

## Diet - Light – Zero

Regardless of manufacturer, the terms **Diet, Light or Zero** on food and drinks all mean the same: they contain **artificial sweeteners**. The latest marketing ploy seems to be NO SUGAR but at what cost?

Next time you feel tempted to try products touting great taste with no sugar, consider these side affects:

Product code	Ingredient	Potential health effects
150a	Sulphite ammonia caramel – brown colour and flavour	Hyperactivity; gastro-intestinal problems; kidney, liver and caecum enlargement
150d	Sulphite ammonia caramel – brown colour and flavour	Hyperactivity; gastro-intestinal problems; kidney, liver and caecum enlargement
211	Sodium benzoate – preservative	Liver, kidney, neuro-toxicity; asthma; gastro-intestinal burning; hyperactivity; allergic reactions, teratogen (which means it causes congenital abnormalities in a foetus)
330	Citric acid	May aggravate coeliac disease; tooth erosion; on NIH hazards list. Made from fermentation of crude sugars creating free glutamic acid – another dangerous neurotoxin.
331	Sodium citrate – food acid stabiliser	Alters urinary excretion of some drugs making them less effective or more toxic
338	Phosphoric acid – food acid	Neurotoxicity; severe eye and skin irritation; tooth enamel erosion; osteoporosis
950	Acesulphame potassium – artificial sweetener	May increase levels of cholesterol in the blood; caused cancer and tumours in animals
951	Aspartame – artificial sweetener	Cancer; asthma; MS-like symptoms; headache; hyperactivity; fatigue; anxiety; dizziness; migraine; memory loss; depression; insomnia; irritability; impotence; epilepsy; blindness; diabetes; neuralgia
952	Cyclamates, cyclamic acid (banned in many countries) – artificial sweetener	Should be avoided by those with heart, circulation or liver problems; causes bladder cancer in rats; various skin conditions; migraine



The above ingredients are not only contained in soft drinks. Most products which are "sugar free" contain **artificial sweetener**. Learn to read the ingredients before purchasing items for consumption by you and your family. **There is no safe artificial sweetener**. The only truly natural sugar replacement is made from the plant called Stevia or Xylitol – both of which are safe to consume.

The above was taken from *The Chemical Maze: your guide to food additives and cosmetic ingredients*, 2<sup>nd</sup> edition, by Bill Statham, ISBN 0-9578535-2-1. [www.thechemicalmaze.com](http://www.thechemicalmaze.com)

\*Contained in most soft drinks.

### **Inside Hollywood**

There has been much speculation about the cause of the Parkinson's Disease suffered by Michael J Fox, but the star's addiction to *Diet Pepsi* (which contains aspartame) is no secret.

One cast member who worked with Fox said he drank at least 12 cans a day. I have no way of knowing if this is true since I have not spoken personally with him. I do know, however, from my own Hollywood days, that whenever a celebrity endorses a product, he or she is provided with an unlimited supply and if there is a movie or TV show involved, cases are sent each week.

Given Michael's long-standing commercial endorsement of *Diet Pepsi*, it's hardly surprising that not only is he himself now a victim of the neurological disease but that several crew members who worked with him have also been reported as suffering the same terrible affliction.

Source: *Excitotoxins – The taste that kills*, Russell Blaylock MD (US Neurosurgeon)

### **Aspartame**

Besides being used as a sweetener in virtually all diet foods and soft drinks and numerous commercial foods, drinks and medicines, aspartame is also marketed to consumers as a sugar substitute under many different names such as *NutraSweet*, *Equal*, *Spoonful*, *Crystal Light*, *Sucralose*, *Splenda*, Additive 951. The newer version, *Neotame* is more dangerous than aspartame.

