

Did You Know Aspartame Kills?

Aspartame can create a number of serious health conditions if ingested regularly. It has the potential to cause cancer, brain damage, and eventually death. It is wise to make healthy choices when purchasing food and beverages, and strive to buy whole, natural, organic products whenever possible. Aspartame with the help of public outcry will hopefully be restricted by the FDA in the near future in order to minimize its effects on the population.

What is aspartame?

Aspartame (APM) is made up of three chemicals: aspartic acid, phenylalanine, and methanol. As the three cornered molecule is metabolized it releases methyl alcohol, plus phenylalanine and aspartic acid, both neurotoxins. The methyl alcohol breaks down into formaldehyde, then formic acid. APM methyl alcohol/formaldehyde poisoning, engenders a host of cumulative degenerative diseases and functional abnormalities. Isolated phenylalanine and aspartic acid are neurotoxic.

Did You Know?

The Food and Drug Administration (FDA) has received more complaints about aspartame than any other ingredient to date. (1)

Aspartame gained FDA approval while it was owned by Donald Rumsfeld, who was at that time the CEO of the pharmaceutical company G.D. Searle & Company. Rumsfeld earned millions of dollars by marketing the product as NutraSweet, and when medical research into the product confirmed the risk of brain tumors, Rumsfeld simply hired another FDA board member to overturn the ban that the current board had inflicted.

Despite its apparent danger to animals and humans, aspartame has been approved by the FDA a total of 26 times over the last 23 years.(2)

An article published in the July 2007 issue of Science magazine featured 12 prominent health experts who support a ban on aspartame. It also featured a letter to U.S. Food and Drug Administration Commissioner Dr. Andrew Von Eschenbach requesting approval of the sweetener to be revoked due to extensive evidence that it causes cancer. Also, when aspartame is paired with carbs, it causes your brain to slow down its production of serotonin, leading to depression and insomnia. (1)

The Townsend Letter for Doctors (11/92) reported on a study revealing that 37 of 49 top FDA officials who left the FDA took positions with companies they had regulated. They also reported that over 150 FDA officials owned stock in drug companies they were assigned to

manage. Many organizations and universities receive large sums of money from companies connected to the NutraSweet Association, a group of companies promoting the use of aspartame. In January 1993, the American Dietetic Association received a US\$75,000 grant from the NutraSweet Company. The American Dietetic Association has stated that the NutraSweet Company writes their "Facts" sheets.(3)

Why is Aspartame still on the market?

Lack of awareness by the general population is one of the main reasons aspartame is still on the market. If consumers weren't demanding it companies wouldn't produce it.

Moreover, the diet industry is worth trillions of American dollars to corporations, and they want to protect their profits by keeping the truth behind aspartame's dangers hidden from the public.

If the FDA or any other government declared aspartame unsafe and pulled it from the shelves I'd imagine there would be so many lawsuits that it would almost destroy the food industry. Not only would the makers of aspartame be sued, but probably every single company that used it in their products would be sued as well. This is one of the many reasons why you can't say "If aspartame was harmful they'd remove it from the shelves". 100 million Americans alone consume aspartame. The lawsuits would dwarf the tobacco industry suits.

Aspartame Babies and Children:

Aspartame use during pregnancy and by children is one of the greatest modern tragedies of all. Aspartame directly damages the fetus. A good reference point is fetal alcohol syndrome: lifelong deformity, disability and loss of mental acuity in infants who survive maternal alcohol abuse. Even moderate use of beverage alcohol by the mother abuses the fetus and its future. Methyl alcohol is fifty times as potent an intoxicant as ethyl alcohol [beverage alcohol]. Formaldehyde is 5,000 times more potent. Assembled in the carefully crafted APM molecule these neurotoxins are about 20,000 times more potent than beverage alcohol. Because of aspartame's extreme toxicity even minute doses are destructive, damaging fetal nervous systems and related structures.

The blood brain barrier, which normally protects the brain from excess glutamate and aspartame as well as toxins, is not fully developed during childhood. Therefore it does not fully protect all areas of the brain and is damaged by numerous chronic and acute conditions, and allows seepage of excess glutamate and aspartame into the brain even when intact.

The risk to infants, children, and pregnant women, the elderly and persons with certain chronic health problems from excitotoxins are great. Even the Federation of American Societies for Experimental Biology (FASEB), which usually understates problems and mimics the FDA party-line, recently stated in a review that:

"It is prudent to avoid the use of dietary supplements of L-glutamic acid by pregnant women, infants, and children. The existence of evidence of potential endocrine responses, i.e., elevated cortisol and prolactin, and differential responses between males and females, would also suggest a neuroendocrine link and that supplemental L-glutamic acid should be avoided by women of childbearing age and individuals with affective disorders."(4)

Studies Conducted about Aspartame

A double blind study of the effects of aspartame on persons with mood disorders was recently conducted by Dr Ralph G. Walton. Since the study wasn't funded/controlled by the makers of aspartame, The NutraSweet Company refused to sell him the aspartame. Walton was forced to obtain and certify it from an outside source.

