

5. Aspartame

"Aspartame is, by far, the most dangerous substance on the market that is added to foods."⁹⁹⁰ "Complaints about aspartame represent 80-85% of all food complaints registered with the FDA."⁹⁹¹ "Many of these reactions are very serious, including seizures and death."⁹⁹² Aspartame is the only food additive that has garnered its own disease, "aspartame poisoning." H.J. Roberts, M.D., who has written a 1,038-page medical text on it, calls it *Aspartame Disease: An Ignored Epidemic*. Dr. Roberts, a Board-certified internist, internationally respected as a "brilliant clinician,"⁹⁹³ has also written an article called, "Aspartame Disease: An FDA-Approved Epidemic."⁹⁹⁴

"As a guide for other doctors, Roberts, a recognized expert in difficult diagnoses [author of 18 texts⁹⁹⁵ and hundreds of scientific articles based on corporate-neutral research], has published . . . *Aspartame Disease: an ignored epidemic* (Sunshine Sentinel Press), in which he meticulously details his treatment of 1,200 aspartame-sensitive individuals, or 'reactors', encountered in his own practice. Following accepted medical procedure for detecting sensitivities to foods, Roberts had his patients

remove aspartame from their diets. With nearly two thirds of reactors, symptoms began to improve within days of removing aspartame, and improvements were maintained as long as aspartame was kept out of their diet.”⁹⁹⁶

“Roberts' case studies parallel much of what was revealed in the FDA's report on adverse reactions to aspartame - that toxicity often reveals itself through central nervous system disorders and compromised immunity. His casework shows that aspartame toxicity can mimic the symptoms of and/or worsen several diseases that fall into these broad categories.”⁹⁹⁷

There was a time when “aspartame was listed by the Pentagon as a biochemical warfare agent.”⁹⁹⁸ “Today it's an integral part of the modern diet. Sold commercially under names like NutraSweet and” Equal, “aspartame can be found in more than 5,000 foods, including fizzy drinks, chewing gum, table-top sweeteners, diet and diabetic foods, breakfast cereals, jams, sweets, vitamins, prescription and over-the-counter drugs. This means that there is a good chance that you and your family are among the two thirds of the adult population and 40 per cent of children who regularly ingest this artificial sweetener”⁹⁹⁹ that is a neurotoxic carcinogen.

Aspartame is "the world's bestselling sweetener,"¹⁰⁰⁰ partly because it is reputedly the only artificial sweetener that does not leave a bitter aftertaste. "Because it contains no calories, aspartame is considered a boon to health-conscious individuals everywhere; and most of us, if we think about it at all, think it is safe. But independent scientists say aspartame can produce a range of disturbing adverse effects in humans, including headaches, memory loss, mood swings, . . . multiple sclerosis and Parkinson's-like symptoms, tumours and . . . death."¹⁰⁰¹

"[E]vidence, linking it to leukaemia and lymphoma, has added substantial fuel to the ongoing protests of doctors, scientists and consumer groups who allege that this artificial sweetener should never have been released onto the market and that allowing it to remain in the food chain is killing us by degrees."¹⁰⁰²

A few of the "documented symptoms . . . caused by aspartame [also] include: migraines, dizziness, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, . . . and joint pain."¹⁰⁰³

A few more symptoms are "cardiac arrest. . . . disorientation, hyperactivity, extreme numbness, excitability, . . . loss of depth perception, liver impairment, severe mood swings."¹⁰⁰⁴

"According to researchers and physicians studying the adverse effects of aspartame, the following chronic illnesses can be triggered or worsened by ingesting aspartame: brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, Parkinson's disease, Alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia, and diabetes."¹⁰⁰⁵

In "December 1965 [twenty years before Monsanto bought Searle], [w]hile working on an ulcer drug, [Jim Schlatter], a chemist at pharmaceutical manufacturer GD Searle accidentally discovers aspartame, a substance that is 180 times sweeter than sugar, yet has no calories."¹⁰⁰⁶ Just what did he discover?

What is aspartame? Aspartame, from aspartyl-phenylalanine methyl ester, is a technical term for NutraSweet and Equal. "The book, *Prescription for Nutritional Healing*, by James and Phyllis Balch, lists aspartame under the category of 'chemical poison.'"¹⁰⁰⁷

"Aspartame is a synthetic chemical composed of the amino acids phenylalanine and aspartic acid bonded with methyl alcohol [sic] methyl ester. Methyl alcohol breaks down in the body to formic acid (the poison in ants' sting) and formaldehyde (embalming fluid). Each time you drink a diet soft drink or chew sugarless gum containing aspartame, you are feeding unhealthy doses of these substances into your system." ¹⁰⁰⁸

Instead of a dry description, the best way to present aspartame to you is to allow James D. Bowen, M.D. to introduce it through his letter of January 11, 2007 to Senator Ortiz y Pino:

**LETTER FROM DR. JAMES BOWEN TO SENATOR GERALD ORTIZ Y PINO
CONCERNING ASPARTAME**

By James Bowen, M.D.

Posted: 12 April 2007

Sent: January 11, 2007

The Honorable Senator Gerald Ortiz y Pino
400 12th Street, N. W.
Albuquerque, New Mexico 87102

Dear Senator Ortiz y Pino,

I write you as a physician and as a victim of aspartame to applaud you sponsoring the bill to ban aspartame from New Mexico.

I started using Sugar Free Kool-Aid in the early 1980's, which resulted in the destruction of my medical practice and almost the complete destruction of my personal neurological health. Aspartame gave me a toxic cardiomyopathy so severe I had to stop swimming. Deep chemical depression followed, terminating in Lou Gehrigs disease. When I stopped using it I had many severe withdrawal symptoms, and was diagnosed as "Bulbar Palsy."

Aspartame is a very highly crafted poison, cleverly combining about ten different poisons, including:

1. Phenylalanine isolate poisoning. At 50% of the molecule it floods the brain, lowering the seizure threshold and depleting serotonin.
2. The methyl ester-formaldehyde-formic acid-carbon monoxide toxic axis.
3. Methylated aspartic acid. (An extreme excitotoxin, implemented in vast brain damage, including the common neurodegenerative diseases.)

4. Diketopiperazine. The first toxicity studies at 1/1000 the FDA legally requisite test dosage for only 60 days caused the highest incidence of brain tumors in rats of any chemical ever tested at any dosage caused. The first 6 months of aspartame soft drinks, saw a 10% increase in USA human brain cancer rates and a 30% jump of our diabetes occurrence rate!

