fructooligosaccharides (FOS) -- Another very useful product for Candida overgrowth patients as it supports the growth of beneficial bacteria. It is a little expensive to use in large amounts.

12. Gradually reduce or eliminate:

White Sugar

Brown Sugar -- Brown sugar is usually white sugar mixed with molasses or sprayed with caramel coloring.

Raw Sugar -- Raw sugar is often white sugar with coloring.

Fructose -- Beware the "natural" products with fructose. It's not much better than white sugar (IMO).

D-tagatose -- Far safer than neotame/aspartame, sucralose, etc., but best used as a transitional sweetener to healthier ones listed above.

Corn Syrup

Dextrose

Artificial Sweeteners (NutraSweet (aspartame, "contains phenylalanine" on the label), Equal, Spoonful, Neotame, Sunette (Acesulfame-k), Splenda (Sucralose), Sweetener 2000 / NutraSweet 2000)-- Avoid these like the plague. Please don't become a guinea pig for another poorly-tested toxic sweetener only to find out years from now that it contributed to the destruction of your health.

Important Note: MSG (Monosodium Glutamate) has some of the same toxicity mechanisms as the toxic sweetener aspartame. In order to cut out MSG, you need to remove foods with the following ingredients:

- Monosodium glutamate
- hydrolyzed proteins (any type of hydrolyzed protein)
- autolyzed yeast
- yeast extract
- caseinate (in many cases)
- "Natural Flavors"

MSG that occurs naturally in tomatoes, cheese, etc. is absorbed and metabolized differently (safely) due to other factors in the food.

<http://www.holisticmed.com/sweet/sweet.txt>