



Artificial sweeteners do nothing to help weight loss and could actually cause us to pile on the pounds, scientists say.

Artificial sweeteners behave in a similar way to sugar, by activating sensors in the gut which are key to the absorption of glucose.

As a result, the body processes extra sugar – and all the calories that go with it. For the dieter, it means little or no weight loss. Over time, it could even lead to extra pounds being put on.

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