The most practical conception of the diabetic condition is that it is a combination of genetic, immune and mitochondrial damage leading to a deficiency of carbohydrate metabolism and a deficiency of the mitochondrial production of adenosine triphosphate. This causes the neuroendocrine system to respond by elaborating a hormonal response to break down proteins into glucose to satisfy the perceived need for more sugar. Sugar is used [with] less efficiency in the diabetic. Some is even wasted in the urine.

Aspartame damages the mitochondria. You can understand the epidemic of diabetes. Because of mitochondrial damage it interacts with all drugs and vaccines and the insulin many diabetics use. Diabetics are made horribly worse by the use of NutraSweet prescribed by their physicians. Most do not know better because they are deceived by the American

Diabetes Assn and other professional organizations funded by the manufacturers, FDA and front groups. Some diabetics get over their disease by simply getting off aspartame. Many diabetics victimized by aspartame are experiencing limb amputations. The reason for this is methanol and excitotoxins are famous for damaging nerves and both are in exacerbated and synergized form in the case of aspartame poisoning. When methanol is taken into the body in any form the consumer then experiences the entire toxic axis of methanol to formaldehyde to formic acid (fire ant poison) and on to carbon monoxide. Aspartame is a highly addictive brain washing agent and the victims cannot even conceive of quitting the toxin. Therefore, the only way to save diabetics from severe disability and death is to get it off the market.

All of the components of aspartame are human sensitization agents, and CHz (Chemical hypersensitivity disease) plagues aspartame victims for the rest of their lives, even long after they have stopped using it, as does the MtdNA damage.

Using this toxin plasticizes the very DNA of which our genes are composed. This is called "cross linking DNA", and shattering DNA for which formaldehyde and formic acid is famous. When aspartame is in its diketopiperazine (DKP)

form, it is an extremely strong plasticizing agent. Diketopiperazines are the major powerful, far-reaching substrates of the plastics industry. The DKP form of aspartame was found to be the number one brain tumor carcinogen known to man. In that form the molecule is an extremely potent polymerizer, which reaches further, and with more energy than formaldehyde to esterise human substances into polymers, and to cross-link DNA.

Aspartame damages the cardiac conduction system and causes sudden death. It would take a set of encyclopedias to cover all the human devastation. In the aspartame documentary, *Sweet Misery: A Poisoned World*, you see Diane Fleming in a Virginia prison. She was imprisoned for poisoning her husband, a diet soda addict, whose autopsy revealed methanol poisoning. She was exonerated with a lie detector. The report admitted she was truthful and did not kill her husband. After reviewing the autopsy I wrote an affidavit, as did several other experts. Yet there she remains four years later, an imprisoned innocent woman who is a victim herself. The horror stories never stop.

Methanol is classified as a narcotic and its liberation by aspartame causes chronic methanol poisoning. This affects

the dopamine system of the brain causing addiction. They're making addicts of our children.

It boils down to this, Senator, if someone does not vote for your bill; they're either addicted, care less for human suffering, or sold out. Aspartame is absolutely against the law, violating adulteration and interstate commerce laws. The late Dr. Adrian Gross, FDA toxicologist, even admitted to Congress aspartame violates the Delaney Amendment, which forbids adding anything to food that caused cancer in animals. For a lobbyist to seek to convince anyone aspartame is safe after a quarter of a century of documentation is to be in violation of Title 18, Section 101, stumbling the public with full knowledge.

If I can be of any service to you, I hope you will call on me. I told the FDA 20 years ago aspartame is mass poisoning the consumer public and 100 countries of the world. I have added my original letter below my signature. They sent an agent to my office who was upset I had made this public and was reluctant to accept 29 more cases of aspartame poisoning. Today there are millions. Aspartame Disease is costing the government trillions and costing consumers their lives. I have devoted my life to ridding the world of

this deadly chemical, so others will not suffer the same fate as I have experienced.

Respectfully,

James D. Bowen, M.D.¹⁰⁰⁹

A 1987 statement to the FDA by Dr. James Bowen:

"Every known metabolite of aspartame is of marked or questionable toxicity and patently unsafe for human use. Methyl alcohol is metabolized to nascent formaldehyde in the eye, nervous system and other metabolically active organs. It immediately attacks and denatures the tissue structure proteins in which it is metabolized to nascent formaldehyde. This stimulates specific organ and subcellular autoimmunity which seems to be a preponderant source of the bad experiences reported by NutraSweet victims. Aspartic acid is a neuroexcitotoxin present in damaging amounts in its own right, at the ADI [acceptable daily intake] for aspartame. Simple logic tells one that it will vastly increase the metabolism of methyl alcohol to formaldehyde in the desinosomes of the periventricular cells of the central nervous system, thus focusing the nascent formaldehyde attack there. This corresponds well

with the symptomatologies often experienced, such as Lou Gehrig's Disease (ALS), bulbar palsies, neurohormonal disorders, etc. Also visual disturbances, heart palpitations, infertility and fetal loss may be traced to aspartame ingestion. The diketopiperazine issue remains totally unresolved and dangerous. The amino acids that are released by hydrolysis, from eimers and isomers that are either not sufficiently studied, or which are known substrates in undesirable pathological states such as Alzheimer's disease."...¹⁰¹⁰

Aspartame is addictive. Aspartame "has been shown for 27 years to cause addiction."¹⁰¹¹ Methanol is a narcotic. Chronic methanol poisoning affects the brain's dopamine system, and causes addiction. That is why lobbyists for diet sodas fight so hard to leave aspartame in their beverages.

If you have been diagnosed with phenylketonuria, do not use aspartame. Phenylketonuria (PKU) is "a genetic disorder in which the body cannot break down the amino acid phenylalanine," ¹⁰¹²a major component of aspartame. "It is estimated that as many as 20,000,000 people cannot metabolize phenylalanine." ¹⁰¹³

Aspartame can cause paralysis. "Paralysis is one of the 92 disabilities the Food & Drug Administration named in their 1995 list of aspartame reactions which they now deny ever existed [though Romania and the Phillipines "used the FDA's own list of 92 symptoms attributed to aspartame" [reported to the FDA on U.S. Department of Health and Human Services stationary], as evidence for their nations' decision to ban aspartame¹⁰¹⁴]. "FDA derived these from over 10,000 complaints volunteered by American consumers; more than those reported to FDA for any other additive. FDA slammed the complaint window in 1996 and [they] have ignored all testimony and research, including over 100 damning scientific peer reviewed studies on the devastating consequences of consuming aspartame."¹⁰¹⁵

Aspartame is a carcinogen. Aspartame was described as "a multi-potential carcinogen" in "an award winning 3-year study."¹⁰¹⁶ "The study comes from an independent research team led by Morando Soffritti, M.D., scientific director of the European Ramazzini Foundation of Oncology and Environmental Sciences in Bologna, Italy."¹⁰¹⁷ The 2005 study on 1,800 rats "was peer reviewed by 7 world experts. Dr.

