



Alan Inglis, M.D.

HEALTH REVELATIONS

from America's Country Doctor

Brain on fire:

Are you overloaded with this toxic fire starter that has been linked to Alzheimer's disease?

You'd be hard-pressed to find a doctor who hasn't seen the studies linking tap water with Alzheimer's disease. But while it's often talked about behind closed doors, few doctors would ever come right out and say that our most common source of drinking water may be toxic to our brains. Instead, they'll say publicly that we need more studies.

More studies??? What more do you need?? We already know that autopsies done on people who had Alzheimer's actually show higher than normal levels of aluminum in their brain. In fact, one study showed that drinking water containing a high concentration of aluminum is associated with an up to 250 percent increased risk of developing Alzheimer's disease!

That's an astounding finding, and one that I find hard to just sweep under the carpet.

Because it's not just in your drinking water—it's in antiperspirants, baking powder, and antacids just to name a few places. No one can deny that aluminum is prevalent in our environment and is permeating our bodies. And the longer you live,

the more chance you have of accumulating dangerously high levels of aluminum—upping your risk of one of the scariest diseases you could ever be faced with.

At this point, there's no cure for Alzheimer's. But while mainstream medicine stands around, whistling and waiting for the inevitable, there are smart measures you can take to reduce your chances of getting this tragic disease. And if you or someone you know already has it, there are natural treatments with minimal side effects that may slow the rate of progression.

Aluminum and Alzheimer's: Connecting the dots

Aluminum accumulates in the brain because it is able to cross the blood-brain barrier—which is no easy task. This barrier is formed by a tightly knit group of cells whose job it is to prevent most molecules from moving through and into the brain. Unfortunately, aluminum is quite successful at crossing that barrier.

Once it's nestled in, it promotes the formation of free radicals, which in turn causes oxidative stress. These free radicals wreak

havoc on the delicate membranes that surround our brain cells, which is where the action is when it comes to healthy brain functioning.

I've told you before that free radicals promote inflammation, and your brain is no less susceptible to this. The ravaging effects that chronic inflammation has on tissues, nerves, and healthy brain function pave the way to Alzheimer's disease. In fact, a brain with Alzheimer's is essentially a brain on fire.

But the damage doesn't stop there. When aluminum gets into your brain, it also promotes the formation and clumping of amyloid plaque (which is made up of a certain type of protein we all have in our bodies called *beta amyloid*). This plaque accumulates much faster in the brains of Alzheimer's patients than in normally aging brains. Once there, it slowly damages brain cells, especially in the hippocampus, the area responsible for memory.

There's also a much steeper decline (more than in normally aging brains) in acetylcholine—an important neurotransmitter for cholinergic neurons—which is responsible for brain cells talking to each other and

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Alzheimer's

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preserving memory function. It's possible that aluminum may be linked to this decline, as it interferes with cholinergic activity.

Another known indicator of Alzheimer's disease—but not necessarily related to aluminum—are the neurofibrillary tangles, twisted protein deposits which disrupt the transport of nutrients between parts of the nerve cell.

Jumping the diagnostic hurdle

Understanding the cause is just a small part of the puzzle. When it comes right down to it, there's not much about Alzheimer's that isn't shrouded in mystery. Even with all of modern medicine's "marvels," there's still no diagnostic tool to accurately pinpoint this disease.

So how do you know for sure if you have Alzheimer's? Chances are *you* won't.

People with Alzheimer's are generally the last to know. But the signs are often painfully obvious

to their closest friends and family. It starts with short-term memory loss and progresses to general loss of memory and motor skills, such as forgetting the names of people you once knew well, or how to use a fork or a pencil.

Your personality doesn't get off scot-free, either. With Alzheimer's, everything that makes you *you* starts to disappear. Think about it: Your brain dictates who you are—your personality, your character, your past experiences. And when your brain starts slipping, well, you fade away right along with it.

So what do you do?

When it comes to aluminum, you have two courses of action to reduce your chances of getting the disease—or to slow its progression if you already have it: Get rid of the aluminum in your system and avoid exposing yourself to it in the first place.