**When diet sodas and soft drinks sweetened with aspartame are used to replace fluid loss during exercise and physical exertion in hot climates, the intake of methanol can exceed 250 mg/day or 32 times the Environmental Protection Agency's recommended limit of consumption for this cumulative toxin.**

Source: Woodrow C Monte, PhD, Professor of Food Science at University of Arizona: *Journal of Applied Nutrition*, Vol 36, No 1, 1984



The symptoms of "aspartame disease" are amazingly varied including: blindness, tinnitus, numbness in the extremities, muscle spasms, slurred speech, blurred vision, joint pain, headaches, anxiety, vertigo, memory loss, brain tumours, neurosis, MS and Alzheimer's disease. In one hospital alone there are 92 documented symptoms of aspartame, from coma to death. The majority of them are neurological because aspartame destroys the nervous system.

H.J. Roberts, MD states: **Consuming aspartame can cause birth defects. The maternal transmission of damaged DNA can occur for the rest of a woman's reproductive years and may directly affect both her children and grandchildren as well as becoming a persistently transmitted genetic woman's problem. Teach your daughters to be afraid of artificial sweeteners!**

Some people have suffered aspartame-related disorders with doses as small as that contained in a single stick of chewing gum. Imagine the outrage when in 1999 the *Gold Coast Bulletin* reported that *Wrigley's* was donating their sugar-free diet gum (which contains aspartame) to a school on the Coast. Some scientists assert that aspartame in chewing gum poses a greater risk than diet drinks as it acts like nitro-glycerine under the tongue and goes straight to the brain. The younger the child, the more dangerous the effect.

For further evidence about this deadly neurotoxin go to: [www.dorway.com](http://www.dorway.com), [www.aspartame.com](http://www.aspartame.com)



## **More about ASPARTAME**

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The truth about aspartame's toxicity is far different than what the NutraSweet Company would have you readers believe. In February of 1994, the U.S. Department of Health and Human Services released the listing of adverse reactions reported to the FDA (DHHS 1994).

Aspartame accounted for more than 75% of all adverse reactions reported to the FDA's Adverse Reaction Monitoring System (ARMS). Many reactions to aspartame were very serious including seizures and death. Those reactions included:

- Abdominal pain
- Anxiety attacks
- Arthritis
- Asthma
- Asthmatic reactions
- Bloating, oedema (fluid retention)
- Blood sugar control problems (hypoglycaemia or hyperglycaemia)
- Brain cancer (pre-approval studies in animals)
- Breathing difficulties
- Burning eyes or throat
- Burning urination
- Can't think straight
- Chest pains
- Chronic cough
- Chronic fatigue
- Confusion
- Death
- Depression
- Diarrhoea
- Dizziness
- Excessive thirst or hunger
- Fatigue
- Feel unreal
- Flushing of face
- Hair loss (baldness) or thinning of hair
- Headaches/migraines dizziness
- Hearing loss
- Heart palpitations
- Hives (urticaria)
- Hypertension (high blood pressure)
- Impotency and sexual problems
- Inability to concentrate
- Infection susceptibility
- Insomnia
- Irritability

- Itching
- Joint pains
- Laryngitis
- "like thinking in a fog"
- Marked personality changes
- Memory loss
- Menstrual problems or changes
- Migraines and severe headaches (trigger or cause from chronic intake)
- Muscle spasms
- Nausea or vomiting
- Numbness or tingling of extremities
- Other allergic-like reactions
- Panic attacks
- Phobias
- Poor memory
- Rapid heart beat
- Rashes
- Seizures and convulsions
- Slurring of speech
- Swallowing pain
- Tachycardia
- Tremors
- Tinnitus
- Vertigo
- Vision loss
- Weight gain

Aspartame disease mimics symptoms or worsens the following diseases

- Fibromyalgia
- Arthritis
- Multiple sclerosis (MS)
- Parkinson's disease
- Lupus
- Multiple chemical sensitivities (MCS)
- Diabetes and diabetic complications
- Epilepsy
- Alzheimer's disease
- Birth defects
- Chronic fatigue syndrome
- Lymphoma
- Lyme disease
- Attention deficit disorder (ADD)
- Panic disorder
- Depression and other psychological disorders



**How it happens:**

Methanol, from aspartame, is released in the small intestine when the methyl group of aspartame encounters the enzyme chymotrypsin (Stegink 1984, page 143). The methanol is then converted to formaldehyde. The formaldehyde converts to formic acid, an ant sting poison. Toxic formic acid is used as an activator to strip epoxy and urethane coatings. Imagine what it does to your tissues!

