



Aspartame

Aspartame...is by far the most dangerous substance on the market that is added to foods!

Aspartame accounts for over 75% of the adverse reactions to food additives reported to the US Food & Drug Administration (FDA). Many of these reactions are very serious including seizures and death as recently disclosed in a Department of health and Human Services report. A few of the 90 different documented symptoms listed in the report as being caused by aspartame include:

Headaches/migraines, dizziness, seizures, 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, memory loss and joint pain.

According to the researchers and physicians studying the adverse effects of aspartame, the following chronic illnesses can be triggered or worsened by the ingestion of aspartame:

Brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, Parkinson's disease, alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia and diabetes.

Aspartame is made up to three chemicals: Aspartic acid, phenylalanine and methanol.

ASPARTIC ACID (40% OF ASPARTAME)

Dr. Russell L. Blaylock, a professor of neurosurgery at the Medical University of Mississippi, recently published a book thoroughly detailing the damage that is caused by the ingestion of excessive aspartic acid from aspartame. (99% of the monosodium glutamate (MSG) is glutamic acid. The damage it causes is also documented in Blaylock's book. Blaylock makes use of almost 500 scientific references to show how excess free excitatory amino acids such as aspartic acid and glutamic acid in our food supply are causing serious chronic neurological disorders and a myriad of other acute symptoms.

PHENYLALANINE is a hidden danger to anyone consuming aspartame. Most consumers don't know that too much Phenylalanine is a neurotoxin and excites the neurons in the brain to the point of cellular death. ADD/ADHD, emotional and behavioral disorders can all be triggered by too much Phenylalanine in the daily diet.

Aspartame can be found in:

- Soft drinks
- Over the counter drugs
- Yogurt
- Instant breakfasts
- Candy
- Breath mints
- Cereals
- Sugar-free chewing gum
- Cocoa mixes
- Coffee beverages
- Gelatin desserts
- Frozen desserts
- Juice beverages
- Laxatives
- Milk drinks & tea beverages
- Shake mixes
- Tabletop sweeteners
- Instant teas and coffees
- Topping mixes
- Wine coolers
- Most boxed foods
- Children's vitamins and toothpastes, etc...

Aspartame

PHENYLALANINE is a hidden danger to anyone consuming aspartame. Most consumers don't know that too much phenylalanine is a neurotoxin and excites the neurons in the brain to the point of cellular death. ADD/ADHD, emotional and behavioral disorders can all be triggered by too much Phenylalanine in the daily diet.

If you are one in ten thousand people who are PKU or carry the PKU gene, phenylalanine can cause irreversible brain damage and death, especially when used in high quantities or during pregnancy. Phenylalanine is 50% of aspartame, and to the degree humans consume diet products, phenylalanine levels are reaching a dangerous peak.

METHANOL (AKA wood alcohol/poison) (10% of aspartame). Methanol/wood alcohol is a deadly poison. People may recall that methanol was the poison that has caused some "skid row" alcoholics to end up blind or dead. Methanol is gradually released in the small intestine when the methyl group of aspartame encounters the enzyme chymotrypsin. The absorption of methanol into the body is sped up considerably when free methanol is ingested. Free methanol is created from aspartame when it is heated to above 86 degrees Fahrenheit. This would occur when aspartame containing product is improperly stored or when it is heated (e.g., as part of a "food" product such as Jell-O).

Methanol breaks down into formic acid and formaldehyde in the body. Formaldehyde is a deadly neurotoxin. An EPA assessment of methanol states that methanol "is considered a cumulative poison due to the low rate of excretion once it is absorbed". In the body, methanol is oxidized to formaldehyde and formic acid; both of these metabolites are toxic. "They recommend a limit of consumption of 7.5 mg/day. A one-liter (approx.. 1 quart) aspartame-sweetened beverage contains about 56 mg. of methanol. Heavy users of aspartame-containing products consume as much as 250 mg. of methanol daily or 32 times the EPA limit. The most well-known problems from methanol poisoning are vision problems. Formaldehyde, a known carcinogen, causes retinal damage, interferes with DNA replication and causes birth defects. Due to the lack of a couple of key enzymes, humans are many times more sensitive to the toxic effects of methanol than animals. The troops of Desert Storm were "treated" to large amounts of aspartame-sweetened beverages which had been heated to over

86 degrees Fahrenheit in Saudi Arabian sun. Many of them returned home with numerous disorders similar to what has been seen in persons who have been chemically poisoned by formaldehyde. The free methanol in the beverages may have been a contributing factor in these illnesses. Other breakdown products of aspartame such as DKP, may also have been a factor.

HOW IT HAPPENS

Methanol, from aspartame, is released in the small intestine when the methyl group of aspartame encounters the enzyme chymotrypsin, free methanol begins to form in liquid aspartame-containing products at temperatures above 86 degrees Fahrenheit... Also, with the human body. The methanol is then converted to formaldehyde. The formaldehyde converts to formic acid, ant sting poison. Toxic formic acid is used as an activator to strip epoxy and urethane coatings. Imagine what that 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 accompanied 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 is present in food. It gets you too, causing brain disorders and birth defects! Finally, the phenylalanine breaks down into DKP, a brain tumor agent. In other words: Aspartame converts to dangerous byproducts 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 tumors. It often takes at least 60 days without any aspartame or NutraSweet to see a significant improvement.

References: Dr. Joseph Mercola