



*Life may not be  
the party we hoped  
for, but while  
we are here we might  
as well dance.*

*Author: Unknown*

### *The Staff of Federal Way Naturopathy:*

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**Dispensary:** All patients of Federal Way Naturopathy (FWN) are welcome to shop for dispensary products at your convenience Monday and Friday 8:00a.m. to 5:00p.m. and Tuesday through Thursday 8:00a.m. to 6:00p.m. If you want to ensure a product is in stock, please call ahead to reserve it. We will hold products for a patient for up to 2 weeks. If you would like to special order a hard to find supplement, we order products weekly. We will place your special order with a Visa or MasterCard number. Please let us know if there is something you would like to see us carry on a regular basis in our dispensary.

**Be sure to look for our new sales shelf of discounted products.**

**If you are over 65, make sure to ask for your 10% senior discount with any dispensary purchase.**

**For your information, any product that has been suggested by your Naturopath is not subject to sales tax. In addition, these same products are considered medical expenses for those with health savings accounts or medical deductions.**

**Artificial Sweeteners: Are they any better for us?**

**By Karen Rasmussen, ND**

Americans have had a long fascination with sugar. We consume sugar in our breakfast cereal, our mid-morning donut, lunch-time soda, and pie or ice cream for dessert. The average American eats 20 teaspoons of sugar a day, according to the federal Continuing Survey of Food Intakes by Individuals. Of that amount, 60% is from corn sweeteners, used in soda and other sweetened drinks, and 40% is from sucrose (table sugar) as stated by the Sugar Association.

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## Artificial Sweeteners continued from page 1

With the incidence of obesity on the rise, Americans are looking for sugar substitutes to help them lose weight without sacrificing their favorite foods. Sugar substitutes also called artificial sweeteners, are much sweeter than sugar, and take a smaller amount to create the same sweetness. Products made with artificial sweeteners have a lower caloric content than sugar. They have become a popular alternative for diabetics because they don't affect glucose or insulin levels. The food and drug administration has approved four sugar substitutes for use in foods. They are **saccharin**, **aspartame**, **acesulfame-K**, and **sucralose**.

**Saccharin**, manufactured under the label Sweet n' Low, is 300 times sweeter than sugar. It was discovered in 1879 and used to sweeten foods during both world wars. Several studies have linked saccharin use with the development of bladder cancer in rats dating back to the 1970's. In response to the reports, Congress passed a law requiring that any foods containing saccharin must carry a label that reads "Use of this product may be hazardous to your health. This product contains saccharin, which has been determined to cause cancer in laboratory animals." The National Cancer Institute looked at the possible role of saccharin in causing bladder cancers in humans. They found that people who used the artificial sweetener had "no greater risk" of bladder cancer than the population as a whole. However, people who were heavy saccharin users (6 or more servings of sugar substitute or 2 or more 8oz. servings of diet drink daily) found some evidence of an increased risk of bladder cancer. The government's National Toxicology Program has kept saccharin on its list of "anticipated carcinogens" although "typical intakes of saccharin at normal levels for adults show no evidence of a public health problem." Saccharin has remained on the market and the warning label has been removed.

**Aspartame** was approved by the FDA in 1981 and has been distributed under the names NutraSweet or Equal. It is 180 times sweeter than sugar and used in products such as beverages, breakfast cereals, yogurt, chewing gum, and desserts. Aspartame consumption has been linked to headaches, fatigue, vision disturbances, multiple sclerosis, systemic lupus, birth defects, seizures, Gulf War Syndrome, and Alzheimer's disease. The safety of aspartame and its breakdown products (methanol, phenylalanine, aspartic acid) has been assessed in several animal and human studies, many funded by the sweetener industry. In certain individuals who have the hereditary disease phenylketonuria, they are not able to breakdown the amino acid, phenylalanine, and thus accumulate far higher than normal blood levels of phenylalanine. During pregnancy, high maternal blood levels can be transferred to the fetus and produce adverse effects to fetal brain development. The other metabolites, methanol and aspartic acid, have the potential to cause brain damage at high doses. The FDA recommends no more than 50mg/kg (2.2lbs) of body weight per day for adults. The average adult would need to consume 20 cans of diet soda, and the average child 7 cans to reach a toxic level according to the FDA. In 1996, a study raised the issue that aspartame consumption may be linked to an increase in brain tumor incidence between 1975 and 1992. An analysis of the National Cancer Institute statistics showed that the cases of brain cancer began increasing in 1973, 8 years prior to Aspartame's approval, and continued to rise until 1985. In conclusion, although no clear relationship has been established between the consumption of aspartame and the development of brain tumors, non-industry funded research does raise valid questions about the health risk to consumers. There is no denying that some individuals who consume aspartame have serious side effects.

