

It Can Destroy Your Immune System and is Like Eating an Insecticide

Posted By Dr. Mercola |

- Inflammatory bowel disease—an autoimmune disease that can have serious health consequences—may be caused or exacerbated by the regular consumption of the popular artificial sweetener Splenda, as it inactivates digestive enzymes and alters gut barrier function.
- Previous research also found that sucralose can destroy up to 50 percent of your beneficial gut flora, and increases pH level in your intestines.
- Many consumers may suffer ill effects from artificial sweeteners such as Splenda without realizing their problems are related to their consumption of artificially sweetened foods and beverages. If you experience any of the signs and symptoms listed, you'd be well advised to halt your use of sucralose products to see if symptoms are alleviated.

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In early studies of inflammatory bowel disease (IBD), it was shown to be most prevalent in countries such as the United Kingdom, the United States and those in northern Europe. However, in more recent studies, Canada has suddenly shot to the top of the list as the country with the highest incidence. In 1981, the incidence of IBD in Alberta, Canada was only 44 per 100,000; less than half that of Olmsted County in Minnesota. By the year 2000, the incidence in Alberta had skyrocketed to 283 per 100,000; now 63 percent higher than that in Olmsted County in the US. The question is, *why?*

Could Widespread Consumption of Splenda Explain Skyrocketing IBD Rates?

It's worth noting here that IBD is different from another condition that sounds very similar, namely inflammatory bowel syndrome, or IBS. Inflammatory bowel disease (IBD) is an autoimmune disease that can have very serious consequences, while IBS is a functional bowel disorder. Many IBD patients wind up having extensive sections of their colon removed to address the problem when conventional therapies fail and this can result in devastating and life-threatening complications. A paper published in the Canadian Journal of Gastroenterology theorizes that the increase in this troublesome disease may be related to the impairment of digestive proteases, caused by the inhibition of gut bacteria by dietary chemicals, such as saccharin and sucralose. Saccharin fails to provide an explanation for the rise of IBD, as Canada adopted stringent standards for the use of saccharin in 1977 -- but this is not the case for *sucralose* (Splenda).

According to the authors: *"If not saccharin, then what caused the remarkable increase of IBD in Canada? ... [S]ucralose may be the culprit ... In 1991, Canada was the first country to approve the use of sucralose, and it was allowed to be used as a tabletop sweetener in breakfast cereals, beverages, desserts, toppings, fillings, chewing gum, breath mints, fruit spreads, salad dressings, confectionary, bakery products, processed fruits and vegetables, alcoholic beverages, puddings and table syrups."*

The theory that Splenda may be a culprit in the rise of inflammatory bowel disease (IBD) appears to be a reasonable one, echoing the results from a 2008 study published in the *Journal of Toxicology and Environmental Health*, which discovered that Splenda:

- Increases the pH level in your intestines, and
- Reduces the amount of good bacteria in your intestines by *50 percent!*

In the featured paper, the author states that sucralose has a potent inhibitory effect on your gut bacteria and inactivates digestive protease. It also alters gut barrier function. All in all, this may help explain the pronounced increase in IBD in Canada since its introduction into the food supply. Believe me, if you keep destroying up to half of your gut flora by regularly consuming Splenda, then poor health is virtually guaranteed! Making matters worse, most people are *already* deficient in healthy bacteria due to excessive consumption of highly processed foods, which is why a high quality probiotic supplement is a good idea for most people. If you add sucralose to an already unbalanced intestinal tract, health problems are *very likely* to ensue...

The Signs and Symptoms of Sucralose Toxicity

.It's important to understand that despite its misleading slogan, Splenda (sucralose) is nothing like sugar. Rather it's a *chlorinated artificial sweetener* in line with aspartame and saccharin, and with detrimental health effects to match. In fact, while sucralose starts out as a sugar molecule, by the time the manufacturing process is completed, it more closely resembles DDT than sugar. **It could easily be likened to eating an insecticide...** Unfortunately, many fail to connect the dots between their symptoms and their use of Splenda, or other artificial sweeteners. I recommend reading through the first-hand accounts of my readers, at least one of whom say that Splenda is "worse than chemical warfare" based on the adverse effects she suffered before she figured out the cause. Just as with aspartame, many Splenda users complain of general malaise or "feeling under the weather," along with a variety of neurological changes, such as foggy-headedness, lack of concentration, and "bad mood."

Commonly reported symptoms (usually experienced within 24 hours after consuming Splenda) include:

Eyes – bloodshot, itchy, swollen, or watery eyes and swelling of the eyelids	Joints – aches and pains	Nose – sneezing and runny or stuffy nose
Head – headaches, migraines, and swelling of the face, lips, throat, or tongue	Lungs – cough, tightness, shortness of breath, and wheezing	Skin – blistering, crusting, eruptions, hives, itchiness, redness, swelling, and oozing
Heart – fluttering or palpitations	Neurological – anxiety, depression, dizziness, and decreased ability to concentrate	Stomach – bloating, bloody diarrhea, diarrhea, gas, nausea, pain, and vomiting

If you experience any of these symptoms and have just consumed Splenda, or consume it on a regular basis, I strongly recommend carefully avoiding any further exposure for a few days to a few weeks to see if the symptoms disappear. If they do, you may just have solved your own "health mystery." Likewise, if you have irritable bowel disease and consume any kind of Splenda product or other artificial sweetener, you'd be wise to avoid such items in order to improve your condition.