Phenylalanine and aspartic acid, 90% of aspartame, are amino acids normally used in synthesis of protoplasm when supplied by the foods we eat. But when unaccompanied by other amino acids we use [there are 20], they are neurotoxic.

That is why a warning for phenylketonurics is found on equal and other aspartame products. Phenylketonurics are 2% of the population with extreme sensitivity to this chemical unless it's present in food. It gets you too, causing brain disorders and birth defects! Finally, the phenylalanine breaks down into DKP, a brain tumour agent.

**In other words:** aspartame converts to dangerous by-products that have no natural countermeasures. A dieter's empty stomach accelerates these conversions and amplifies the damage. Components of aspartame go straight to the brain, damage that causes headaches, mental confusion, seizures and faulty balance. Lab rats and other test animals died of brain tumours.

Source: [www.dorway.com](http://www.dorway.com)

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The following article was sent to me by a friend. Unfortunately there was no reference. However, there are many published research articles on artificial sweeteners. An excellent source is: [www.mercola.com](http://www.mercola.com)

**A Friend's Story**

In October of 2001, my sister started getting very sick. She had stomach spasms and she was having a hard time getting around. Walking was a major chore. It took everything she had just to get out of bed; she was in so much pain.

By March 2002, she had undergone several tissue and muscle biopsies and was on 24 various prescription medications. The doctors could not determine what was wrong with her. She was in so much pain, and so sick...she just knew she was dying.

She put her house, bank accounts, life insurance, etc., in her oldest daughter's name, and made sure that her younger children were to be taken care of. She also wanted her last hooray, so she planned a trip to FL (basically in a wheelchair) for March 22nd.

On March 19th I called her to ask how her most recent tests went, and she said they didn't find anything on the test, but they believe she had MS.



I recalled an article a friend of mine E-mailed to me and I asked my sister if she drank diet soda? She told me that she did. As a matter of fact, she was getting ready to crack one open that moment... I told her not to open it, and to stop drinking the diet soda !!! I E-mailed her the article my friend, a lawyer, had sent.

My sister called me within 32 hours after our phone conversation and told me she had stopped drinking the diet soda AND she could walk!!!! The muscle spasms went away. She said she didn't feel 100% but she sure felt a lot better. She told me she was going to her doctor with this article and would call me when she got home.

Well, she called me, and said her doctor was amazed! He is going to call all of his MS patients to find out if they consumed artificial sweeteners of any kind...

In a nutshell, she was being poisoned by the Aspartame in the diet soda... and literally dying a slow and miserable death.

When she got to FL March 22nd, all she had to take was one pill, and that was a pill for the Aspartame poisoning! She is well on her way to a complete recovery . and she is walking!!! No wheelchair!!!

This article saved her life If it says "SUGAR FREE" on the label, DO NOT EVEN THINK ABOUT IT!!!

I have spent several days lecturing at the WORLD ENVIRONMENTAL CONFERENCE on "ASPARTAME," marketed as 'NutraSweet,' 'Equal,' and 'Spoonful.'

In the keynote address by the EPA, it was announced that in the United States in 2001 there is an epidemic of multiple sclerosis and systemic lupus. It was difficult to determine exactly what toxin was causing this to be rampant.

I stood up and said that I was there to lecture on exactly that subject. I will explain why Aspartame is so dangerous: When the temperature of this sweetener exceeds 86 degrees F, the wood alcohol in ASPARTAME converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. Formic acid is the poison found in the sting of fire ants. The methanol toxicity mimics, among other conditions, multiple sclerosis and systemic lupus.

Many people were being diagnosed in error. Although multiple sclerosis is not a death sentence.. methanol toxicity is!

