ARTIFICIAL SWEETENERS

Aspartame, Splenda, Sweet'n Low, Sugar Twin, NutraSweet, Equal, Stevia, high fructose corn syrup (HFC), fructose, agave.

These are neurotoxins that can accumulate in your body and increase the risks of cancers, brain tumors, diabetes, Alzheimer's, Parkinson's, ADHD, seizures, digestive issues, liver disease, heart palpitations, muscle spasms, high blood pressure, insomnia, allergic reactions, autoimmune diseases etc.

Xylitol, Sorbitol, Maltitol, Erythritol, Mannitol, Isomalt, Hydrogenated starch hydrolysates (HSH) are common sugar alcohols that don't spike insulin as HFC or white sugar and don't have the calories as sugar, but digestive issues, allergic reactions and the above prior health issues could result. Some sugar alcohols are derived from wood, fruits and vegetables, but some are man made.

Organic non-GMO dates, raisins, pure maple syrup, coconut or cane sugar are also good sweeteners, especially for baking. Do not bake with honey as the medicinal properties will be destroyed. Apply honey on warm or cool foods. Use only pure unpasteurized honey.