

TRUTH BE BOLD

THE REEDERS BLOCK NEWSLETTER

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**In Case You Felt Out of Place
in 2024, Own 2025**



Image sourced from Emmanuel Adams on [X](#).

**IN CASE YOU FELT OUT OF PLACE IN
2024, OWN 2025**

Check out [this article](#) to learn how to flourish in 2025. 2024 was The Year of Flight for many. Maybe you started a new job or moved to a new home or different community. Or maybe you found yourself in a completely different state wondering, "Where do I fit in?" You fit in everywhere you go, and mastering your environments is dependent upon your knowing and acting on that. Before you get to 2025, consider addressing any feelings of being out of place where you are. This article will get you there.

RIDDLE ME THIS

What is the answer to the riddle? Take some time, kick back and mull it over with your favorite drink and a friend. Relax a little.

The Hint: Wonders.

Email your answer to be featured in the next issue's answer reveal.

Last Issue's Answer Reveal: The number 7 is odd but becomes "even" when you take away a letter.

**What is at the
end of a
rainbow?**

THREE JEWELS

Gossip or rumors about you have as much validity as you give them, so give them less.

We each need somebody, even if today's generation doesn't realize it.

Experience people in the context of who they prove themselves to be not who others have proven themselves to be to you.

HEALTHY REEDER TIPS

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HOW SPLENDA COULD GIVE YOU CANCER



In this increasingly health-conscious society, it is not uncommon to see coffee creamer, candy and other products labeled “sugar-free” or “zero sugar.” Naturally, you might grab the version that says it has no sugar, but you might be choosing an unhealthier alternative. Recent studies show that a certain popular artificial sweetener is “genotoxic”, meaning it harms DNA. It breaks down DNA on a molecular level, increasing a person’s risk of cancer, gut health issues and more.

Although choosing the option with fewer calories that isn’t sugar seems like the obviously better choice, a recent study shows that “sucralose-6-acetate, a chemical found in artificial sweeteners, is ‘genotoxic,’ meaning it could cause DNA damage,” according to health journalist Kaitlin Vogel.

Check out the rest of this article on [TheReedersBlock](https://thereedersblock.com) to find out what you can do to keep yourself safe and what other foods contain sucralose.

THE TAKEAWAY

CHECK THEREEDERSBLOCK.COM FOR THE LATEST UPDATES. THIS NEWSLETTER IS 100% HUMAN-WRITTEN. REMEMBER, IF YOU SEE AN ERROR, THAT’S WHAT MAKES US HUMAN. THANKS FOR READING.