Avoiding both Splenda and NutraSweet.

Aspartame, commonly known as NutraSweet or Equal, is an artificial sweetener. The day for the next 10 years!

become a consultant for NutraSweet's public relations firm, receiving $1000 a

The controversial artificial sweetener was approved through an interesting chain of events. aspartame for 16 years before it finally gave in to political/economic pressure. This favor around the world. Consider that the FDA had its concerns and denied approval of

ing pain and inflammation throughout the body.

wanted bacteria and yeast. Low stomach acid triggers a chain reaction of digestive

ments in order to digest food and destroy potentially harmful pathogens including un-

When bad bacteria and/or yeast become overgrown in your intestinal tract, you have a

line your intestinal tract are your first line of defense against potential pathogens

Is the Sugar Substitute Splenda Safe?

A study done at Duke University and published this past

for three months increased their walking endurance by 38 percent (from 25 minutes to

speed increased 12 percent, and leg strength increased a whopping 113 percent! In a

Mediterranean Diet Found Helpful In Preventing Alzheimer's Disease

The disease typically begins with moments of forgetfulness or memory lapses. People

meneal (hereditary): The most common cause of early-onset Alzheimer's disease.

It's normal for certain kinds of memory, such as the ability to remember lists of words,

Failing memory is often accompanied by a person's declining sense of well-being, and

Medications are expensive, largely ineffective, and may cause liver toxicity/damage.

A report in circulation in the journal of the

Are You Having Trouble Viewing This Newsletter Clearly?

It's normal for certain kinds of memory, such as the ability to remember lists of words,