

## **Artificial Sweeteners May Be to Blame for Inflammatory Bowel Disease**

*By Anthony Gucciardi, Natural News*

The cause of inflammatory bowel disease (IBD), which includes both ulcerative colitis and Crohn's disease, has been touted as 'unknown' by mainstream medical establishments for years. Emerging in the past century and spiking in the 1950's, IBD is responsible for the suffering of countless individuals worldwide. A letter published in the journal *Inflammatory Bowel Diseases* may have the answer to the cause of IBD, and particularly the explosion of IBD in the 1950's. The artificial sweetener saccharin as well as sucralose (Splenda) may be the hidden culprit behind the development of IBD.

Dr. Xiaofa Qin, the author of the letter, details in his writings that a series of findings originally led him to suspect saccharin as the main cause of IBD. The problem? Canada, despite limiting saccharin use more than most Western countries, was still experiencing high rates of IBD. Despite this problematic fact, Dr. Qin kept up his research. What he found was quite startling not only to citizens of Canada and health officials, but also to the world. Sucralose, also labeled as Splenda in many products, was the answer. According to Dr. Qin's research, there was evidence that sucralose could lead to IBD through the very same mechanism as saccharine.

The relationship between these artificial sweeteners and IBD continues to grow, with other countries approving the usage of them before significant outbreaks of IBD. Australia approved sucralose for use in 1993, and in 1994 a study by Hanigan and Radford-Smith found an increase of IBD in north Brisbane. Similarly, the European Union approved the use of sucralose in 2004. A series of studies by Perminow et al found that the instances of pediatric IBD in southeastern Norway were as low as 4.7 during 1990-1993, and they rose as high as 10.6 during 2005-2007.

Artificial sweeteners have crept into products worldwide, and many of them go incognito under a number of different names. Aspartame, for example, has developed such a bad reputation for its links to tumor development and obesity that the manufacturer has attempted to re-brand it as 'AminoSweet' to deceive consumers. Regardless of the seemingly-natural names, artificial sweeteners are synthetic and toxic to the human body. The research is clear: inflammatory bowel disease rates could possibly be halted, or at least significantly lowered, if artificial sweeteners were banned from the market.

Sources:

<http://www.ncbi.nlm.nih.gov/pubmed/21739539>