How Sweet It Is

In the modern world some people are weight conscious and others are health conscious. Although similar, these two groups must be distinguished as different. The debate between artificial sweeteners and sugars differs drastically. As you walk down the aisles in the supermarket you may notice that there is Coca-Cola Classic which contains 42 grams of sugar and 160 calories, and then there is Diet Coke that has 0 grams of sugar and 0 calories. So what do you think is better? If you said Diet Coke you are wrong. Diet Coke is worse. The Diet Coke contains aspartame, an artificial sweetener. **People have been led to believe that aspartame is a better choice for a sweetener than sugar or honey when in fact it is more dangerous to our health.**

Companies like Monsanto have been using chemicals to create no calorie sweeteners, like aspartame, in an attempt to convince us that these are better for our health. People who count calories have been easily fooled by this because they are desperate to continue consuming sweets that they know are contributing to poor health. There have been more harmful reactions to aspartame than all other foods and food additives *combined*. These reactions include headaches, vomiting, vision problems, convulsions, joint aches & pains. It has actually been proven that consuming aspartame leads to weight gain because it creates a carbohydrate craving. Aspartame was denied approval for years by the Food and Drug Administration (FDA) due to the many problems that arose during testing like inducing brain tumors in test subjects. A former Monsanto employee, who was new to the FDA, was ultimately responsible for the approval of its use. Artificial sweeteners, like aspartame, may not contain calories but the side effects are not worth the risk when there are other alternatives like sugar and honey.

The extraction of organic sugar cane juice from the sugar cane plant began over two thousand years ago. Sugar cane can be grown and harvested without chemical fertilizers, herbicides or pesticides. It contains many essential minerals and is considered a good energy source. Consumption of too much sugar can lead to weight gain, diabetes and other health problems. Sugar is certainly a better choice than aspartame, but honey might have even more to offer.

Honey is considered a natural sweetener because it does not need to be chemically processed. Bees make honey by using the nectar from flowers. It has a distinct flavour that some people prefer to sugar. The many benefits of honey have been recognized for so many years that the Bible and the Quran praise its many uses. Honey is antibacterial, anti-inflammatory and antiviral which is why it can help soothe sore throats and burns. Iron, calcium, phosphate, potassium and magnesium are some of the nutrients contained in honey. Consuming too much honey can lead to gastrointestinal problems because of its fructose content it can interfere with the functioning of the small intestine. Honey has an incredibly long history of benefits that far outweigh aspartame, and even sugar.

The bottom line is that sweeteners of any kind should be consumed in moderation. That being said, not all sweeteners are created equally. Artificial sweeteners, like Monsanto’s aspartame, have proven to cause much harm and should never be used. Organically grown cane sugar can provide some essential minerals and energy. The value of honey however, has been recognized for centuries. When choosing a sweetener we need to be conscious of how it is going to affect our health. We all like to occasionally indulge in something sweet, but we need to remember to do just that - occasionally indulge.