



Quintessential Health Care

An Integrated Health Resource

The Straight Truth About Zero-Calorie Natural Sweeteners

Greetings!

We have been getting a lot of questions about sweeteners lately, specifically on the newer types of low to zero-calorie "natural" (non-artificial) sweeteners including:

- Xylitol
- Stevia and stevia blends
- and Erythritol

If you're confused about whether or not these should be included in a healthy lifestyle, read on to get Milly's thoughts.

We'll also be sharing some our favorite healthier alternatives to satisfy your sweet tooth, and give a quick tutorial on how mindful eating can help take the edge off unwanted sugar cravings.

Enjoy!

Message from Milly

This topic of sweeteners has been a hot and highly-debated one for *decades*.

Sugar, once believed to be "harmless" is now officially recognized as a leading contributor to heart disease (not fat like we had all been led to believe for years).

Sugar has also been shown to play a role in metabolic disorders, tooth decay, behavioral changes, obesity, and weight-gain; and is considered as addictive as many narcotics.

There is no doubt in my mind, based on decades of research and what I have experienced in practice, that limiting your sugar consumption is one of the best things you can do for your overall health.

But...giving up sugar is genuinely difficult for most people for a few sound reasons.

In This Issue

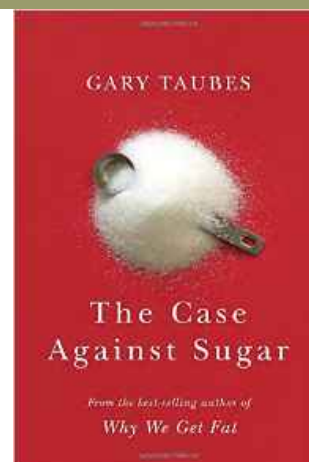
[Message from Milly...](#)

[The Attitude of Health](#)

[Heal Thyself and Never Stop Learning](#)

[Ancient Wisdom Modern Medicine](#)

Heal Thyself and Never Stop Learning



Book Pick of the Month:
["The Case Against Sugar"](#) - Gary Taubes

Written by New York Times best-selling author of "Good Calories Bad Calories", Gary Taubes', "The Case Against Sugar" is the perfect motivational read for sugar-addicts.

Taubes tackles the myths, facts, history, and health issues behind sugar using his signature investigative-journalist approach.

Aside from the fact it is in nearly every processed food, served at all parties, and highly addictive, our bodies are hard-wired to seek out sweets for survival.

Breast milk, for example, is naturally sweet to entice babies to eat, and starchy, sweet foods were prized above all by paleolithic man for their incredible source of energy.

So how does one go about limiting sugar with so much temptation (and biology) around? Most people look for an alternative in the form of natural or artificial sweeteners.

Artificial sweeteners, such as aspartame, sucralose, and saccharin are incredibly toxic fake foods that should be banned from your kitchen. Period.

Aspartame, for example, has been linked to over 92 diseases as reported by the Department of Health and Human Services[1], sucralose (commonly marketed as Splenda) is a chlorinated sucrose extract—yes, chlorinated as in chlorine—producing dangerous toxins when heated and may contribute to certain types of cancers[2], and saccharin may cause bladder cancer[3].

I have also seen the side-effects of these sweet poisons in the form of migraine headaches, addiction, emotional disturbances, neurological issues, cognitive dysfunction, and a host of other less-documented health conditions.

No one ever tests well for artificial sweeteners in a BioEnergetic Assessment for good reason: they are not compatible with human life.

Thankfully, we now have a lot more options than we did ten or twenty years ago when it comes to natural sweeteners.

Stevia, xylitol, and erythritol have all experienced a surge in popularity of late, and though not all of these natural sweeteners are perfect for *everyone*, they are all much better alternatives than artificial sweeteners and processed sugar. Let's look at each of them now.

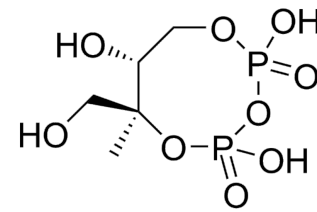
Stevia: stevia is a 100% safe and natural herbal extract you can buy in powdered or liquid form.

Originally used by native peoples for its blood-sugar balancing effects, it is our top choice for natural, low-calorie/low-carb sweeteners.

Aim to use pure stevia products, such as SweetLeaf® over blends to avoid sneaky GMO ingredients like maltodextrin.

Overall, stevia is an excellent sugar substitute anyone

This meticulously-researched book is an eye-opening, convincing, and pleasurable read.



A Helpful Article on Erythritol from Body Ecology:
["Erythritol: What You Need To Know About This Natural Sugar Substitute..."](#)

We have been following Donna Gates and the Body Ecology team—recognized experts in Candida, for years.

In this helpful article, they explain the research and health benefits of erythritol, who it is appropriate for, and why they recommend the erythritol/monkfruit combination known as: "Lakanto" for those with Candida.



If You Want to Learn More about xylitol, check out this article from Dr. Axe...

For those curious to learn more about xylitol, this article: ["Xylitol Side Effects: Safe or Dangerous?"](#) from Dr. Axe is quite good.

Though the article does try to highlight more potential

can safely enjoy any time. Its only downside is that its challenging to bake with and different brands/forms vary in taste.

Play around with different brands to see which one you like best.

Xylitol/Birch Sugar: though it sounds like a chemical sweetener, xylitol is an alcohol sugar made from corn or birch trees.