Poor man's chelation

Getting aluminum out of your system is easier said than done. Since your body has no way of

naturally expelling it, once aluminum sets up camp, it's there to stay. The only way to remove this heavy metal is through a process called chelation. This involves putting a substance into your body (usually through an IV) that grabs ahold of any heavy metals (aluminum, lead, and mercury, for example) and excretes them through the urine.

I know some alternative docs who are gung ho about IV chelation therapy—especially when it uses a synthetic amino acid known as EDTA or another agent known as desferrioxamine. But I have my reservations. Yes, it may remove the metals, but it's cumbersome, expensive, and has been known to have numerous side effects—and when it comes to aluminum, it's still a roll of the dice whether it can work or not.

But as it turns out, nature has provided us with its very own chelating agent—cilantro. Over a decade ago, a doctor named Yoshiaki Omura discovered that simply eating this common (not to mention, tasty) herb increased the amount of lead

HEALTH REVELATIONS

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and aluminum secreted in the urine.

In order for it to be effective as a chelating agent, you should add fresh cilantro to your food every day for a few weeks. Don't worry—you don't have to eat cilantro for the rest of your life. But in order to prevent the long-term build-up of heavy metals—and to lower your chances of getting Alzheimer's—I do recommend doing this at least once or twice a year.

Now, I'm not offering cilantro as a surefire prevention or cure for Alzheimer's, but given its safety and the absence of safe, effective alternatives, give it a try. For extra benefit, add some daily chlorella, a fresh water algae and excellent detoxifier. I like Nature's Way brand: Take three capsules, three times a day, of this super food.

Make Alzheimer's a distant memory

In the meantime, you can take a number of steps to avoid exposing yourself to aluminum.

- 1. Drink filtered water.** I recommend purchasing a reverse osmosis water filter for your home. These are the best filters I know of that remove all of the contaminants from the tap. (Otherwise, your body will filter them for you!)
- 2. Cook with aluminum-free cookware.** There are many good brands to choose from. I actually use Revere Ware—not very fancy—the same as my mother used when I was a kid.
- 3. Don't use antiperspirants that**

contain the mineral. There are many natural deodorants and antiperspirants—I like the products from Tom's of Maine, which are now widely available.

4. Avoid processed foods.

Aluminum is often added in things like baking powder, food coloring, and self-rising flour.

5. Avoid eating anything wrapped in aluminum foil. Especially those little snack cheeses!

Inevitably, even if you follow all of these precautions to the tee, at least a little bit of the substance is going to enter your system. That's why boosting your intake of foods rich in magnesium, zinc, and selenium is such a good idea.

Magnesium competes with aluminum for absorption, which means that your body is less likely to absorb so much aluminum. Some of the best food sources of magnesium are halibut, almonds, cashews, soybeans, and spinach.

Zinc and selenium are powerful because they protect against heavy metal poisoning in your tissues. The best sources of zinc include cooked oysters, red meat, beans, pumpkin seeds and nuts. Selenium sources include Brazil nuts (as little as two a day will do the job), tuna, beef, cod, and turkey.

Boosting brain power with nutraceuticals

After taking care of the basics through food, I'd recommend you try a combination of supplements. Though the list of all the benefi-

cial ones that you could take would make a great memory test, I've simplified it by narrowing it down to the top five key vitamins, and some overall brain support supplements. You can find all of these at the grocery or health food store or vitamin shop.

While there are no surefire preventatives, cures, or magic bullets, these tactics may slow down the process of dementia in some people. They're safe and provide overall health benefits. Plus, supplements are a lot less expensive than prescription medications.

The top five vitamins I recommend are:

- ✓ **Turmeric:** This powerful brain-protective antioxidant is found in curry. I like the widely available products from New Chapter and Nature's Way.
- ✓ **Ginkgo:** An antioxidant that also increases blood flow to the brain. Try Nature's Way Ginkgold, a high quality German pharmaceutical. Take 240 mg per day.
- ✓ **Alpha Lipoic Acid:** The king of antioxidants, it also boosts brain cell energy. Take 300 to 600 mg per day.
- ✓ **Acetyl-L-Carnitine:** Boosts brain cell energy.
- ✓ **Phosphatidyl Serine:** Improves cell membrane function and may slow down progression of disease. Try 100 to 200 mg per day.