Soffritti's second study showed it only takes a small amount [of aspartame] to cause cancer."¹⁰¹⁸

The study "found statistically significant increases in lymphomas and leukemias among female rats given aspartame. The smallest amount of aspartame (20 milligrams per kilogram of body weight) that caused a significant increase in cancer incidence is in the ballpark of what many people consume. The study also found equivocal results regarding brain tumors.[This does not mean they do not occur.] . . . The authors of the Italian study call for 'urgent re-examination of permissible exposure levels of [aspartame] in both food and beverages.'"¹⁰¹⁹ The results appear in Soffritti, M. *European Journal of Oncology*, Vol. 10; 2005.

Center for Science in the Public Interest recognizes aspartame as a cancer risk.

In their press release of July 27, 2005, CSPI states, "[T]he FDA should consider ordering aspartame off the market," said CSPI executive director Michael F. Jacobson."¹⁰²⁰ "[O]ne notable plus [of the new study] is that it was designed and conducted independently. Virtually all

of the previous research was sponsored by the makers of aspartame."¹⁰²¹

Aspartame causes tremors. On February 25, 2008, James R. Grainger III, M.D. published, "Georgia Surgeon Describes Aspartame-Induced Hand Tremors: Open Letter to Senate Health Committee Considering Aspartame Ban Bill on Monday." Dr. Grainger writes, "I am a physician and truly disturbed by the continued availability of Aspartame in our food supply. As a resident physician I developed tremors in my dominant hand (right). These tremors affected my surgical performance to the point of having one of my professors inquire as to whether or not I had an alcohol problem. I can assure you that I do not, nor have I ever had a substance abuse problem of any kind."¹⁰²²

"My tremors persisted beyond my postgraduate training. I then had friends comment on noticing my hand shaking at rest outside of a clinical environment. After removing Aspartame from my diet, the tremors have been absent for over two years."¹⁰²³

"I have researched the issue and found that there is a plethora of scientific evidence to substantiate the claim

that Aspartame should have never been allowed to enter our food supply."¹⁰²⁴

Aspartame linked to Gulf War Syndrome. "During the 1991 Gulf War, all military personnel were provided free supplies of aspartame-laced soft drinks together with experimental vaccines, nerve gas antidotes and personal insecticides. They were also treated to direct biochemical warfare compounds. The result is Gulf War Syndrome, which is communicable and deadly, and 50,000 military personnel and their dependents are wasting away before our eyes."¹⁰²⁵ Excitotoxins in aspartame contribute to the clinical picture of Gulf War Syndrome.

Aspartame is linked to autoimmune disorders. Aspartame "has been shown for 27 years to cause . . . MS, lupus, [and] all types of neurodegenerative diseases."¹⁰²⁶

Aspartame is implicated in Attention Deficit Disorder symptoms. According to Surgeon James R. Granger III, M.D., "The symptoms of Attention Deficit Disorder (ADD) are contained within the list of complaint symptoms presented to the FDA regarding Aspartame."¹⁰²⁷

Eye problems can be caused by or complicated by aspartame. "The corporate symbol for the NutraSweet Company

is blind Mr. Magoo: This seems appropriate in light of the" fact that aspartame is implicated in eye disorders,¹⁰²⁸ including blindness.

The eminent H.J. Roberts, M.D. recommends, "Avoid aspartame when no specific cause can be found for eye problems."¹⁰²⁹ He also says, "The same precaution is reasonable for persons in whom these complaints are due to other disorders because they could be aggravated by aspartame, even in minimal amounts."¹⁰³⁰

"These represent hard-won insights," he adds, "in the trenches of a medical practice. Patients and consumers should not be misled by the 'negative' conclusions of flawed [aspartame] studies sponsored by vested interests."¹⁰³¹

Dry eyes and dry mouth from ingestion of aspartame.

"The cause and management of 'dry eyes' challenge ophthalmologists and primary care physicians. This symptom was unexpectedly and repeatedly encountered among patients manifesting other reactions to products containing aspartame."¹⁰³² "Dry eyes" and associated difficulty in wearing contact lenses were prominent complaints."

"Xerostomia (dry mouth [with excessive thirst in some]) was a frequent concomitant. [A vicious cycle is likely to ensue if considerable aspartame-containing beverages are consumed because of the intense thirst created by severe dryness of the mouth.] The symptoms promptly improved after they stopped aspartame-containing products, and predictably recurred on aspartame rechallenge." ¹⁰³³

Aspartame causes abortion and birth defects. "Aspartame is an abortifacient and teratogen causing birth defects and mental retardation without a warning." ¹⁰³⁴

Aspartame induces and aggravates diabetes. "Diabetes is epidemic in Hawaii and aspartame precipitates the disease and simulates and aggravates diabetic retinopathy and neuropathy, destroys the optic nerve, . . . causes diabetics to go into convulsions, can induce hypoglycemia [low blood sugar], and even interacts with insulin,"¹⁰³⁵ as Dr. Bowen has noted. H.J. Roberts, M.D., an endocrinologist member of The Endocrine Society (diabetes expert), states that diabetes mellitus or hypoglycemia and aspartame are a "bad combination." ¹⁰³⁶ Aspartame reputedly makes blood sugar levels unstable.

Aspartame interacts with medications and vaccines.

Betty Martini, D. Hum (hon.), an anti-aspartame activist and humanitarian who is "the world founder of Mission Possible International, a global volunteer force in 38 nations warning the public off aspartame,"¹⁰³⁷ cautions in her article of February 19, 2008, "Hawaii Ban Aspartame Bill Ends in Political Paralysis," "Aspartame is poison, an addictive excitoneurotoxic carcinogenic drug that interacts with drugs and vaccines."¹⁰³⁸ Again, Dr. Bowen refers briefly to this phenomenon in his letter to Senator Ortiz y Pino.

