

12 Questions You Need to Have Answered Before You Eat Splenda

From Dr. Janet Starr Hull's Health Newsletter, December 2003

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The following interview was conducted with Dr. Janet Starr Hull on the safety of sucralose found in Splenda.

Q: What exactly is Splenda?

A: In a simple sentence, you would just as soon have a pesticide in your food as sucralose because sucralose (Splenda) is a chlorocarbon. The chlorocarbons have long been known for causing organ, genetic, and reproductive damage. It should be no surprise, therefore, that the testing of sucralose reveals that it can cause up to 40 percent shrinkage of the thymus: a gland that is the very foundation of our immune system. Sucralose also causes swelling of the liver and kidneys, and CALCIFICATION of the kidney. Note: if you experience kidney pain, cramping, or an irritated bladder after using sucralose in Splenda, stop use immediately.

Q: So sucralose is not found as a natural compound in nature, like real sugar?

A: Absolutely not. No sugar molecule is compounded with chlorine anywhere in nature.

Q: Do you know how it is made in the laboratory?

A: I found this information from a statement from the manufacturer, actually. 'Sucralose is made from sugar, but is derived from sucrose (sugar) through a process that selectively substitutes three atoms of chlorine for three hydrogen-oxygen groups on the sucrose molecule. No artificial sweetener made in the laboratory is going to be neither natural to the body nor safer than unprocessed sugar', they claim.

People need to stop searching for excuses to eat all the junk food they want without penalty. In the long run, no one benefits from this product but the corporations.

Q: The corporate researchers claim that the chlorine atoms are so tightly bound; they create a molecular structure that is exceptionally stable under extreme pH and temperature conditions. Do you agree?

A: They are testing these conditions in lab rats, and these types of corporate studies have forced and 'selective' results, in my opinion. Aspartame research is the proof of this!

Test these chemicals on a child and see how stable it is--but that would be cruel. So, why then do we buy it and give it to our children? I don't buy into manufacturers' claims when it comes to human beings using ANY man-made chemical. Plus, I have learned over the past 25 years of aspartame research to value independent research above that which is funded by corporations.

Q: The corporations say sucralose is safe.

A: They said the same thing about aspartame, and look at the rampant disease and obesity taking over America since aspartame was put into the food supply over 20 years ago.

Q: Can sucralose cause cancer?

A: Any animal that eats chlorine (especially on a regular basis) is at risk of cancer. The Merck Manual

and OSHA 40 SARA 120 Hazardous Waste Handbook states that chlorine is a carcinogen and emergency procedures should be taken when exposed via swallowing, inhaling, or through the skin.

It all depends upon how much you use and how often, your present and past health status, and the degree of other toxins you are putting inside your body. Good luck with this one ...

Q: Sucralose has been thoroughly tested, they claim. Actually they have stated that sucralose is the most tested food additive in history. I quote, " ... more than 100 studies on the safety of sucralose designed to meet the highest scientific standards have been conducted and evaluated over the course of 20 years. "

A: I don't believe that for a second. They stated verbatim the same thing about aspartame. We are looking at the same scenario in so many ways. As with NutraSweet, no human studies, corporate payrolled researchers, selective result reporting, government involvement and personal financial interests and controlled media. I will say that sucralose is not as dangerous as aspartame.

Q: Splenda is approximately 600 times sweeter than sugar. How can that be?

A: As I stated before, the product is a forced product, not a natural sugar the body uses for fuel. People forget that sweetness is a by-product of foods--a bonus so to say. Forced sweetness, revved-up sweetness, and artificial sweetness--all altered foods that are a trap for people to get addicted to the sweeter tastes. People with eating disorders, children who are just learning about food, and people with illnesses are all being 'sold a bill of rubbish' in my opinion.

Q: The manufacturer claims sucralose doesn't react with other substances in the body and is not broken down in the body.

A: They claimed the same thing about saccharin, even though I feel saccharin is the only artificial sweetener with true merit. To answer your question, if the body is digesting properly, anything you put into the body will be assimilated. If it happens to be rancid, the stomach will throw it out immediately by vomiting or diarrhea. It is totally out of the realm of biological science to think the body will not immediately attack a toxic chemical. Henceforth, migraines from aspartame and diarrhea from Splenda.

