

Greetings!

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Aspartame - Tasty Poison



Aspartame was discovered by accident in 1965. A chemist with the G.D. Searle Company was testing an anti-ulcer drug and discovered it tasted sweet. It was approved for dry goods in 1974, but was met with objections by a neuroscience researcher and the Consumer attorney prompting investigation of the research practices of the G.D. Searle Company. There are reports that the research was falsified to finally get FDA approval in 1981. The argument over the effects of aspartame has been going on for decades and continues today. When you do the research, however, there doesn't seem to be much of an argument for aspartame.

Over 75 percent of the adverse reactions to food additives reported to the FDA are due to aspartame. These reactions include: headaches, migraines, dizziness, seizures, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, memory loss and joint pain.

Often times it has been found that the excessive consumption of aspartame has been linked to worsening, triggering or mimicking the following illnesses: brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, Parkinson's disease, Alzheimer's, birth defects, fibromyalgia and diabetes.

To understand these negative side effects of aspartame, you need to understand its components. Aspartame is made up of three chemicals: aspartic acid, phenylalanine and methanol. The bond holding these together is very weak causing aspartame to breakdown into its components readily in liquids, during prolonged

**Supplement
of the
Month -
XYLITOL**



Throw out the sugar and artificial sweeteners. There is a sweetener that is beneficial to your health! Xylitol, a sugar alcohol found mainly in fruits and the bark of the birch tree, tastes and looks like sugar. Xylitol is all natural and is used by our bodies in everyday metabolism. It is not foreign to our bodies because we produce up to 15 grams of xylitol each day. It has been approved by The World Health Organization and the FDA for use as a food additive.

Unlike sugar, xylitol has a low glycemic index

storage and when exposed to heat in excess of 86 degrees Fahrenheit. The argument that these components are harmless because they are found naturally in food is irrelevant because they are bound to proteins or pectin in foods allowing them to be released slowly into the body.

Aspartic Acid makes up 40 % of aspartame. It functions as a neurotransmitter in the brain, facilitating the transfer of information from one nerve cell to another. Too much aspartic acid will produce free radicals causing brain cells to be damaged and die. This is known as an "excitotoxin" because it stimulates the nerve cells to death. When aspartame is ingested, aspartic acid is released quickly, causing a spike in the plasma blood levels. As these blood levels rise, so do those of the neurotransmitter norepinephrine. This is a stress hormone affecting the brain where attention and impulsivity are controlled. Excessive amounts have been associated with anxiety, agitation and mania.

Phenylalanine makes up 50% of aspartame. Individuals with the genetic disorder PKU (phenylketonuria) are not able to metabolize phenylalanine. This causes a high build up of phenylalanine in the brain. There is evidence that ingesting aspartame along with carbohydrates can lead to excessive levels of phenylalanine in the brain in persons not affected by PKU. Although phenylalanine is used in some instances as a treatment for depression, high amounts in the brain can cause the mood regulator, serotonin, to decrease, making depression worse. A decrease in serotonin levels may also result in carbohydrate cravings, explaining its ineffectiveness as a dietary aid. The build up of phenylalanine may also worsen schizophrenia and seizures.

Methanol makes up 10% percent of aspartame. It is a deadly poison that is released from aspartame at temperatures above 86 degrees Fahrenheit (in prolonged storage or inside the human body). The EPA (Environmental Protection Agency) says due to the low rate of excretion once it is absorbed, methanol is a cumulative poison. The EPA only recommends a limit of consumption of methanol up to 7.8 mg/day. A one-liter beverage sweetened with aspartame contains around 56mg of methanol. According to Dr. Russell Blaylock, professor of neurosurgery at the Medical University of Mississippi, NutraSweet contains seven times more than the amount allowed in any other product. Furthermore, methanol breaks down into formic acid and formaldehyde. That's right – it breaks down into the same stuff used for embalming fluid.