Alcohol sugars in general do not appear to cause any major problems and are well tolerated, but xylitol can cause gas and bloating which dissipates with increased use.

Xylitol has been proven healthy for your teeth and gums, does not feed Candida (yeast in the gut), and can help prevent ear infections in children as it inhibits a common type of bacteria associated with ear infections[4] (hence you may have come across nasal sprays and ear drops made with xylitol). It also seems to positively affect gut bacteria.

However...xylitol *is* a highly processed product sometimes produced from GMO corn (look for pure birch sugar or non-GMO alternatives), and some experts have concerns about the nickel used in processing. It has also been shown to raise blood glucose levels, making it likely unsuitable for diabetics.

Does this make it unhealthy for you compared to sugar? It depends upon your health, but so far its benefits seem to outweigh that of processed sugar though perhaps not natural, unprocessed sugars. Is it healthier than artificial sweeteners? Absolutely healthier.

The healthiest form of xylitol is made from birch, and the second-healthiest from non-GMO corn. It is easier to bake with than stevia, has a neutral flavor, and low-carb enthusiasts adore it.

My conclusion thus far is, xylitol is a pretty good (not excellent) sugar alternative to enjoy in moderation. See the "Heal Thyself" section for more detailed information.

*Pet owners, please note: xylitol is toxic to dogs (just like chocolate), so keep out of Fido's reach.

Erythritol: is another type of sugar alcohol made from corn.

It is the most popular and affordable sugar alcohol on the market and is found in products like Swerve®, artificial sweetener blends, diet sodas, and many stevia blends.

Erythritol is one of the best tolerated sugar alcohols and

negatives than positives about xylitol, his information and research on the benefits vs. drawbacks is valuable in helping you determine if xylitol has a place in your diet.

Again, our advice is to enjoy in moderation (unless you're diabetic) in place of processed sugar.

Ancient Wisdom Modern Medicine

A Few of Our Favorite No-Sugar Treats



- [Zollipops xylitol-sweetened lollipops](#)—GMO-free, artificial color and flavor-free, vegan, from USA birch. Order online.
- [Zevia Sodas](#)—100% stevia-sweetened sodas in a variety of familiar flavors like Cola, Ginger ale, Club Soda, and Root Beer. Available at most grocery stores.
- [Lily's Stevia/Erythritol-Sweetened Chocolates](#)—gourmet dark and milk chocolate bars, chocolate chips, and other delicious chocolately goodies. Available online or at natural food stores.

produces far less gas and bloating than birch sugar. It is proven tooth-friendly, does not appear to affect blood glucose levels, does not feed Candida, and many natural health experts recommend its use.

However, I do not recommend it in excess for those suffering from certain types of digestive issues, like SIBO (small intestine bacteria overgrowth) or for children, as it can cause diarrhea and irritate the GI tract further.

Overall, erythritol is a pretty good option (not excellent) for adults, including diabetics, is definitely better for you than artificial sweeteners and processed sugar, and can be enjoyed in moderation.

Beyond Low-Calorie/Low-Carb Sweeteners...

You just can't beat nature when it comes to sweets. Therefore, we recommend the following low-to-non-processed natural sugars in place of processed sugar for non-diabetics and those without Candida:

- Coconut sugar (a great buy at Trader Joe's).
- Raw honey (great for seasonal allergies too).
- Dates and date sugar.
- 100% Organic Maple syrup (under \$15.00 for a big bottle at Costco).
- Maple Sugar.
- Brown Rice Syrup.
- Organic Blackstrap Molasses.
- Rapadura Sucanat.
- Sorghum syrup.
- Monkfruit.
- Lakanto—a blend of lou han gou and non-GMO erythritol.

Read on to learn more about these low-calorie/low-carb natural sweeteners, PLUS how you can beat your sugar cravings with specific mindfulness exercises in "The Attitude of Health".

Sweet Blessing to All,
Milly

References:

- 1: http://www.sweetpoison.com/articles/0706/aspartame_symptoms_submit.html
- 2: <http://www.tandfonline.com/doi/abs/10.1080/10773525.2015.1106075?journalCode=yjoh20&>
- 3: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1637197/>
- 4: <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0016412/>

The Attitude of Health
Mindfulness Meditation Can Help You Beat Sugar Cravings

We are always fascinated by the power of the mind-body connection in healing.



So we were *thrilled* when we learned about research linking mindfulness to a reduction in chocolate and sugar cravings.

The Australian study, published in the journal *Appetite*[1] found that by using two forms of mindfulness, cognitive defusion (the process of accepting that thoughts are only as powerful or as fleeting as we allow them to be) and guided imagery, reduced the subject's cravings and dependency on chocolate.

Similar techniques have been used in other studies, and by practitioners of natural medicine and hypnosis, to help people eliminate cravings for sweets and other processed foods.

Want to put it to the test the next time you're *dying* for a big piece of chocolate cake?

Hop on YouTube and search "mindfulness meditation for sugar cravings" and you will find a HUGE variety of guided meditations to choose from. What do you have to lose?

[1]Source: [Schumacher S, Kemps E, and Tiggemann M. Acceptance- and imagery-based strategies can reduce chocolate cravings: A test of the elaborated-intrusion theory of desire. Appetite. 2017.](#)

Quintessential Health Care | | info@quintessentialhealth.net | <http://www.quintessentialhealth.net>
5672 Peachtree Parkway
Suite H
Norcross, GA 30092

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