The study showed a large increase in serious symptoms for persons taking aspartame. Since some of the symptoms were so serious, the Institutional Review Board had to stop the study. Three of the participants had said that they had been "poisoned" by aspartame. Walton concludes that "individuals with mood disorders are particularly sensitive to this artificial sweetener; its use in this population should be discouraged."(5) Aware that the experiment could not be repeated because of the danger to the test subjects, Walton was recently quoted as saying, "I know it causes seizures. I'm convinced also that it definitely causes behavioral changes. I'm very angry that this substance is on the market. I personally question the reliability and validity of any studies funded by the NutraSweet Company."(6)

Both the Air Force's magazine Flying Safety and the Navy's magazine, Navy Physiology published articles warning about the many dangers of aspartame including the cumulative deleterious effects of methanol and the greater likelihood of birth defects. The articles note that the ingestion of aspartame can make pilots more susceptible to seizures and vertigo. Twenty articles sounding warnings about ingesting aspartame while flying have also appeared in the National Business Aircraft Association Digest (NBAA Digest 1993), Aviation Medical Bulletin (1988), The Aviation Consumer (1988), Canadian General Aviation News (1990), Pacific Flyer (1988), General Aviation News (1989), Aviation Safety Digest (1989), and Plane and Pilot (1990) and a paper warning about aspartame was presented at the 57th Annual Meeting of the Aerospace Medical Association (Gaffney 1986).

Recently, a hotline was set up for pilots suffering from acute reactions to aspartame ingestion. Over 600 pilots have reported symptoms including some who have reported suffering grand mal seizures in the cockpit due to aspartame.(7)

One of the original studies on aspartame was performed in 1969 by an independent scientist, Dr Harry Waisman. He studied the effects of aspartame on infant primates. Out of the seven infant monkeys, one died after 300 days and five others had grand mal seizures. Of course, these negative findings were not submitted to the FDA during the approval process.(8)

What can you do to protect yourself?

Become aware of all unnecessary chemicals hidden in your foods. Be a food detective. Purify your diet as much as possible, and try to enjoy natural eating. Educate yourself, your friends and family and anyone who will listen to you about the dangers of aspartame.

Alternatives:

For organic and natural sweeteners, we recommend agave nectar, raw locally harvested honey, stevia or xylitol.

Listen to the Unbiased Experts:

Professor Ralph Walton of Northwestern Ohio Universities said: "I dispute the assertion that there are no health risks."I believe Aspartame increases risk of cancer. Virtually all the studies attesting to its safety have been funded by the industry."(9)

Symptoms List:

Actual 1995 copy of aspartame related symptoms submitted to the FDA. The FDA has received well over 10,000 aspartame related complaints, more than all other complaints combined. Also keep in mind that less than 1 out of every 100 people actually file an official complaint and that of course, many people consume aspartame daily and have no clue that it may be the cause of their illnesses.

<http://www.321recipes.com/symptoms.html>

For powerful videos on the dangers of aspartame go to:

<http://www.youtube.com/watch?v=pvFRLIjOLOU>

<http://www.youtube.com/watch?v=S8kqJfw699E>

<http://www.youtube.com/watch?v=ouaMyiXmIAk>

References

(1) Steinman, Diet for a poisoned Planet, 166-7.

(2) Aspartame Information Center:

http://www.aspartame.org/aspartame_products.html

(3) ADA Courier, January 1993, Volume 32, Number 1. (26) "FDA Rejects AHPA Stevia Petition" by Mark Blumenthal, Whole Foods, April 1994.

(4) Safety of Amino Acids, Life Sciences Research Office, FASEB, FDA Contract No. 223-88-2124, Task Order No. 8.

(5) Walton, Ralph G., Robert Hudak, Ruth Green-Waite "Adverse Reactions to Aspartame: Double-Blind Challenge in Patients from a Vulnerable Population," Biological Psychiatry, 1993:34:13-17.

(6) Barbara Mullarkey, "How Safe Is Your Artificial Sweetener," September/October 1994 issue of Informed Consent Magazine.

(7) Reported by the Aspartame Consumer Safety Network.

(8) Barbara Mullarkey, Bittersweet Aspartame, A Diet Delusion.

(9) Lucy Johnston, UK national press article, May 20, 2001 page 7, The Sunday Express