So what about the research testing the ingestion of aspartame on rats? The tests done on animals do not accurately reflect the potential dangers to humans. Humans are more sensitive to the effects of methanol due to our lack of some key enzymes. We are 5 times more sensitive than rodents and 20 times more sensitive than monkeys to aspartic acid. This is because we concentrate it in our blood at much higher levels and for longer periods of time. There are

and is metabolized slowly, preventing blood sugar levels from rising and falling rapidly. This makes it a safe sugar for individuals with diabetes or hypoglycemia. It also has 40% fewer calories than sugar, making it ideal for someone on a low calorie diet or trying to lose weight. It is acceptable on a YEAST FREE eating plan because it does not feed intestinal yeast.

Xylitol has other benefits. It aids in preventing sinus and ear infections and tooth decay. Xylitol is one of bacteria's natural enemies. Bacteria attaches to the membranes of the nose and throat, causing infections. When xylitol is present, these bacteria are unable to adhere to these membranes. This prevents them from being able to grow and become infectious. Antibiotics can leave resistant bacteria behind, but xylitol merely flushes all bacteria

no human studies on the long term effects of aspartame. It is ironic that G.D. Searle, the manufacturer of aspartame, searched for a drug that would combat memory loss caused by excitatory amino acid damage (high levels of aspartic acid).

It is alarming how many foods contain aspartame. Next time you are grocery shopping you may want to go right on by the reduced-calorie version of these products: Carbonated Soft Drinks, Cereals , Chewing Gum , Flavored Syrups for Coffee , Flavored Water Products, Frozen Ice Cream Novelties, Fruit Spreads, Sugar Free Gelatin, Iced Tea Powder, Iced Tea Ready to Drink, Instant Cocoa Mix, Jams & Jellies, Juice Blends, Juice Drinks, Maple Syrups, Meal Replacements, Mousse, No Sugar Added Pies, Non- Carbonated Diet Soft drinks, Nutritional Bars, Powdered Soft Drinks, Protein Nutritional Drinks, Pudding, Candy, Sugar Free Chocolate Syrup, Sugar Free Cookies, Sugar Free Ketchup, Table Top Sweeteners, Vegetable Drinks, Fat Free or Sugar Free Yogurt.

Don't buy in to the clever marketing. This is not the safe alternative to sugar. There are actually safe, natural sweeteners like Xylitol. If you want to know what you should be using, read our supplement of the month article. And if you think Splenda (Sucralose) is any safer than Equal (aspartame) or Sweet 'n Low (saccharin), we dare you to Google it!

Most of the above information was taken from Mercola.com and "Aspartame: Killing Us by Degrees - Part II", by Pat Thomas

Feeling Fatigued from Your Busy Summer Schedule?

away.

Xylitol is non-habit forming. Bacteria do not build up a resistance to it. A xylitol nasal wash is safe for infants to adults. There has been a high percentage of success in reducing ear infections in children by using xylitol, not only while the child is experiencing an ear infection, but also as a preventive measure.

Xylitol is increasingly being endorsed by dentists because of its ability to fight cavities and plaque. Xylitol creates an unfriendly environment for bacteria, preventing them from sticking to teeth. In clinical studies, it has been shown to reduce instances of tooth decay by 80%. To see best results, you should use xylitol 3-5 times per day. You can use the sweetener, xylitol sweetened gum and candy, xylitol toothpaste and mouthwash. Chewing xylitol



Feeling blue? Got allergies? Pain setting you back? Fatigue keeping you from enjoying life?

We know the summer is busy, but your fatigue may be due to more than a crazy schedule. Let us help you have energy left over at the end of the day.

[Contact Us](#)

Fitness Factoid

Getting fit is easier than you think!

Walking at a brisk pace (a 15-minute mile or 4 mph) burns almost as many calories as jogging for the same distance. The benefit of jogging is that it takes less time to cover the same distance and it benefits the bones; however, it may be too strenuous for some.

Go for a walk and reap the rewards!

by **Melissa Langton**

Recipe of the Month - Chocolate Peanut Butter Balls

gum after a meal is an excellent way to reduce plaque build up.

Neither sugar nor artificial sweeteners can benefit you like xylitol can. In fact, those are detrimental to your health. The only potential side effect of using xylitol in the beginning is that it may have a laxative effect if you start with too much. If that happens, you simply reduce the amount and slowly build up a tolerance. When you weigh that against the potential hazards of using sugar or artificial sweeteners (see our article on Aspartame in this issue), the obvious choice is clear.