Aspartame turns up in unsuspected places; read those labels. "[Y]ou can't buy a stick of gum or a box of mints without being offered a dose of aspartame, and without reading the label like a hawk, you wouldn't know because it's not always obvious that a product contains aspartame."¹⁰³⁹

But it's FDA-approved. "Aspartame was initially approved by FDA in 1981 for use in a few products."¹⁰⁴⁰ This action was ill-advised, according to many physicians, including Dr. Joseph Mercola, who writes, "[T]his was done despite the fact that the Department of Defense knew that aspartame was neurotoxic and harmful to human health. These

facts were deliberately suppressed by the government. It is also interesting that in 1981 FDA scientist Dr. Robert Condon, in an internal government document, said 'I do not concur that aspartame has been shown to be safe with respect to the induction of brain tumors.' All safety was thrown aside because of pressure from Searle."¹⁰⁴¹

"Since then, the FDA has affirmed the safety of aspartame as a food additive in the American food supply by allowing its use in many products from 1981 to 1995."¹⁰⁴²

(Aspartame was approved for use in U.S. diet soda [180-330 mg aspartame per 12 oz] in July 1983. "In 1985, Searle Company [with aspartame] was bought by Monsanto, the maker of other insidious substances [such as saccharine] that manage to find their way into human food, including Bovine Growth Hormone (BGH)."¹⁰⁴³)

"On June 27, 1996, FDA approved the use of aspartame as a 'general purpose sweetener,' meaning that aspartame could now be used in any food or beverage where the standards of identity do not preclude its use. (Note: there are many foods that must contain or not contain specific ingredients. These foods, which include mayonnaise, margarine, and ice cream, are said to have 'standards of identity.')

"¹⁰⁴⁴

"As far back as the 1980s, the Department of Health and Human Services in the United States received over 10,000 complaints [as noted earlier in another context] regarding adverse reactions to aspartame. However, the enormous power of vested economic interests contrived to 'prove' that aspartame was perfectly safe. Despite all the complaints, the FDA accepted the proof."¹⁰⁴⁵

"One expert, Dr Janet Starr Hull, lists the following as some common side effects of aspartame use" that have not yet been mentioned: "unsteadiness," "drowsiness," and "facial pain."¹⁰⁴⁶ Couldn't facial pain come from TMJ or sinusitis, you may ask? Yes, it could; but it could also come from aspartame, or be a condition that is aggravated by aspartame. Why keep using it?

"Up to 90% of consumers routinely use sugar substitutes, or foods that already contain sugar substitutes."¹⁰⁴⁷ Maybe it's time for you to question what may have become your automatic, but unnecessary, use of aspartame.

"But it's approved by the FDA!" says Luanne Austin, a consumer reporter for the *Daily News Record* on March 7, 2008, "That's the argument an acquaintance used last week

when we were discussing artificial sweeteners. She said that since aspartame, sucralose and saccharine were all approved by the FDA, that meant they were safe."¹⁰⁴⁸

"Tell that to the women who used HRT (hormone replacement therapy). Remember when the news came out in 2002 that HRT increased a woman's risk of breast cancer? Thousands of women stopped taking it."¹⁰⁴⁹

"The whole 'it's FDA approved' reasoning is like a child coming home from school and saying, 'My teacher said . . . ' It scares me that people have that mentality, like this woman in our discussion about artificial sweeteners."¹⁰⁵⁰

"Sucralose and/or aspartame have been implicated in the cause of . . . anxiety, mood changes, panic attacks, kidney and liver damage and impaired immune response. Studies conducted by manufacturers of these products produce results denying these reports. They always come out saying these products are "safe for consumers."¹⁰⁵¹ "However, if there's any chance that these products can tamper with my cells in any way, then nope, they're not for me."¹⁰⁵²

Luanne Austin trusts her own mind, as she writes, "Their products may be safe for *consumers* – nonentities

whose existence is based on providing fuel for the Most Holy Economy (remember the Borg? The Matrix?) – but I am a fully-alive human soul. A person. A woman, mother, grandmother, sister, niece and cousin whose priority is to live long to love the people in my life.”¹⁰⁵³ Stay well-informed through reliable sources.

Aspartame causes connective tissue disease. “Aspartame is well recognized among its victims for causing connective tissue diseases in their body. Since much of the aorta consists of fibroelastic connective tissue it would only be logical aspartame would also cause degeneration of this vital tissue. ... Aspartame really doesn't spare any structure or system in the body so it's not logical to try and mentally isolate it to a few structures or few systems of the body. ”¹⁰⁵⁴ --James D. Bowen, M.D.

Aspartame linked to acne. Subodh Jain speaks of “harmful ingredients” to avoid to clear up acne the natural way. She writes, “As part of the natural acne treatment, you must stop taking toxic ingredients like Monosodium glutamate” (MSG) “(found in vegan hamburgers) and the neurotoxin Aspartame (found in diet soda).”¹⁰⁵⁵

Aspartame causes carbohydrate craving. "Aspartame causes carbohydrate craving, and you only have to look at those who over-indulge, or more aptly, are addicted, to see how overweight they are. Some apparently suffer from bipolar disorder, another side effect."¹⁰⁵⁶

Aspartame causes weight-gain and obesity. "Recent research published in the *Journal of Food Science* shows that the more artificial sweeteners we use, the more we crave sweet foods and beverages, which may increase our overall calorie intake and make it more difficult to lose weight. ...[U]sing sugar substitute may actually cause our body [sic bodies] to crave more calories, so that we gain body fat. It makes sense to use the least amount of sugars and sugar substitutes possible."¹⁰⁵⁷

"Today 59 percent of Americans consume diet soft drinks, making them the second-most-popular low-calorie, sugar-free products in the nation, according to a consumer survey from the Calorie Control Council, a nonprofit association that represents the low-calorie and reduced-fat food and beverage industry. If you add to that all the thousands of available diet foods that also contain artificial sweeteners, it is no surprise that over 60 percent of the American population suffer from metabolic

disorders and are overweight or obese. Weight gain increases the risk of heart disease, cancer and diabetes.”¹⁰⁵⁸

“The following excerpt is taken from the ... book, *Timeless Secrets of Health and Rejuvenation*” by Andreas Moritz:

“A major American controlled study on 80,000 women showed that those who regularly use artificial sweeteners put on more weight per year than those who do not use them. What is even more surprising is the finding that, with the widespread use of sweeteners, the consumption of ordinary sugar and sugary foods has increased, too. In other words, the more artificial sweeteners you consume, the more food urges you have, thereby fulfilling their patent as an ‘appetite enhancement.’ There is overwhelming proof that these food poisons are making us fat.”¹⁰⁵⁹

Aspartame disables your satiety signal. “The major selling point of aspartame is as a diet aid, and it has been demonstrated that the use of this product actually causes people to consume more food. Normally, when a significant quantity of carbohydrates are consumed, serotonin levels rise in the brain. This is manifested as a relaxed feeling after a meal. When aspartame is ingested

with carbohydrates, such as having a sandwich with a diet drink, aspartame causes the brain to cease production of serotonin, meaning that the feeling of having had enough never materializes. You then eat more foods, many containing aspartame, and the cycle continues. Monsanto's profit from its NutraSweet Division [pushing aspartame as a diet aid] was \$993 million in 1990.¹⁰⁶⁰

Aspartame is an unstable substance, a fact which contributes to its toxicity. As noted, "[a]spartame is made up of three chemicals: the amino acids aspartic acid and phenylalanine,"¹⁰⁶¹ and methyl ester. Methyl ester breaks down to methanol, which is wood alcohol, used as an antifreeze. During Prohibition, it was not uncommon for people to drink methyl (wood) alcohol in desperation, thinking it was regular alcohol, and die. Free "Methanol is extremely poisonous."¹⁰⁶² Small doses, as from aspartame, can be cumulative.

