

## Eliminate Diet Soda From Your Diet

If you were to ask 1,000 people why they drink diet soda and other drinks with artificial sweeteners, I expect the vast majority (if not all) would tell you it's because they are "watching their weight" and these products have no calories.

While it is true that diet sodas have no calories, it has never been proven that they help with weight loss. In fact, as I have reported in this space before, many studies have clearly shown that diet soda may do the exact opposite: make people gain weight. Read the article about Excitotoxins and avoid consuming all diet products containing aspartame. Natural Stevia is a better alternative. Ask us about zero cal sugar the best natural alternative. [info@DrGrantWellness.com](mailto:info@DrGrantWellness.com)

Recently, epidemiologist Sharon Fowler, from the University of Texas, presented research data to the American Diabetes Association on soda consumption. In her words, "What we saw was that the more diet sodas a person drinks, the more weight they were likely to gain." In a CBS news article, nutritionist Melainie Rogers describes the same findings in her work with obese patients.

There are several theories as to why this is the case. Some think it is psychological - that diet soda drinkers eat more because they feel they can "spare" the extra calories. Others point to the fact that artificially sweetened drinks tend to increase the appetite unnaturally. And many believe it could be because aspartame and sucralose disrupt insulin function.

One thing we know for sure is that these products can be harmful to your health. So whether or not you're trying to lose weight, my advice is to avoid artificial sweeteners and "diet drinks" entirely.

For a healthier alternative, mix an ounce or two of fruit juice (or, even better, low-sugar fruit-juice concentrate, which you can find at just about any health food store) with sparkling water. To make it a bit sweeter, add a few drops of all-natural stevia.

### The Positive Effect of Vinegar on Blood Sugar

Numerous studies have shown that vinegar can help lower your blood sugar, even after a high-carb meal.

In one recent example, researchers assembled a small group of subjects. One-third of them had been diagnosed with diabetes, one-third were pre-diabetic, and one-third had normal blood sugar. The subjects all drank either two tablespoons of vinegar or a placebo prior to eating a high-carb breakfast. A week later, the same subjects had the same breakfast, but with the opposite drink. The researchers measured their blood sugar and compared the results.

What they found was that all the subjects had lower levels of blood sugar when they drank the vinegar. The blood glucose levels of those who were pre-diabetic were reduced by almost 50 percent in the first hour after the meal (as compared to when they drank the placebo). Those with diabetes saw their blood sugar levels drop by 25 percent - results as good as or better than what can be expected from Metformin, a popular diabetes drug that can induce unpleasant side effects.)

Not too interested in slurping down a couple of tablespoons of sour vinegar? Not a problem. Even dressing a side salad with vinegar and olive oil will do the trick. Researchers have found that just about any food with vinegar can produce a similar effect. In a Swedish study, for instance, pickles slowed the absorption of sugar into the bloodstream, while cucumbers did not.