

# health news updates

presented by King Institute, Inc.

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## The Dangers of Diet Products:

### A closer look at low cal diet foods

People love sweets.

They enjoy sugar in their morning coffee. They want a carbonated soft drink with lunch. And they buy ice cream for after-dinner dessert.

But especially with the modern American appetite, their favorite foods factor in to why some can't fit into the dress and pant size that, given a healthier lifestyle, they should be able to fit in.

The food industry has heard the health conscious concerns of the people and have come out with labels such as "Diet," "Lite," "Slim," and "Skim." With words like these printed on packages, people can now enjoy their favorite foods without all the hip-hugging calories.

Or can they?

What many people don't realize is that many of the diet, light, slim and skim items filling their refrigerators and pantries have traded calories for other body-unfriendly, some of which are more dangerous.

Take light (or "lite" as some companies term) ice cream for example. Food Network celebrity chef and host of "Good Eats" Alton Brown performs an experiment on one of his "science behind

the food" episodes where he took a quart of regular ice cream and a quart of "lite" ice cream. Both quarts are the same brand, same flavor and were bought at the same local mega mart.

Brown melted down the entire contents of both ice cream containers and placed them in glass beakers, not unlike the ones you remember imploding a marshmallow inside during high school chemistry.

The contents of the "lite" container, melted, was nearly half the amount compared to the beaker that contained the melted regular ice cream. In short, "lite" simply means more air is introduced into the cream, making it fluffier and lighter.

So, you pay the same price for a tub of "lite" that you do for a tub of regular, except you get less ice cream and more air. It's the same concept with "whipped" yogurt. And the light part isn't necessarily a change in the ingredients. It's just that you really are eating less than you normally think.

Don't believe us? Try the ice cream melting experiment at home on your own and decide for yourself.

Of course, we don't encourage the eating of too much ice cream in the first place because of the milk, and loyal *Health New Updates* and *KIMA Journal* readers know exactly why.

How about artificial sweeteners, which are used in everything from carbonated soft drinks to baked goods?

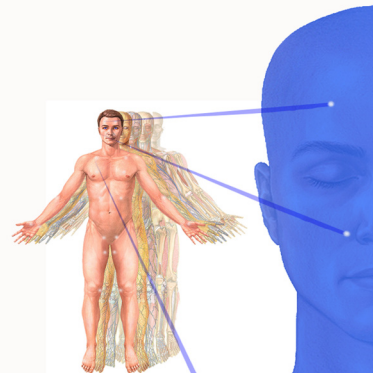
We've already been warned about the dangers of products such as SweetN'Low® and NutraSweet®, and both were not popular for their terrible after tastes.



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But the newer kid on the block, Splenda®, has marketed itself as a no calorie sweetener with that is safe for consumption by kids and people with diabetes.

“It’s made from sugar, so it tastes like sugar,” Splenda’s advertisements boast, a claim that the US sugar association is suing Splenda maker McNeil Nutritionals for false advertising and misleading the public into thinking it’s a “natural” artificial sweetener.

McNeil says that Splenda starts as pure cane sugar and then is chemically changed into sucralose.

That chemical change has some researchers questioning its safety. Sucralose is a chemical compound comprised to two molecules of sucrose (sugar) and two molecules of chlorine.

While some industry experts compare it to salt, other independent researchers say it has more in common with pesticides.

Sucralose isn’t recognized by the body as food, so it has no calories, and most people don’t absorb a significant amount of Splenda in their small intestines. However, the body actually wants to get rid of the foreign substances by digesting the chlorinated molecules of Splenda, which can store up in your fat cells.

The twist is different people react differently to Splenda, and it can take years of consumption to see if it even has an effect on your system.

There are no known long-term effects on humans recorded. However, short-term studies on lab rodents showed shrunken thymus glands and enlarged livers and kidneys. Since the tests were not based on human test subjects, the FDA found the results inconclusive and approved of Splenda for human consumption.

But while more researchers conduct more studies, Splenda’s popularity continues to grow, making it’s way into other popular products such as Diet Coke® and PepsiOne® (replacing aspartame, another artificial sweetener that raised many red flags).

But after all the research and legal litigation, you, the consumer, decide what to put into your body when all is said and done.

You can search the grocery store for the safest diet, light and skim foods, hoping they will help you get the waist-size you want. Or, you can always go with the old fashioned method and eat foods that occur naturally. The advice hasn’t changed for centuries, just the mentality. 🍌

# TKM® Class in Virginia

**What: Level 1 & 2 Combined Class**

**Where: Newport News, VA**

**When: February 28 - March 4**

**Who: Open to everyone; no prerequisites!**

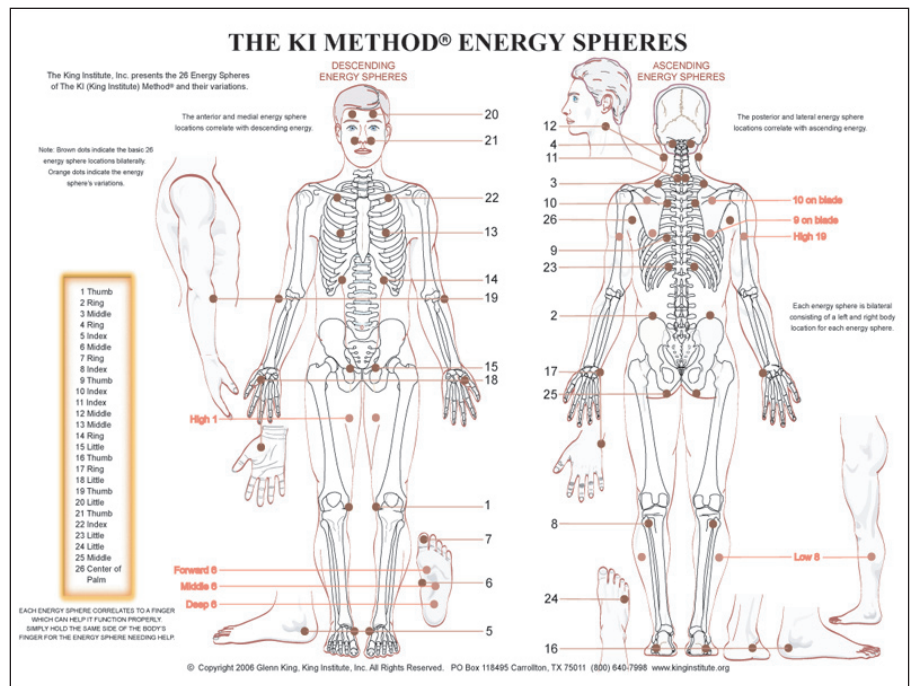
**Location: Point Plaza, 950 J. Clyde Morris Blvd.**

**Note: The new posters will be available at this class.**

For more information on classes or to register, visit the Calendar page at [www.kinginstitute.org](http://www.kinginstitute.org)

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