

Is Splenda Making You Sick?

Splenda is FDA approved. Does that make it safe? Wasn't the same said about aspartame, food irradiation, etc.?

Splenda (sucralose) can cause:

- Shrunken thymus glands
- Enlarged liver and kidneys
- Decreased red blood cells
- Diarrhea
- Reduced growth rate
- Aborted pregnancy
- Atrophy of lymph follicles

Sucralose is made from sugar, but is derived from sucrose through a process that selectively substitutes three molecules of chlorine for three hydrogen-oxygen groups on the sucrose molecule. No artificial sweetener made in the laboratory is going to be natural to the body, nor safer than unprocessed sugar.

Optimal Health Hub promotes health and well-being through natural medicine. Nutritional health is vitally important to optimal health. We help bring your body into a natural balance to promote the body's own healing. Optimal health is possible. Why wait?

Make an appointment today!

Source: www.mercola.com



Splenda is the brand name of the non-nutritive sweetener sucralose.

Splenda Reaction Symptoms:

- Weakness
- Flushing or redness of the skin
- Nausea, Vomiting
- Diarrhea
- Loss of Appetite
- Stomach Ache
- Rash
- Moodiness
- Anxiety

Artificial Sweeteners are not recommended for children (or anyone else for that matter).

More Signs Of Splenda Reaction:

- Headaches
- Acne or acne-like rash
- Seeing spots
- Emotional breakdown
- Seizures
- Shaking
- Swelling
- Dulled senses
- Welts
- Feeling depressed



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