Systemic lupus has become almost as rampant as multiple sclerosis, especially with Diet Coke and Diet Pepsi drinkers. The victim usually does not know that the Aspartame is the culprit. He or she continues its use; irritating the lupus to such a degree that it may become a life-threatening condition. We have seen patients with systemic lupus become asymptotic, once taken off diet sodas.



In cases of those diagnosed with Multiple Sclerosis, (when in reality, the disease is methanol toxicity), most of the symptoms disappear. We've seen many cases where vision loss returned and hearing loss improved markedly.

This also applies to cases of tinnitus and fibromyalgia.

During a lecture, I said, "If you are using ASPARTAME (NutraSweet, Equal, Spoonful, etc.) and you suffer from fibromyalgia symptoms, spasms, shooting, pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, unexplainable depression, anxiety attacks, slurred speech, blurred vision, or memory loss...you probably have ASPARTAME poisoning!"

People were jumping up during the lecture saying, "I have some of these symptoms."

Is it reversible?" Yes! Yes! Yes! STOP drinking diet sodas and be alert for Aspartame on food labels!

Many products are fortified with it!!!

This is a serious problem. Dr. Espart (one of my speakers) remarked that so many people seem to be symptomatic for MS and during his recent visit to a hospice; a nurse stated that six of her friends, who were heavy Diet Coke addicts, had all been diagnosed with MS. This is beyond coincidence!

Diet soda is NOT a diet product! It is a chemically altered, multiple SODIUM (salt) and ASPARTAME containing product that actually makes you crave carbohydrates. It is far more likely to make you GAIN weight!

These products also contain formaldehyde, which stores in the fat cells, particularly in the hips and thighs. Formaldehyde is an absolute toxin and is used primarily to preserve "tissue specimens."

Many products we use every day! contain this chemical but we SHOULD NOT store it IN our body!!!

Dr. H. J. Roberts stated in his lectures that once free of the "diet products" and with no significant increase in exercise; his patients lost an average of 19 pounds over a trial period.

Aspartame is especially dangerous for diabetics. We found that some physicians, who believed that they had a patient with retinopathy, in fact, had symptoms caused by Aspartame. The Aspartame drives the blood sugar out of control. Thus diabetics may suffer acute memory loss due to the fact that aspartic acid and phenylalanine are NEUROTOXIC when taken without the other amino acids necessary for a good balance. Treating diabetes is all about BALANCE. Especially with diabetics, the Aspartame passes the blood/brain barrier and it then deteriorates the neurons of the brain; causing various levels of brain damage,



seizures, depression, manic depression, panic attacks, uncontrollable anger and rage.

Consumption of Aspartame causes these same symptoms in non-diabetics, as well.

Documentation and observation also reveal that thousands of children diagnosed with ADD and ADHD have had complete turnarounds in their behaviour when these chemicals have been removed from their diet. So called "behaviour" modification prescription drugs" (Ritalin and others) are no longer needed. Truth be told, they were never NEEDED in the first place!

Most of these children were being "poisoned" on a daily basis with the very foods that were "better for them than sugar."

It is also suspected that the Aspartame in thousands of pallets of diet Coke and diet Pepsi consumed by men and women fighting in the Gulf War, may be partially to blame for the well-known Gulf War Syndrome.

Dr. Roberts warns that it can cause birth defects, i.e., mental retardation, if taken at the time of conception and during early pregnancy. Children are especially at risk for neurological disorders and should NEVER be given artificial sweeteners. There are many different case histories to relate of children suffering grand mal seizures and other neurological disturbances due to the use of NutraSweet.

Unfortunately, it is not always easy to convince people that Aspartame is to blame for their child's illness. Stevia, which is a sweet herb, NOT A MANUFACTURED ADDITIVE, helps in the metabolism of sugar, which would be ideal for diabetics. It has now been approved as a dietary supplement by the FDA. It is known that for many years the FDA outlawed this true sweet food," due to their loyalty to MONSANTO Chemical Company."

