

Weekly Nature Cure Tip



XYLITOL - SWEET!

Xylitol is a naturally-occurring sweet compound found in fruits and vegetables. Most Xylitol is produced from the fiber of the birch tree. It is a five carbon sugar alcohol. Sugar alcohols naturally occur in foods such as berries, and have no relation to regular alcohol. Xylitol is nearly as sweet as sucrose, tastes good, and has no after-taste. Xylitol also has 40% less calories than sugar, with a caloric value of 2.4 calories per gram. Xylitol does not have many of the downsides of table sugar and artificial sweeteners, in fact, it boasts a full range of health benefits.

Xylitol causes little change in blood sugar and insulin levels because it is slowly metabolized into glucose by the liver. It does not require insulin to be metabolized making it a very useful sweetener for diabetics. Xylitol scores a 7 out of 100 on the glycemic index. It has also been shown to slow stomach emptying, and thus to help promote a feeling of fullness and thus decrease food intake, and thereby help promote weight loss. Xylitol may also be the ideal sweetener for those with intestinal yeast overgrowths, because it does not feed yeast as sugar does. Studies have shown that it may help decrease the incidence of dental caries and fight plaque buildup, help prevent middle ear infections in children and it might even lead to improved bone strength during aging.



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