Also make sure you get enough

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TOP 10 HEALING HERBS YOU CAN GROW YOURSELF

Growing your own herbal remedies gives taking care of your health a whole new dimension. Gardening is a therapeutic pastime for many, but you don't need to be an avid gardener or have a lot of space to grow some of these time-tested and beneficial gifts from Mother Nature. Some people insist they don't have a green thumb, but you'll find that these herbs are easy to grow—they literally grow like weeds!

What I find amazing about herbs is witnessing their seemingly intuitive intelligence in the body when it comes to healing. Quite unlike manufactured drugs, herbs act in a balanced way to bring about the change needed in the system. They do this with minimal side effects, something the drug companies fail to achieve for all their tinkering.

I used to listen to Simon and Garfunkel records, so I can't resist starting with the first four on the list. (You'll catch yourself humming in a moment.) These 10 herbs I've chosen—including several that are quite edible—have historically been used as healing herbs. And making your own tinctures, teas, and ointments is easier than you think. Try growing some—you just might find you enjoy playing in the dirt!

1 Parsley

Our ancestors used this ever-popular herb to treat high blood pressure. A common garnish that we take for granted, generally pushing it to the side of the plate when we should be eating it, the ever-versatile parsley supplies considerable amounts of vitamins K, A, and C, as well as folate and iron. You can crush the leaves and use topically to relieve the itch from an insect bite. It also makes an excellent breath freshener, a gentle diuretic, and is good for digestion. Be mindful of the fact that it needs five hours of sunlight per day. The two most popular forms are curly and Italian flat leaf. Try parsley with fish and in salads.

2 Sage

This is another versatile herb that has been used medicinally by many cultures. Who doesn't revel in fragrant memories of Thanksgiving, thanks to the turkey stuffing that's laced with this aromatic herb? It is used as a tea to treat a sore throat, cough, or an upset stomach. It compresses for sprains, swelling, and ulcers. We know that a sage is a wise person, but recently a study from the University of Newcastle in England showed that sage—when given in the form of capsules—is truly a brain pick-me-up: It improved

memory and recall compared to placebo! Besides its use in stuffing, it goes well with any poultry dish.

3 Rosemary

A powerful anti-inflammatory, the robust rosemary has traditionally been used to treat rheumatism (arthritis), gout, and headaches. When used as a topical ointment or oil, it provides antioxidant protection against sun injury and skin cancer. Rosemary is a key ingredient in a number of herbal anti-inflammatory remedies, including the excellent Zyflamend from New Chapter. It is often paired with lamb, cold-water fish such as salmon, and roasted vegetables.

4 Thyme

Thyme has long been used as a cough remedy, a digestive aid, and a treatment for intestinal parasites. It has strong antibacterial and antifungal properties, thanks to thymol—its active ingredient. It's used in Listerine and Vicks VapoRub—two effective and traditional American drug store remedies. It's often used with meats, fish, and poultry, as well as in herb butters and cottage cheese.

5 Valerian

Though not suitable for cooking (due to the fact that it smells like old socks), valerian does have a marvelous healing history. The

root is the part that is used medicinally. The fresh root has no odor, but the dried form does. The dried form can be used in teas or distilled into oils and ointments. It is best known for its ability to calm anxiety and act as a safe, gentle and effective sleep aid. Containing antispasmodic properties, it is useful for muscle cramping, uterine cramps, and intestinal colic.

6 Milk thistle

Used in Europe since the 1500s, this herb has been popular as a liver protectant—with over 100 studies supporting its efficacy. It protects against toxins, such as alcohol and death cap mushrooms, and is a reasonable support for anyone with hepatitis. Its active ingredient is silymarin. Emerging research is revealing its use as an insulin sensitizer; that's a fancy way of saying it's good for diabetes. An extract made from the seeds has been shown to improve blood-sugar levels in people with Type 2 diabetes, and studies on this continue. You can eat milk thistle leaves just like you would spinach.