**Sucralose**, also known by its trade name Splenda, is 600 times sweeter than sugar. FDA approved it in 1998 as a tabletop sweetener and it is used in baked goods, juices, chewing gum, puddings, jams, syrups, desserts, and non-alcoholic beverages. The sweetness of Splenda (con't pg 3)

is derived from replacing three hydrogen oxygen groups on a sugar molecule with chlorine atoms. Splenda is not a natural product. The manufacturer of Splenda claims that once eaten, Splenda passes through the body without being broken down. However the FDA has determined that as much as 27% of sucralose may be absorbed by the body. There are limited short-term human studies on Splenda, many conducted or financed by the manufacturer of Splenda. There have been no long-term human studies to determine potential carcinogenic, reproductive, and neurological effects on people.

**Acesulfame Potassium**, also called Sunett, was approved by the FDA in 1988 and is used in baked goods, frozen desserts, candies, and beverages. It is 200 times sweeter than sugar and is used worldwide in more than 4,000 products. It is commonly combined with diet soft drinks.

Sugar alcohols, not technically considered artificial sweeteners, are used widely by many food manufacturers in candies, gum, and ice cream. Common sugar alcohols are sorbitol (made from glucose in fruits and berries), lactitol (from lactose or milk sugar), mannitol (from tree syrup), or malitol (from corn starch). When eaten in large amounts they can cause digestive problems. As little as 50 gms of a sugar alcohol (4-6 oz of jelly beans, 6 pieces of mint patties) can cause diarrhea and bloating in people.

Although sugar substitutes have a long history of controversy, the demand for good-tasting, low calorie options for weight conscious people has fueled the development of new alternatives to old-fashioned sugar. Our love affair with sweet foods has created a multi-million dollar business that has been extremely successful due to aggressive, suggestive marketing. It is time for us to address our dependency and craving for sweet foods and consider whether it is worth the risk to our health.

**My Experiences with the  
Federal Way Naturopathy  
Ultra Lite Program**  
by Teri Bednarski



While I have struggled all my life with weight issues, I reached a point where it became a significant health issue. In 2003, I was diagnosed as pre-diabetic. By July 2004, my cholesterol level was 256. When Dr. Beth tested my cholesterol and found it was at a dangerous level, she gave me two options: take prescription medications, or permanently lose a significant amount of weight. I chose to lose the weight. Dr. Beth told me that I would be a good candidate for the Ultra Lite Program. The program is administered by Dr. Karen Rasmussen. Today, 11 months later I am 100 pounds lighter, and my blood sugar levels are well within the normal range. My cholesterol is 155, and my blood pressure is 107/62. While the focus of the program has been on my health, the added benefits of dropping seven clothing sizes makes the outcome even better. I've lost 22 inches around my waist alone, and my skin is the clearest it's been since elementary school!

This program is not a magic pill. You have to be willing to make some changes in your lifestyle. With the thoughtful guidance of Dr. Karen, and the positive weekly encouragement of Bonnie McTighe RN; it was my progress that was magical! My perspective on what I eat, and how much I need to eat, has completely changed. I'm not hungry, and have lots of energy. I believe anyone following the Ultra Lite program can reach the results they desire.

# PROGRAMS AND SERVICES

In addition to family Naturopathic care, FWN offers other special services. We are an excellent source for annual exams and school physicals as well as childhood immunizations.

Dr. Beth has a passion for treating headaches. She uses a combination of nutritional therapy and cranial sacral work. Call us for more information or to make an appointment.

Is your organization looking for a medical professional to speak at lunchtime or during a staff meeting? Dr. Karen Rasmussen is available to speak on a variety of topics such as how to minimize stress, increase productivity or plan your meals for the day.

We enjoy setting up motivated individuals on personalized cleansing programs.

The ever popular 5 week Detoxification class will be held yearly beginning in January.

Visit with Dr. Karen at Marlene's

Join Dr. Karen P. Rasmussen the first Thursday of every month from 5:30-7:30p.m. at the Federal Way Marlene's Market and Deli for a complimentary 15 minute nutritional consultation. If you need assistance shopping for the detoxification or food allergy elimination diet Dr. Karen can make suggestions on what to buy and eat. Marlene's is located at 2565 S. Gateway Center Place, Federal Way 98003. Phone number is (253) 839-0933.

Our Ultra light weight loss program has been at the clinic for over a year now; and already boasts of a participant with greater than 100 lbs of weight loss. Set up a complimentary 15 min. visit to learn more about this program



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Website: [www.fwnmedical.com](http://www.fwnmedical.com)

Note our new extended hours for  
appointments:

Tuesday, Wednesday and Thursday:

8:00 to 7:00

Monday 9:00 to 6:00

Friday 8:00 to 5:00

Saturday-by appointment

Mailing Address Line 1

Mailing Address Line 2

Mailing Address Line 3

Mailing Address Line 4

Mailing Address Line 5



## *Clip and Save*

*Spend \$50.00 in the Federal Way Naturopathy dispensary  
and receive 10% off the entire purchase.*

*Offer expires 9-15-05*