



Natural vs. Artificial **Lola Berry 10/05/10**

Artificially Sweeteners vs. Natural Sweeteners:

- Artificial sweeteners are found in over 6,000 products (from sweet treats, to chewy to drinks)
- They have a neurotoxic affect on the body which means they are directly linked to many brain diseases such as Parkinson's, alchemizes, depression and brain tumours
- Artificial sweeteners dulls serotonin in our brain (this is the neurotransmitter which makes us feel happy). Because serotonin levels are so dulled we crave sweets and carbohydrates to make us feel happier which can lead to weight gain
- Natural sweeteners don't have the neurotoxic affect on the brain and come from real foods instead of a chemical lab. Such natural sweeteners include agave (cactus), stevia (herb), honey, Rapadura (evaporated cane juice).

Bright coloured dried fruit vs. organically dried fruit:

- Sulpha Dioxide (220) which is preservative reaction in some bodies (from skin irritation to itchy eyes, stomach upset, etc)
- Some have artificial colours and flavours, which is directly linked to ADD in kids
- The reason they put these in is to make the product look more appealing

Wine vs. Organic Wine:

- Grapes are one of the most heavily sprayed crop. If you're having wine you're being exposed to a truck-load of chemicals which can potentially have a carcinogenic (cancer-causing) affect on the body.
- Sulpha Dioxide (220) is a preservative to make the wine last and give it a crisp colour.
- People have noticed that without preservatives in their wine, the 'hangover' isn't as painful