



The Sweetener Trap & How to Avoid It: The Power and Politics of Sweeteners and Their Impact on Your Health

Beatrice Trum Hunter

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"No one does a better job of reporting on issues of food choices and food safety than Beatrice Trum Hunter. Her latest book exposes the problems, politics, and proliferation of both natural and artificial sweeteners- what to be aware of and what to do about it."

--Jerry Mittelman, D.D.S., FAPM, former president of the International Academy for Preventive Medicine and author of *Healthy Teeth for Kids*.

With this revised and expanded update of the 1982 classic *The Sugar Trap*, Beatrice Trum Hunter, noted writer on food issues, brings us invaluable help for avoiding "the sweetener trap." She exposes facts about today's many sweeteners-from aspartame to stevia, sucralose, and xylitol. With careful research and well-weighted advice, Hunter tells why you should limit all added sugars. With awareness, you can do it, despite misleading labeling, sly marketing tactics, and vague federal recommendations for sweetener intake that reflect research bias and strong pressures from sweetener interests.

"This comprehensive review of sugars and sweeteners in the American diet is well researched, well organized, and well written. It offers much needed information and understanding in an area having major implications for the nation's health."

--Alyce Bezman Tarcher, M.D., editor, *Principles and Practice of Environmental Medicine*.

"This book provides considerable sound information about the profound public health hazards of popular sweeteners. Beatrice Trum Hunter deserves much praise for her ongoing effort to clarify "the sweetener trap" that increasingly threatens humanity.

--H.J. Roberts, M.D., FACP, FCCP, director of the Palm Beach Institute for Medical Research and author of *Aspartame Disease: An Ignored Epidemic and Protecting Mankind: One Physician's Quest*.

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