Wouldn't you love to have the taste of sugar while enhancing your healthy lifestyle? Put the sweet back in your life the right way, the xylitol way!

[For More Information...](#)

- 1 jar Laura Scudder's natural peanut butter
- 1 cup oats (Quaker original)
- 3/4 cup Sweet-n-Natural (xylitol)
- 2 T cocoa powder
- 1/2 cup chopped pecans (optional)



Empty the peanut butter into a bowl. Then add all ingredients and mix together.

Form balls and place on wax paper or a cookie sheet. Refrigerate.

This recipe can be modified in several ways. Options: use your favorite nut, roll in chopped nuts, eliminate cocoa powder or adjust sweetener to taste.

This is a YEAST FREE recipe!

Testimonial of the Month

I would like to share a few thoughts regarding my experience with the program at The Woodlands Institute for Health & Wellness. First and foremost, I want to thank my wife Mary for the research and encouragement that led us to join this program.

Over the years, I have tried, and failed, at virtually all attempts to improve my overall health. With this program of medical monitoring, genuine healthy eating habits, and importance of physical training, I have found a balanced approach I can incorporate into my lifestyle.

Although I have only been in the program for a couple months, I feel better and stronger at 50, than I did when I was 40. I can honestly say this is due to two foundational perspectives.

First, I must be realistic regarding my expectations. I have strong memories of how I looked and felt at 20 years old, but must accept I am at a different stage in my life. I need to give myself credit for success, regardless of how small it may be.

Second, it took years of stressful work and unhealthy habits to produce my current condition. Therefore, I must expect this physical improvement to be a work in process for years to come. For me, it is a journey, not a quick fix.

The bottom line is this, at my age and condition, I realize I will feel better or worse, but I will not stay the same. I choose to feel better; for myself, for my family, and my friends. This program has given me the tools to achieve this.

by *Rick G.*

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Endermologie - Saving Dimples for Your Smile

CELLULITE REDUCTION, LYMPHATIC DRAINAGE, PRE/POST SURGICAL TREATMENTS, SCAR SOFTENING AND BODY CONTOURING.

All of these are some of the benefits from Endermologie treatment. The Endermologie® Center of The Woodlands, located inside Avante Medispa offers this revolutionary, non-invasive procedure. For the past five years, the Endermologie Center has grown and become the most experienced and specialized in cellulite reduction, body contouring, therapeutic massage and lymphatic drainage.



What is Endermologie? It is a non-invasive, FDA approved technique that feels much like a deep tissue massage. It uses automated rollers that lift, stretch and mobilize the underlying deep tissues reconditioning and restoring them to optimal health. This treatment helps improve circulation and relaxation of muscle tensions while smoothing the skin. This is the only non-invasive procedure to effectively fight cellulite, which is resistant to diet & exercise, at the cellular level. Endermologie is successfully used in over 95 countries and is endorsed by prominent fitness experts, models and doctors.

The growth and increasing popularity of Endermologie in The Woodlands is partly due to the efforts of Sherry Summers-Ball, a specialist with the Endermologie Center. She was the first to offer this treatment to The Woodlands. Because of her expertise, she was selected to be a trainer for LPG cellulite reduction equipment in Texas. She has specialized in the therapeutic massage applications including pre/post surgical treatments and lymphatic drainage treatments. She says, "The best plastic surgeons will offer their patients endermologie before and after surgical treatments in order to condition the patient's tissue. Progressive plastic surgeons know that it takes patient care and good health before surgery, physician skill, and patient after-care for optimal successful results."

Sherry is offering a SPECIAL on Endermologie treatments. If you sign up as a new patient with Dr. McManus, you will receive **ONE FREE Endermologie treatment**. She is also offering a special to our current patients. You do not have to be a patient, however, to take advantage of Sherry's July special. **Receive 14 Endermologie treatments for \$1,000 if you sign up with Sherry by July 31st.**

For more information you may contact Sherry at **SherrysuccessS@aol.com** or call her at **(281) 292-8882**. Sherry will also be giving a brief discussion and demonstration on Endermologie at our **August 9th Support Group Meeting**. If you

would like to attend, please contact admin@TWIHW.com.

[More Information](#)

Got Allergies?

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Recurrent
sinus
infections?
Constant runny nose?**



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