**Books on this subject are available:**

EXCITOTOXINS: THE TASTE THAT KILLS written by Dr. Russell Blaylock (Health Press 1-800-643-2665)

DEFENSE AGAINST ALZHEIMER'S DISEASE-written by DR H. J. Roberts, also a diabetic specialist.

These two doctors will soon be posting a position paper with case histories on the deadly effects of Aspartame on the Internet. According to the Conference of the American College of Physicians, "We are talking about a plague of neurological diseases directly caused by the use of this deadly poison."

Herein lies the problem: There were Congressional Hearings when Aspartame was included 100 different products and strong objection was made concerning it's use. Since this initial hearing, there have been two subsequent hearings and still, nothing has been done. The drug and chemical lobbies have very deep pockets. Sadly, MONSANTO'S patent on Aspartame has EXPIRED!!



There are now over 5,000 products on the market that contain this deadly chemical and there will be thousands more introduced.

Everybody wants a "piece of the Aspartame pie." I assure you that MONSANTO, the creator of Aspartame, knows how deadly it is. And isn't it ironic that MONSANTO funds, among others, the American Diabetes Association, the American Dietetic Association and the Conference of the American College of Physicians? This has been recently exposed in the New York Times. These cannot criticize any additives or convey their link to MONSANTO because they take money from the food industry and are required to endorse their products.

Senator Howard Metzenbaum wrote and presented a bill that would require label warnings on products containing Aspartame, especially regarding pregnant women, children and infants. The bill would also institute independent studies on the known dangers and the problems existing in the general population regarding seizures, changes in brain chemistry, neurological changes and behavioural symptoms. The bill was killed.

It is known that the powerful drug and chemical lobbies are responsible for this, letting loose the hounds of disease and death on an unsuspecting and uninformed public.

Well, you're informed now!!!! YOU HAVE A RIGHT TO KNOW!!!!

**Fiction: Splenda is natural sugar without calories.**

**Fact:** Johnson & Johnson claims that "Splenda is made from sugar, so it tastes like sugar". Johnson & Johnson wants consumers to think that it is natural sugar without calories. The truth is that Splenda is not natural and does not taste like sugar. The sweetness of Splenda derives from a chlorocarbon chemical that contains three atoms of chlorine in every one of its molecules. The manufacturer of this chlorinated compound named it sucralose. The improper use of "ose" in the name creates the illusion that sucralose is natural like sucrose which is the precise name for table sugar. Johnson & Johnson wants consumers to believe that the taste of Splenda is due solely to natural sugar, that is, due to sucrose. However, the manufacturer has patented several chemical processes for making the chlorinated chemical compound it calls sucralose. The patent literature illustrates that sucralose can be chemically manufactured from starting materials that do not require natural sugar. In one patent, for example, the manufacturer constructs sucralose from raffinose by substituting atoms of chlorine for hydroxyl groups in raffinose. Raffinose is a molecule found naturally in beans, and onions and other plants, but unlike natural sucrose, it has very little taste. In another patented process three atoms of chlorine are substituted for three hydroxyl groups in sucrose. The end product of both of these manufacturing processes is an entirely new chlorocarbon chemical called sucralose. Each molecule of sucralose contains three atoms of chlorine which makes it 600 times sweeter than a natural molecule of sugar which contains no chlorine. Splenda has it's own artificial taste which is due to this chlorinated compound.



**Fiction: Products made with Splenda do not need warning labels.**

**Fact:** Splenda is found in nearly 3,500 food products and amazingly, not all of these products list Splenda as an ingredient, and none of them say the product contains chlorine. Furthermore, none of the regulatory agencies or scientific review bodies that have confirmed the safety of sucralose require any warning information to be placed on the labels of products sweetened with sucralose.

Consumers have a right to know exactly what is contained in the food products they buy for themselves and, particularly, for their children. Consumers should be provided with information that allows them to make educated choices about the food products they include in their diets. This is especially true for products that contain Splenda, a chemical substance made with chlorine that has not been the subject of any long-term human studies to determine its health effects on the human body.