

(NaturalNews) **A recent study presented at the annual meeting of the American Society of Nephrology in San Diego found that adult women who drink at least two diet sodas a day experience a 30 percent drop in kidney function over the course of a decade.** Findings indicate that artificial sweeteners such as aspartame and sucralose are the culprits in the rapid degeneration of glomerular filtration rates in the kidneys of those consuming excessive amounts of artificially-sweetened diet sodas.

Dr. Julie Lin of Brigham and Women's Hospital in Boston and her colleague Dr. Gary Curhan conducted the research correlating artificial sweetener intake to kidney degradation, highlighting one of the many dangers of artificial sweeteners.

A 2005 study conducted by Dr. Morando Soffritti of the esteemed European Ramazzini Foundation of Oncology and Environmental Sciences and the Cesare Maltoni Cancer Research Center confirmed once again what independent scientists discovered over thirty years ago; aspartame consumption leads to all sorts of illness and disease including cancerous tumors, lymphomas, leukemias, lesions in various organs, transitional cell carcinomas, nerve damage, seizures, and premature death.

Original approval of aspartame by the FDA involved questionable studies that were later investigated by the drug enforcement division of the Bureau of Foods. Though found to be faulty and ridden with errors, the FDA ignored both these reports and the slew of adverse event data that surfaced following aspartame's approval. Between 1974 when aspartame was approved and 1990, the number of brain tumors in people over the age of 65 had increased by 67 percent.

Similarly sucralose, a chlorocarbon popularly marketed as the artificial sweetener derived from sugar, has been implicated in severe chronic illnesses including brain and nervous system disorders, migraine headaches, cancers, and immune-system debilitation.

Though touted as safe, the chlorocarbon components of sucralose are verifiable toxins. Those who have experienced negative symptoms from sucralose often recover following the discontinuation of its consumption. Among other results, laboratory tests have concluded that long-term sucralose consumption shrinks the thymus gland, the biological source of the immune system.

According to Dr. Soffritti's research group, most studies alleging the safety of artificial sweeteners like aspartame and sucralose fail to use internationally-recognized "Good Laboratory Practices" for conducting carcinogenicity bioassays and thus arrive at faulty, corporate-controlled outcomes. Rather than objectively seek results, the studies used to allege safety are often funded by the companies producing the additive in question.

Preferable options include natural foods like raw honey and raw agave nectar which are healthy, enzyme-rich sweeteners that work great in moderation. Natural stevia extract is another excellent option as it contains no sugar and no calories, and it is completely safe and suitable for those with a diabetic condition or for those who are looking to cut sugar intake.

Soda alternatives include stevia or fruit-juice sweetened soda water. Some stevia extracts are available in various flavors including root beer and vanilla, offering multitudinous options in creating quick, healthy beverages. Fruit juices mixed in soda water also offer a refreshing thirst quencher for those who don't mind a little natural fruit sugar every now and then.

There are plenty of alternatives to artificial chemical sweeteners like aspartame, sucralose, and saccharin but they are often difficult to find in processed foods. Chalk this up as another great motivation to pursue whole, healthy foods that are as close to their natural states as possible.

Sources:

[Diet Sodas May Be Hard on the Kidneys - WebMD](#)

[Diet Soda, Sodium Tied to Kidney Trouble: Studies - Atlanta Journal-Constitution](#)

[First Experimental Demonstration of the Multipotential Carcinogenic Effects of Aspartame Administered in the Feed to Sprague-Dawley Rats - Environmental Health Perspectives](#)

[Bella Italia: The Soffritti Aspartame Study - Dr. Janet Starr Hull](#)

[Aspartame Dangers - NaturoDoc](#)

[Sucralose Toxicity Information Center](#)

[Aspartame Toxicity Information Center](#)

About the author

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