"The chemical bond that holds these [aspartame] constituents together is fairly weak. As a result, aspartame readily breaks down into its component parts in a variety of circumstances: in liquids; during prolonged storage; when exposed to heat in excess of 86° Fahrenheit (30° Centigrade); and when ingested. These constituents

further break down into other toxic by-products, namely formaldehyde, formic acid and aspartylphenylalanine diketopiperazine (DKP),"¹⁰⁶³ as we have stressed.

"Manufacturers argue that the instability of aspartame is irrelevant since its constituents are all found naturally in food. This is only partially true and ignores the fact that in food amino acids like aspartic acid and phenylalanine are bound to proteins, which means that during digestion and metabolism they are released slowly into the body. In aspartame, these amino acids are in an unbound or 'free' form that releases greater amounts of these chemicals into the system much more quickly. Similarly, the methanol present in natural foods like fruits, for example, is bound to pectin and also has a co-factor, ethanol, to mediate some of its effects. No such chemical 'back-stops' exist in aspartame."¹⁰⁶⁴

"According to neuroscientist Russell Blaylock [Professor of Neurosurgery at the Medical University of Mississippi], the effect of aspartame's breakdown components on brain function is central to its known adverse effects."¹⁰⁶⁵ "[A]spartame is what is known as an 'excitotoxin' - a chemical transmitter that allows brain cells to communicate. Blaylock has written a book about

them, *Excitotoxins: The Taste That Kills*, and says: 'Even a minute over-concentration of these chemicals causes the brain cells to become so over-excited that they very quickly burn themselves out and die.'" ¹⁰⁶⁶ "Blaylock makes use of almost 500 scientific references to show how excess free excitatory amino acids such as aspartic acid . . . in our food supply are causing serious chronic neurological disorders and a myriad of other acute symptoms."¹⁰⁶⁷

Aspartame toxicity can mimic many chronic diseases.

Conditions Mimicked By Aspartame Toxicity ¹⁰⁶⁸

- § Multiple sclerosis
- § Parkinson's disease
- § Alzheimer's disease
- § Fibromyalgia
- § Arthritis
- § Multiple chemical sensitivity
- § Chronic fatigue syndrome
- § Attention deficit disorder
- § Panic disorder, depression and other psychological disorders
- § Lupus

§ Diabetes and diabetic complications

§ Birth defects

§ Lymphoma

§ Lyme disease

§ Hypothyroidism

To this list, it may be appropriate to add Graves' Disease.

Toxic aspartame linked to Graves' Disease. "25-year old male elite athlete" "Justin Dumais was just so tired. Seven months ago, he hardly could muster the energy for a shower."¹⁰⁶⁹ He waited for two weeks, "then went to his doctor, who detected a high white-blood-cell count and sent him to a specialist. The diagnosis: Graves' Disease, which causes overproduction of thyroid hormone."¹⁰⁷⁰ Symptoms include extreme fatigue. He was put on medication for Graves' Disease, but he discovered that Graves' Disease "most often strikes middle-aged women."¹⁰⁷¹ Justin "found a nutritionist who suggested he cut aspartame, an artificial sweetener found in products such as diet soda, from his diet. In mid-March, he quit diet soda and his medication. Now, Dumais feels so much better, he questions whether he really has Graves' disease, which has no known cure."¹⁰⁷²

Those who use aspartame may receive "a false diagnosis of Graves' disease and suffer allopathic irradiation of their thyroid gland for no reason."¹⁰⁷³

Sudden cardiac death (SCD) and aspartame. "SCD is a catastrophe in which the heart stops abruptly without warning. It kills its victims within minutes. It is estimated that 95% of victims die before reaching the hospital."¹⁰⁷⁴

"Sudden Cardiac Death is not a 'heart attack' or myocardial infarction, caused by clogged arteries. Its an electrical problem in which the cardiac conduction system that generates the impulses regulating the heart suddenly output rapid or chaotic electrical impulses, or both. The heart ceases its rhythmic contractions, the brain is starved of oxygen and the victim loses consciousness in seconds."¹⁰⁷⁵

Aspartame linked to sudden death, including accidents. Dr. Bowen remarked, "In many cases aspartame victims may have had pre-existent or congenital undiagnosed cardiac problems. The fatal abnormalities induced by NutraSweet would have quicker and greater effect on these unfortunate individuals."¹⁰⁷⁶

"The article in the AJC [*Atlanta Journal Constitution*] discusses accidents that may have been caused by sudden cardiac arrest. It brings to mind the death of Sonny who had an accident while skiing and hit a tree. The newspaper reported Bono was not drinking alcohol, only a 'Diet Coke.' Aspartame also causes confusion and disorientation, memory loss, etc." . . . Pilot Neill, American Airlines, was drinking a diet drink and died in flight. The Captain landed the plane for the body to be removed and to get a new co-pilot. An unauthorized autopsy was requested by American but they refused to allow his widow to see the results."¹⁰⁷⁷

If you are an athlete, or run, jog, or racewalk, do not use aspartame. "It was only yesterday in a conversation with Dr. James Bowen about aspartame and sudden death in athletes he said findings were pointing a finger at this toxin."¹⁰⁷⁸

Both the shock from strenuous athletics in combination with aspartame consumption, and stresses lead to activation of shock mechanism including the elaboration of Arginine vasopressin in the hypothalamus which results in cerebral edema and cardiac congestion and pulmonary edema in combination with severe potassium wastage which is a sure ticket to sudden death, especially in the face of the many damages inflicted by aspartame. Since aspartame is already well known for causing neuroendocrine abnormalities such [as] serotonin elevations and

suppression in various areas of the brain, along with depletion of dopamine, due to its phenylalanine isolate poisoning and hypothalamic damage from its extreme neuroexcitotoxin effect and formaldehyde formic acid poisoning especially focused in the hypothalamus, I would expect anyone with expertise in these areas could verify the direct effect of aspartame poisoning in producing the fatal aberrant shock mechanism in those exposed to it. The mere occurrence of severe athletic stress does not do so by itself.¹⁰⁷⁹

If you are a pilot, or if you drive long distances, do not use aspartame. The diet soft drinks, with aspartame, are common culprits that cause a host of problems to distract concentration.