7 Calendula

Also known as “pot marigold,” calendula is well known for its use in highly effective healing salves for burns, acne, eczema, cysts, diaper rash, cradle cap, and other common skin conditions. It can also provide relief from shingles. When added to chicken feed, it gives egg yolks a deeper color. Only the petals are edible, and it's

referred to as “poor man's saffron.”

8 Lavender

Its pleasing fragrance makes lavender one of the most popular aromatherapy essences, as it produces a powerfully calming, sedative effect. It's also commonly used in ointments and liniments for insect bites and common skin irritations. Beekeepers use it for honey, and confectioners add it in small amounts to both chocolate and sugar (“Lavender Sugar”). It can be a potent allergen for some and can stimulate the uterus when taken internally, so I recommend any use beyond ornamental, aromatherapy or culinary be under the supervision of an experienced herbalist.

9 Chamomile

This sun-loving herb has a long history as a traditional cure-all—dating even as far back as the time of the ancient Egyptians—and one that grandmothers everywhere have sworn by. Its list of therapeutic benefits is long, but I'll highlight some of the more common ones. It's a mild diuretic—a natural water pill—and has antispasmodic properties, which may help those folks who suffer from an irritable bowel. It's another herb well known for calming and soothing frayed nerves, and it gently promotes sleep. I'm sure you've seen it as a tea, which is what the flowers are used for, and it can also be used as a tincture or ointment. If you're allergic to ragweed, then you'll want to keep

Do-It-Yourself Corner

For help in getting started growing your own herbs, check out *The Green Pharmacy Herbal Handbook* by James Duke, Ph.D., known as America's leading authority on healing herbs. For well-thought-out, easy-to-use herb-growing kits, check out www.herbkits.com. And in case you're wondering, I don't receive any sort of kickback in the form of money or gifts for recommending these products! I just like to pass on good information when I come across it.

your distance, because chamomile is from the same family.

10 Echinacea

This majestic, purple-flowered herb boasts a multitude of properties: antiviral, antibacterial, antifungal, and anti-inflammatory. Of the nine different species, the *purpurea* and *augustifolia* are the most commonly used for healing purposes. Echinacea was used by Native Americans as a remedy for more ailments than any other plant, but today it is used mainly for the treatment and prevention of colds.

Scientific evidence is conflicting, and I'm sure you've heard about some recent, highly publicized studies that cast a shadow on Echinacea's cold-fighting abilities. These studies failed to use doses high enough to work, and then they focused mainly on healthy

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Spring into action by putting together this anti-allergy arsenal

You've pictured this for months: Throwing off the yoke of winter and heading outdoors to enjoy the start of the spring season. What you probably didn't picture was you sniffing, eyes itching and watering, and feeling like a car ran over you. Don't get discouraged—there's plenty you can do to nip allergies in the bud that are not only safe and natural, but will also lend support to overall health and longevity. Now that's a winning combination.

A workhorse in your stable

Let's take a look at supplements. For essential immune support, you should be taking fish oil (1 gram total EPA plus DHA). The fish oils that I especially like are from Nordic Naturals, Carlson's, and Spectrum.

Pair the fish oil with a probiotic supplement. I recommend one with a total of 10 billion colony-forming units (CFUs) per day. Ten billion units usually translates into two capsules, three to four times a day. Although you can keep your gut stocked with a healthy colony of good bacteria by taking a probiotic

just on weekends, I recommend that you take it daily during the allergy season. These two "workhorse" supplements have general anti-inflammatory effects and will reduce the need for other remedies.

For probiotics, I recommend you use the multi-strain PB8, Kyodophilus, New Chapter products, or Florastor, which is a specially formulated probiotic yeast popular in Europe and backed by good research.

Secure a free passage

Feeling stuffed up? Get relief from an over-the-counter saline spray (e.g., Ocean Nasal Spray, Ayr Mist, Salinex, Sinus Survival, or any generic store brand). Five to six squirts in each nostril—up to four times a day—followed by blowing your nose to clear your passages ought to do the trick.

