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Hybrid Sweeteners in Today's Health Market

By D.S. Epperson

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What is the advantage of these new half sugar and half synthetic baking sugars that are on the market? These drink products made with ½ the sugar carbs and ½ synthetic sweeteners and foods marketed and eaten by our kids, does it really give the consumer that much more of an advantage?

There was a national news story on NBC Nightly News with Tom Brokaw (11.08.04) on the waters in Colorado not being so "clean". High estrogen was found to be in the waters and streams, and it was changing the biology of the fish. In the report, the last statement was that they did not know what the long term outcome of this contamination would be in humans...let see, why are women who are susceptible to cancer told not to take birth control pills... could it be that high estrogen levels are a known contributor to breast cancer and suspected in other types of cancers as well?

Okay, so if our drinking water has this characteristic, what else has these characteristics? Did you know that Sugar is a known estrogenic? Why... Sugar, which breaks down to glucose, goes into the blood streams, and escorts estrogen to the heart muscle and to the other cells. Glucose is a companion to a lot of chemicals in the body, and to some chemicals that shouldn't be in the body in high supply.

So if Glucose can escort estrogen, and you have an abundance of estrogen in the water that you drink, and the birth control pill that you take, and you are drinking and eating foods that have an abundance of elements that cause the glucose to rise in your blood, doesn't it stand to reason, that you would increase your chances and risks of cancer?

So, back to the original question, what is the advantage of a ½ sugar and ½ synthetic sweetener? The sugar will spike your glucose levels, and the synthetic has a better escort system to make the body absorb chemicals it was never designed to absorb, for example, chlorine, or glutimates that increase the production of insulin. Both chlorine and glutamic proteins are found in the top synthetic sweeteners used in the United States by manufacturers. Add on top of this, processed flours to make

the cakes, cookies, and pies taste better, and you have even more "sugar" going into your system.

No one gains anything from these hybrid sweeteners, especially those who are already suffering from blood glucose issues and children. We don't know what these synthetic sweeteners will do to those who consume them for 20 to 30 years, but we do know that the probability of cancer is extremely high for each of us, including our kids, here in the U.S., where health of a food product is not necessarily an important factor in marketing.

D.S. Epperson is the top formulator for Home Blend Gourmet / South Pacific Health, a leader in the functional food industry in the U.S.. With 20 years of experience in Nutritional Biochemistry, she has

written reference books on botanicals and manufacturing of medicines from botanicals, and published articles on health, fitness and foods. She has formulated over 240 formulas and inventions for health, the environment and agricultural uses, and continues to research and study microbial advantages in nutraceuticals and functional foods. For more information or to view the articles that she has written:

Six Easy Steps to Buying a Hybrid Car

By Tracy Robinson

Buying a hybrid car is a big decision, even more so nowadays because there are many more hybrid cars and hybrid trucks to choose from. Having a larger choice is both a good and bad thing. Not only do you have to decide which company to buy from but you also have to decide between getting a hybrid car or a hybrid truck or even a hybrid SUV. The decision can be simplified by knowing why you're buying the hybrid; the issue of saving gas mileage versus just getting a hybrid vehicle in order to say you are driving a hybrid.

Hybrid cars combine two or more sources of power, usually consisting of an electric motor that regenerates energy through braking power and a standard gasoline engine. Because of the regenerated electric power, you are able to use much less gasoline to get where you want to go, which is how a hybrid vehicle saves you money. A hybrid is not an electric vehicle, and does not have to be recharged at night or anything like that. A hybrid is simply a gas powered car with electrical motor assistance.

Many forms of hybrid cars, hybrid trucks, and hybrid SUV's are currently on the market or coming to market. These include but are not limited to the Toyota Prius, the Lexus GS 450h Hybrid, the Honda Civic Hybrid and Honda Accord Hybrid, the Toyota Highlander and 2007 Toyota Camry hybrid, and the Ford Escape Hybrid SUV.

Because of the large influx of hybrid cars, the cost premium of buying one

has started to go down. President Bush even said that to cure our addiction to oil, we must invest in hybrid cars and other energy technology, so now is the time to consider buying one, especially with the world's oil fields being so unstable and gasoline rising almost daily.

Which leads us to the key question, how do you best go about buying a hybrid car? Of course the start of that answer lies in 6 simple steps, which I have titled HYBRID.

- H - How to know if buying a hybrid is right for you.
- Y—Your personal driving habits might determine your choice
- B—Before you even think about buying, be aware of your options
- R—Research thoroughly the manufacturer and dealer to get the best price
- I—Investigate other dealers, and also check online, it may be cheaper to buy in another state and have the hybrid car shipped to you
- D—Don't ever go by sticker price. A MSRP (Manufacturer's Suggested Retail Price) is just that, a Suggestion, so if you have done all the previous steps you will be armed sometimes with even more information than the salesman, thus allowing

you to have the upper hand in the negotiation.

Read more about

Hybrid Cars

Tracy Robinson is President of Zen Solutions – providing eco-friendly advice worldwide. More Hybrid Car Information can be found at

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