“During an interview, ABC News' medical contributor Dr. Marie Savard stated that ‘there is something about diet foods that changes your metabolic limit, your brain chemistry.’ Savard said another recent study, which included more than 18,000 people, found healthy adults who consumed one diet drink a day could increase their risk of health problems and metabolic disorders by a whopping 30 to 40 percent.”¹⁰⁸⁰

PILOT ASPARTAME ALERT!
RUSSELL BLAYLOCK, MD, NEUROSURGEON

“In the light of deaths of American Airline pilots who heavily used aspartame Dr. Blaylock gives this warning. We

continually receive complaints from pilots about seizures, cardiac problems, vision loss, vertigo, confusion, disorientation, etc. associated with consumption of Equal/aspartame/NutraSweet/Spoonful/Canderel/E951. Aspartame is a compound of phenylalanine, aspartic acid and a methyl ester which converts to methyl alcohol in digestion: wood alcohol, 1 ounce is a fatal dose, then into formaldehyde!¹⁰⁸¹ The more common complaints include disorientation, difficulty thinking and concentrating, visual blurring or even monocular blindness, seizures and heart failure. It is well known that the ingredients in aspartame, as well as its breakdown products, have deleterious effects on the nervous system and retina.”¹⁰⁸²

“For example, phenylalanine is a precursor of the catecholamine neurotransmitters in the brain and elevated levels in the brain have been associated with seizures. . . . [A]spartic acid, an excitotoxin, acts as an excitatory neurotransmitter and can lower the seizure threshold making a seizure more likely. The additive effect of aspartic acid and phenylalanine would significantly increase the likelihood of a seizure, especially under hypoglycemic conditions. This would occur if a diet drink is substituted for a meal, or if one is on a stringent diet. It is well

known that hypoglycemia greatly magnifies the excitotoxic effects of these ingredients."¹⁰⁸³

"The combination of hypoglycemia and aspartame would also increase the likelihood of mental confusion and disorientation. In the pilot's situation, this could be disastrous. It must be recognized that pilots would also be frequently exposed to other excitotoxins, such as MSG, hydrolyzed proteins, etc, that have a synergistic effect that greatly increases the likelihood of an adverse reaction."¹⁰⁸⁴

"One of the intriguing associations with excitotoxins of all types is the occurrence of sudden death. We know that one of the primary sites of actions of these excitatory substances is the hypothalamus and that sudden cardiac death can be induced by stimulating the hypothalamus. It is entirely possible excitotoxic stimulation of these hypothalamic centers could also lead to cardiac arrhythmia and sudden death. Hypothalamic stimulation has also been shown to produce an ECG pattern exactly like that of myocardial infarction. Combinations of excitotoxins, such as aspartic acid and glutamate, greatly increased the risk."¹⁰⁸⁵

"Finally, a scientific study demonstrated that aspartame exposure significantly increases the level of formaldehyde in all tissue, including brain and retina and that this breakdown product of aspartame is very toxic to proteins and DNA, leading to permanent injury to these vital cellular components. Even more important, was the finding this highly toxic substance accumulates in these tissues with chronic exposure to aspartame. This could lead to significant injury to the brain, retina and other organs long after the exposure. Also, the effects appear to be dose related. That is, the more aspartame you consume, the greater the danger. It should be appreciated that formaldehyde is a powerful carcinogenic agent."¹⁰⁸⁶

"My book *Excitotoxins, The Taste That Kills* explains in detail how excitotoxins damage the nervous system, leading to severe disorders. . . . It is my opinion that aspartame is a dangerous neurotoxin, as well as a significant carcinogen for many organs, and that it should be avoided at all cost."¹⁰⁸⁷

--RUSSELL BLAYLOCK, M.D, NEUROSURGEON

"AFFIDAVIT OF AMERICAN AIRLINES CAPTAIN FRED FOX:

To Whom it May Concern:

I am a retired Captain from American Airlines. I was using Equal in my coffee from the time American took Sweet & Low off the planes in the 80's during the saccharin scare. In 1995 I was grounded for 9 months with arterial fib/arrhythmia caused by aspartame poisoning. Before I retired, 6 pilots died of aspartame-related poisoning, one in flight from a seizure. They all were heavy users of Equal or diet drinks. Another captain who used to fly with me as a co-pilot had a seizure on a 767 trip to Paris. The co-pilot had to make an emergency landing in Las Vegas where the captain woke up in the hospital. He never got his license back and had to retire early. He was a heavy user of Equal and/or diet drinks.

I sent numerous letters to the CEO, Medical, the pilots' and flight attendants' unions, and the VP of Flight concerning this potential disaster and they chose to disregard my warnings. How many other pilots have since been affected is unknown. . . . Captain Fox is Mission Possible Aviation's representative for Airline Safety"¹⁰⁸⁸

BILL DEAGLE, M.D. writes:

"I have been a civil aviation examiner and have personally examined pilots who suffered dangerous absence seizures, blackout and dangerous lack of judgment. It was an unwritten rule that Aspartame was not to be used at the Air Force Academy in Colorado Springs and most commercial pilots knew of the danger years ago of this excitoneurotoxin.

"Aspartame generates peroxy nitrile free radicals that produce chromatin DNA clumping and neuron apoptosis or brain cell death." The best way to characterize Aspartame is "MIND TENDERIZER", as ELF Mind control technologies make it illogical for the insane use of Aspartame in injectable vaccines and many thousands of already sweet food and medicine products."¹⁰⁸⁹

Betty Martini writes, "[C]onsistent reports from pilots who maintain they have suffered severe and dangerous repercussions in the air after drinking soft drinks containing aspartame [have been documented]. Virtually every time, symptoms disappeared when aspartame-laced drinks were discontinued. Over 600 pilots have reported this problem."¹⁰⁹⁰

Aspartame can interact with cardiac medication and cause sudden cardiac death. "Aspartame triggers an irregular heart rhythm, and interacts with cardiac medication. It damages the cardiac conduction system and causes sudden death. What Dr. Bowen is saying, of course, is that its not just hitting their hearts but hypothalamus and neuroendocrine system. It exacerbates the damages to the cardiac conduction system - it exacerbates the arrhythmia because of the cardiac conduction system damage, taking down the athletes from both directions and it's synergistic."¹⁰⁹¹