Another highly effective old remedy is an herbal antiseptic that has been used for over 100 years—Alkalol, developed in 1896 by a pharmacist in Massachusetts. I use it all the time with patients, and the proof is in the pudding—it

works! A bottle costs less than \$5, and all you have to do is just follow the directions. You'll need to get a nasal bulb or syringe in order to squirt it into your passages. Alkalol is also great for colds, sore throats, and sinus infections.

Beneficial botanicals

When you heap your plate high with fruits and vegetables, you'll be stocking up on quercetin—a bioflavonoid. It's found in onions, garlic, apples, wine, grapes, berries, citrus fruits, broccoli, and greens. An anti-inflammatory, it's also a powerful non-sedating anti-histamine that works a whole lot better than most pharmaceutical products—and without the side effects. You can also try quercetin in capsule form, generally 1000 to 2000 mg up to three times a day—though getting it straight from its natural source sure tastes a lot better!

Stinging nettle (*Urtica dioica*) is a versatile folk remedy (also used for prostate support) that has performed well in trials for allergic rhinitis. Take 450 to 900 mg up to four times a day. I recommend the widely available Nature's Way product.

Butterbur is commonly used to prevent migraine headaches and is quite effective. It has anti-inflammatory and anti-allergy properties. Petadolex is the proprietary product—a high-quality German pharmaceutical. Take it up to three

Grandpa wasn't kidding about that apple a day: Billy F., a 50-year old patient who had asthma as a kid, doesn't get a runny nose anymore during allergy season—he just tends to feel tired and tapped out. He was already on fish oil and probiotics and eating a well-balanced diet. We added 1000 mg of quercetin 3 times a day and doubled up on the apples for the season. Within three days, Billy reported an 80 to 90 percent improvement in his symptoms.

times a day.

Grape seed extract is a potent and versatile addition to your hay-fever-fighting regimen, thanks to its antioxidant, antihistamine, and anti-inflammatory properties. Take 100 to 200 mg a day. I prefer the Nature's Way product, which is a French pharmaceutical, or Activin.

You can safely experiment with a combination of any or all of the above. There are no known interactions among them. As always, an open-minded health-care practitioner with experience in these remedies can speed your way to a combination that will personally suit you.

Also, make sure you get

enough water to drink and plenty of rest. Combined with the above remedies, you should be able to fight your allergies naturally and without falling asleep while doing so. The bonus is that these remedies not only are safe but also confer general antioxidant and anti-inflammatory benefits.

Allergens, begone!

I also recommend that you consider an air filter. Look for one that zaps pollen, spores, dust—as many allergens as possible. Top-rated brands include the IQAir by Health Pro, the less expensive Alen 350 and the widely available Kenmore 83202 and Honeywell 50250. All include the effective

HEPA-Type filtration. You might also want to try a humidifier in your bedroom while you are sleeping. This will help keep your nasal passages from drying out. Remember to clean the humidifier regularly, so that it doesn't get moldy. The last thing you want to do is create allergy problems!

IMPORTANT TIP:

Do you suffer from chronic sniffles? If you do and aren't sure why and none of the above remedies help, then ask your doctor to test you for gluten sensitivity. Chronic sniffles are just one of the many symptoms this increasingly common problem can cause. **HR**

10 top herbs

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young people, instead of elderly people who were more likely to benefit. Leave it to the government to spend millions of dollars on an herbal study, botch it, and then lay claim to a definitive "doesn't

work." I guess those people who have said it has benefited them through all these years are all suffering from a mass delusion and its past use was just accidental. Not to mention we'd have to sweep aside the reams of positive studies that came before.

A study showed that oral Echinacea (a combination of *purpurea* and *augustifolia*), when used along with the topical antifungal Econazole did a better job of controlling recurrent yeast infections than did Econazole alone. **HR**

Alzheimer's

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omega-3 fats from fish oil (1000-2000 total EPA plus DHA per day). Regular exercise revs up your body's own antioxidative chemicals, so get moving!

