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Sucralose: A Tale of Two Headlines

One of my biggest complaints about health news is science by headline. Over the weekend, the headlines exploded with the news that in a recently published study, sucralose caused cancer! You know that's going to catch my attention. Artificial sweeteners are part of the third-rail of health topics that include GMOs, soy, and vaccinations. What made this so interesting was that there was another headline based on the same study that said sucralose reduced the rate of cancer. That's what we're going to talk about this week.

Let's start with the "sucralose causes cancer" headlines. These were found in press release format and showed up on many local news and news-feed providers. They essentially all said the same thing. In a study done on Swiss mice, as the amount of sucralose intake increased, the rate of two types of cancer increased in male mice (1). Most news feeds included an announcement by the Center for Science in the Public Interest that they have downgraded sucralose from "use with caution" to "avoid" (2). That sounds pretty bad.

Is sucralose that bad? On Thursday let's check out the headline on the same study that suggests sucralose reduces the rate of cancer.

What are you prepared to do today?



Dr. Chet

References:

1. <http://www.tandfonline.com/doi/abs/10.1080/10773525.2015.1106075?journalCode=yjoh20>
2. <http://www.cspinet.org/new/201602081.html>

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