Aspartame can interfere with seizure medications to cause death. James D. Bowen, M.D. says, "Sudden death during seizures is almost always from cardiac standstill due to arrhythmias. There are several ways that this is due to aspartame damage."¹⁰⁹²

Aspartame and methyl alcohol poisoning are noted for damaging myocardium and the specialized form of myocardium called the cardiac conduction system. This kind of damage leads to susceptibility to arrhythmias. The aspartame and methyl alcohol poisoning cause immense damage to the mitochondria and to MtDNA which perpetuates the mitochondria damage. The myocardium and cardiac conduction system never get to rest. They are constantly at work pumping blood, therefore they are very highly concentrated in mitochondria to accommodate the metabolic needs of this tremendous work load. Therefore, mitochondrial damage is more highly reflected in the heart. Damaged mitochondria produce increased amounts of free radicals and other abnormal metabolites that produce arrhythmias. The

person using NutraSweet may have a markedly decreased intake of mineral and vitamin co-enzyme factors which also sensitizes the heart to arrhythmias. Seizures always put unusual demands on the cardiorespiratory system and seizures due to NutraSweet occur more frequently and in spite of otherwise adequate antiseizure medication. Aspartame creates unusual medical toxicity from the antiseizure medication. It should be no surprise then that people are dropping dead from this aspect of aspartame toxicity.¹⁰⁹³

Aspartame linked to hypertension. H. J. Roberts, M.D., F.A.C.P., F.C.C.P. "declared Aspartame Disease to be a global plague" and published the aforementioned medical text, *Aspartame Disease: An Ignored Epidemic.* "The editors of a national medical publication selected Dr. Roberts as 'The Best Doctor in the U.S.' He has been knighted by the Order of St. George for his professional and humanitarian efforts. His first text, *Difficult Diagnosis*, was used by 60,000 doctors, especially to prepare for their Board examinations."¹⁰⁹⁴

"Dr. Roberts says in *Aspartame Disease: An Ignored Epidemic* about aspartame and hypertension: "Increased brain phenylalanine can elevate norepinephrine levels becoming clinically manifest as hypertension. A comparable phenomenon has been demonstrated in spontaneously hypertensive rats. Another plausible mechanism involves

increased phenylalanine metabolites, especially dopamine, in the presence of excess insulin."¹⁰⁹⁵

"Dr. Roberts says: 'Other clinical observations suggest a relationship between phenylalanine and tyramine. Severe hypertension may occur when increased tyramine (present in certain cheeses and alcoholic beverages) is consumed by persons taking monoamine oxidase inhibitors and cough cold preparation or appetite suppressants that continue [sic contain] ephedrine, phenylephrine or phenylpropanolamine.' Two-thirds of the population is using aspartame and it's hard to avoid."¹⁰⁹⁶

Phenylalanine in aspartame inhibits production of serotonin, causing depression. "Dr. James D. Bowen, M.D. indicates that consumption of aspartame will 'cause a reversal of the phenylalanine/tyrosine ratios in the human brain. This has profoundly bad implications for the human being, including dopamine and serotonin synthesis inhibition, causing depression, appetite changes, mental inabilities, increased susceptibility to seizures and a host of neurohormonal problems.'"¹⁰⁹⁷

Dr. Bowen warns, "[I]t is precisely this inhibition of the production of serotonin that is the problem; and the culprit, in the case of aspartame, is phenylalanine."¹⁰⁹⁸

If you take antidepressants or any psychotropic drugs, aspartame can interact with them, triggering or worsening mental disorders, including homicidal/suicidal ideation and action. "Fifty percent of the [aspartame] molecule is phenylalanine which lowers the seizure threshold and depletes serotonin. Lowered serotonin triggers manic depression or bipolar [disorder], paranoia, mood swings, hallucinations, suicidal tendencies, panic attacks, etc. Aspartame is a psycho[active] drug."¹⁰⁹⁹

"Aspartame gum is particularly bad because it's buccal, works like nitroglycerin under the tongue, goes through saliva, straight to the brain. So physicians prescribe psychiatric drugs with no knowledge whatsoever that aspartame interacts with ALL antidepressants. Remember the woman who killed her five children. She was drinking Diet Coke and using a serious psychiatric drug, so it was a double whammy. World experts on aspartame have said many times that today the mental hospitals are full of patients who are merely aspartame victims."¹¹⁰⁰

Hawaii Senate Committee "deferred" bill to Ban Aspartame on February 25, 2008. "In a move that surprised no one, the bill to consider the banning of aspartame in Hawaii was crushed by Chairman Josh Green, M.D., who deferred the initiative, denying the Hawaiian legislature the ability to vote on the measure."¹¹⁰¹

Stephen Fox notes in his article of February 26, 2008, "Hawaii Senate Health Committee "Defers" Bill to Ban Aspartame, thus killing it for 2008!" "Hillary and Bill were massive supporters of Monsanto during their tenure in the White House, so don't hold out any high hopes for any miraculous change of heart with Hillary about the epidemiological dangers of a nation engorging itself on a chemical in 7000 food products that is metabolized" as a "proven causative agent of brain tumors."¹¹⁰²

Resolution to ban aspartame, submitted for 61st Session of the U.N. General Assembly, names lobbies opposing ban on aspartame. "The United Nations General Assembly and Secretary General Kofi Annan considered this Resolution for this 61st Session. No formal action was taken by the General Assembly in 2006, . . ."¹¹⁰³

"We have initiated legislation in the New Mexico Legislature, identical to last year's bill to ban Aspartame, Senate Bill 654, introduced by New Mexico State Senator Gerald Ortiz y Pino, which will be introduced again in mid January, 2007, despite the obstructions and mendacious interference of many multinational corporations, which will go to desparate lengths to delay, eviscerate, mollify, and manipulate the legislative processes however possible."¹¹⁰⁴

"During the 2006 legislative session, these included: Coca Cola, Pepsi Cola, Ajinomoto of Japan (the world's largest manufacturer of not only neurotoxic Aspartame, the artificial sweetener, but also another neurotoxic food additive, Monosodium Glutamate), the Calorie Control Council, Altria Corporate Services/Kraft/Philip Morris, and perhaps even a few of the pharmaceutical corporations that insist on continuing to add Aspartame/Methanol/Formaldehyde/Diketopiperazine to their products, even though they are fully aware of the medical harm and ultimate corporate liability and responsibility for doing so."¹¹⁰⁵

Stephen Fox is Managing Editor, *Santa Fe Sun News*. He writes on January 29, 2008, "In New Mexico, we were simply

overwhelmed by the \$2 or \$3 million the corporations involved spent to eviscerate the bill.”¹¹⁰⁶