Now, to add a note to this: if the body is fed an indigestible product such as plastic (like in margarine) that it is incapable of dissolving through normal digestion, it will pass through undigested (if it doesn't get stuck in the gall bladder, that is.) So, if sucralose is indigestible due to its laboratory compounding, then we have yet another serious health problem to consider, don't you think?

Technology is great, but we sure don't need to be eating it!

Q: The U.S. Food and Drug Administration and government food authority committees and the Health Ministries in countries such as Canada, Mexico, Dominican Republic, Jamaica, Trinidad & Tobago, Argentina, and Brazil have confirmed the safety of sucralose. So have the countries of Colombia, Peru, Venezuela, Uruguay, Romania, Lebanon, Qatar, Bahrain, Pakistan, Tajikistan, China, South Africa, and Tanzania. What do you think of all these countries confirming Splenda's safety?

A: The history of aspartame has unfortunately proven that individuals within government agencies cannot and should not be trusted to make such empowering public decisions behind closed doors.

Now, re-read this list of countries ... Mexico, Jamaica, Tajikistan and Tanzania? These are the countries in which Splenda is now marketed? (See the final question.) As an international geographer, I can comfortably say that these countries are not nations with the same technology and mass marketing strategies to be compared with the United States. These countries are more concerned with birth control,

food staples, hostile take-overs, and drought--not diet sweeteners. Compare apples to apples.

Q: Is sucralose safe for children?

A: The manufacturer actually made this statement for disclosure: "One should note, however, that foods made with low-calorie sweeteners are not normally a recommended part of a child's diet, since calories are important to a growing child's body."

Pay attention ... Children should not be encouraged to grow up on fake foods. But just like cigarettes and alcohol, do what I say and not what I do? And we wonder why the younger generation is angry, ill, and ridden with ADD/ADHD and diabetes?? How many kids do you see taking a sip of mom or brother's diet cola?

Q: Who manufactures and markets sucralose?

A: McNeil Specialty Products Company (MSPC), a wholly owned subsidiary of Johnson & Johnson, along with Tate & Lyle PLC, a world leader in sweeteners and starches, all share responsibility for developing and manufacturing sucralose for commercial use. Sucralose is the first product from McNeil Specialty, whose mission is to develop and market innovative food ingredients that help consumers control, maintain and improve their health.

Internationally, McNeil Specialty markets sucralose in the United States, Canada, Latin America, the Caribbean, Australia, New Zealand, and the Middle East; Tate & Lyle markets sucralose in Africa, Asia, Europe and Canada. Internationally, McNeil Specialty markets sucralose under the name SPLENDAR Brand Sweetener. SPLENDAR is a registered trademark of McNeil Specialty Products Company.

Dr. Mercola's Comment:

This is an excellent interview and one that I encourage you to read carefully if you think Splenda is safe to use.

Please note that I do not advise using Splenda. Over three years ago I posted an article describing the dangers of Splenda (sucralose).

Why not use Splenda? Well, research in animals has shown that sucralose can cause many problems such as:

Shrunken thymus glands (up to 40 percent shrinkage)

Enlarged liver and kidneys

Atrophy of lymph follicles in the spleen and thymus

Increased cecal weight

Reduced growth rate

Decreased red blood cell count

Hyperplasia of the pelvis

Extension of the pregnancy period

Aborted pregnancy

Decreased fetal body weights and placental weights

Diarrhea

Nearly every month we receive a report from someone who has had an adverse reaction to Splenda, and you can see many of these reports posted on our site.

I also encourage you to take a look at the links below to get a thorough understanding of the dangers Splenda poses to your health.

Related Articles:

[Splenda's Dangers: One Man's Personal Story That You Should Know](#)

[The Potential Dangers of Sucralose](#)

[The Dangers of Chlorine and Issues With Sucralose](#)

[Splenda is Not a "Healthy" Sweetener](#)

[Sucralose \(Splenda®\) U.S. Product List](#)