A number of products offer overall brain support, but I'll just tell you about my top three: Neurozyme from New Chapter, designed to promote mental clarity and regulate the oxidation of the beta amyloid plaques, combines several key

ingredients such as Ginkgo, DHA, and turmeric; Neurooptimizer by Jarrow, which enhances brain metabolism and cognition through ingredients such as Phosphatidyl Serine and CDP-choline; and Juvenon, an interesting antioxidative supplement that promotes brain cell function with acetyl L-carnitine and alpha Lipoic acid. A great combo to take would be the New Chapter product plus Juvenon. Or, keep it simple with the Jarrow formulation. **HR**

Check out my online forum

Be sure to visit my new website, www.HealthRevelations.com. One of my favorite features is the Reader Forum.

Just click on the button at the top of the home page and you can post your questions, see what cures are working for other readers and even discuss my articles. It's a terrific resource and it's FREE.

Your Questions Answered

Choose your sweetener wisely—or risk hosting a chemical experiment in your body!

Q *I've read all sorts of conflicting advice about artificial sweeteners, especially aspartame. I have a friend who says that aspartame gives her migraine headaches, and I'm beginning to be concerned! I asked my doctor about aspartame, but he dismisses any claims of its being harmful, saying, "That has never been proven by science." I don't know what to do at this point.*

—Susan B, Provo, UT

A Your doctor, well-meaning as he may be, exhibits a weak understanding of the science and what is referred to as the “totality of evidence.” After ingesting aspartame, many people complain about adverse side effects, including headaches, muscle spasms, sleep problems, depression, and attention problems in susceptible individuals—and for a number of good “scientific” reasons! Aspartame produces tiny amounts of a very toxic chemical called methane, which could be very toxic for some, less for others, due to the genes they're born with and their overall lifetime exposure to stress and toxins. Unfortunately, the research on this man-made chemical is not fine-tuned enough to confirm exactly why.

Meanwhile, doctors continue to ignore common sense and hide behind a stamp of approval from the FDA as their patients suffer. I get really irritated when I hear about well-mean-

ing folks being brushed off like that. So much for bedside manner!

When it comes to aspartame or any other artificial sweetener, what we should be asking is what it means to be ingesting any new-to-the-human-body chemical on a regular basis for years. What are the long-term effects? Well, we just don't know. We are bombarded with unnatural chemicals every single day, so why voluntarily turn our body into a lifelong chemical experiment?

But my biggest quarrel with artificial sweeteners is the reasons we give for using them in the first place. A big one is weight control, but the calories saved are trivial, and no study has ever shown they helped anyone lose weight, ever. They're usually found in empty-calorie processed foods (including all of that Weight Watchers rubbish), when our focus needs to be on tasty, healthy whole foods to begin with, which support our overall health. And, aspartame may be a mild appetite stimulant for some, which means you end up eating more empty calories anyway.

There's nothing wrong with small amounts of sugar if you're eating a basically healthy diet. A modest-sized helping of a naturally sweetened pastry, at the end of a balanced meal, is fine.

Another reason people use artificial sweeteners is because they have diabetes. All bets are off if you have diabetes or are heading for it. With this life-threatening disease, why mess around with a lot of artificially sweetened junk when your life literally depends on a healthy, whole-foods diet?

When you're craving sweets, you're probably not getting enough protein and healthy fats from foods like nuts and fatty fish (such as salmon, herring, and sardines). And as much as you'd like to hear it—I doubt your body is deficient in sugar. The body does require glucose, but not the same thing as what's in that sugar bowl on your table. So, to rid yourself from craving those sweets—adjust your diet. See a nutritionist if necessary, cut back on the pies, cakes, candy, and soda pop, and never eat any of those foods as a snack all on their own.

If you must use something, try stevia. It's a sweetener that has been used for centuries in South America—even to treat diabetes! It improves insulin sensitivity in a small way, so it's a reasonable option for diabetics, too.

An interesting new sweetener on the market is xylitol, which is actually a sugar with 40 percent of the calories of regular sugar. It even has medicinal properties, used to treat yeast and ear infections and reduce cavity-forming dental plaque.

Still, I only recommend these occasionally, because they're still just artificial sweeteners, and we just don't know the long-term effects.

The text contained herein does not constitute medical advice. Health Revelations advises that you consult your own physician before acting on any recommendations contained within this publication.