Romania and the Philippines banned aspartame. Lady C. Ann Davies-Joubert’s observations: “Romania has that distinction, having banned aspartame in the mid 1990s; followed by Philippines banning aspartame on Oct. 13, 2005. Anyone breaking that law faces heavy fines. For any government to take such a step there must be grave and valid reasons for doing so. They took the time necessary to investigate with an open mind and acted on the information they discovered.”¹¹⁰⁷

“There are 47 members of parliament in Britain who are pushing to get aspartame banned in their country; Many of the major stores in Britian have voluntarily chosen to stop using aspartame in their products; and there are movements to get aspartame banned in other parts of the world.”¹¹⁰⁸

Biomedical genocide? Dr. Joseph Mercola writes passionately about “aspartame use,” which he calls a “part of planetary biomedical genocide.”¹¹⁰⁹ He says, “The fact that tons of aspartame is pumped into the world population each year, knowingly and deliberately, especially with the

historical and documented record of fraud and misrepresentation, constitutes a conspiracy of the highest order, as well as criminal negligence. The rewards of continued use are increased profits for the medical and pharmaceutical industries and chemical companies who produce aspartame and treat people suffering from the effect of it. Aspartame is the only biochemical warfare product on grocery shelves.¹¹¹⁰

Safe alternatives to aspartame. "There are a few natural sweeteners on the market that have much safer track records,"¹¹¹¹ such as:

"Agave nectar – low glycemic index, but higher calorie count than sugar."¹¹¹²

"Stevia – natural source of sweetener . . . Look for ground-up leaves rather than processed powder or liquid forms."¹¹¹³ "Known in South America as the 'sweet herb', stevia has been used for more than 400 years without ill effect. . . . It's 20 times sweeter than sugar, so a small portion of stevia goes a long way." ¹¹¹⁴

"Xylitol – Sugar alcohol has nasty side effects such as stomach cramps or diarrhea."¹¹¹⁵ [Aspartame may soon be added to xylitol.]

Why is aspartame still on the market when it is a well-documented public health hazard? Dr. Roberts writes, "I have asserted in my publications, and in testimony both to Congress and FDA advisory groups, that the current wholesale ingestion of aspartame products by over half the adult population constitutes an imminent public health hazard. Yet, this warning continues to be ignored by the medical profession and the FDA."¹¹¹⁶

The answer, in part, to the question of why aspartame is still on the market may well be "Big Soda." Our cars have even adapted to accommodate our addiction with built-in supersize soda-holders. The bittersweet title of one of Dr. Roberts' books on aspartame, *Sweetener Dearest*, may say it all. We are attached to our aspartame.

Conclusion and review. It's safer to stop using aspartame, whether or not each symptom mentioned has been incontrovertibly proven to result from its use. Sceptically, *Time Magazine* has said, "Just as no single chemical cures everything, none causes everything."¹¹¹⁷ This remark reveals a naïveté on the part of the author because aspartame is not one single chemical. It is several poisons, as we have said, including formaldehyde, a carcinogen, in the same class of deadly poisons as arsenic

and cyanide; and wood alcohol, a known poison, especially to diabetics; and toxic breakdown product diketopiperazine (DKP), a proven brain tumor agent related to impaired neurological function; as well as other toxic products.

It has been shown scientifically that a little dose of aspartame, which is unstable, is enough to release big (damaging) free toxins that are bioaccumulative. A synergistic cascade is possible among these and, in conjunction with other poisons you ingest every day, your body may become a cauldron of poisons processing disease. Each body is entirely distinctive and responds uniquely to aspartame, which functions by disrupting your own individual neurochemical balance. For example, aspartame can change the dopamine level in your brain, and may mimic Parkinson's Disease.

Some women in their thirties who are aspartame reactors are in hospices with diagnoses of Alzheimer's Disease, which usually strikes those in middle age. Aspartame affects people of all ages with a wide spectrum of symptoms. Here is one of Dr. Roberts' best examples (and most representative of 1200 case reports in one text) demonstrating how a small amount of aspartame can trigger a big reaction:

"A 16-year-old girl (Case III-2) had recurrent seizures that baffled several neurologists. Her convulsions stopped after avoiding aspartame products. An attack was then reproduced within three hours following rechallenge with one small serving of an aspartame pudding."¹¹¹⁸ As little as 1.5 mg of aspartame or less can cause symptoms:

"The habitual sucking of popular mints containing aspartame may induce seizures and other neuropsychiatric disorders. An aspartame reactor with prior complaints (vision impairment; slurred speech; loss of muscle strength) remained symptom-free after avoiding aspartame. She then experienced "painfully dry eyes" immediately after taking a breath mint containing aspartame...[1.5 mg aspartame per mint]."¹¹¹⁹

52-year-old bank executive (Case II-9A) in previous good health experienced severe sleepiness, marked depression with suicidal thoughts, intense anxiety, joint pains and a convulsion after consuming six cups of an aspartame hot cocoa mix daily on eight consecutive nights. She also became blind temporarily. Many studies during an ensuing hospitalization proved normal. Her symptoms disappeared within two weeks after avoiding aspartame, enabling her to resume work. When a friend later handed her a stick of aspartame gum in a darkened movie house, she [said, "I] fell flat on my face in the lobby."¹¹²⁰

"A 45-year-old salesman (Case II-11) found that even a bit of gum containing aspartame induced extreme

drowsiness. 'Just recently, I discovered as I'm driving my automobile that aspartame gum caused drowsiness after chewing only one-half a stick [3-4 mg aspartame per one-half stick]. It caused me to yawn, and to feel sleepy and weak. Sometimes I had to stop driving and close my eyes for a few minutes.'"¹¹²¹ Sometimes, these susceptibilities to aspartame run in families. If you have teens in your family who drive and drink diet soda or chew sugarless gum, let them be sure they are not drowsy at the wheel.

"These complications tend to be magnified in persons with diabetes, hypertension, unrecognized hypothyroidism (underactive thyroid), hypoglycemia (low blood sugar reactions), reaction to MSG, treatment with aspirin and other drugs that can irritate the optic and auditory nerves, persons who smoke or drink alcohol, and problems associated with aging. They become compounded by the threat of falls and driving accidents."¹¹²²

I suggest that, since aspartame is non-nutritive, you won't be losing anything if you give it up, and you may notice some improvements in how you think and feel, rather quickly. A word of caution about Splenda--it is a chlorocarbon poison that releases free chlorine into your

system and it is not, by any means, a safe replacement for aspartame.

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¹⁰⁰¹ *Ibid.*

¹⁰⁰² *Ibid.*

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