



The Silent Nutra-Bomb!



Written By:

Sherri Connell

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The Silent Nutra-Bomb

Aahh! The cool, bubbly taste of a diet soda! There's nothing like it, so refreshing and thirst quenching!

But what is it that makes the soda sweet, without adding sugar? It is a substance called, aspartame (as-par-tame), or the brand names, NutraSweet, Equal, Spoonful and EqualMeasure.

Many dieters know it seems too good to be true, but may be putting their health on the line every time they consume aspartame. After all, wouldn't someone ban the use of aspartame if it were dangerous? Well, let's see... remember Saccharin? Many claim it can cause cancer, others say only in mice. Yet, despite the countless studies, complaints and "red flags," it is still on the market.

Many researchers warned the US Food and Drug Administration (FDA) about Saccharin's potential dangers; yet, until there was something to replace it with, many innocent dieters were unknowingly consuming a potential cancer causing agent.

Where Did Aspartame Come From?

Aspartame was accidentally discovered by a chemist, James Schlatter, of G.D. Searle Company in 1965, when he licked his fingers after an experiment for a new drug.

Although it was approved for dry goods in 1974, objections were filed by researcher Dr. John W. Olney and Consumer attorney James Turner. The research practices of G.D. Searle were questioned, so the approval was put on hold. Of course, the parties pushing aspartame insisted it was safe and aspartame was approved for dry goods in 1981, then for carbonated drinks in 1983.

What Do Consumers Have To Say

About Aspartame?

After drinking it for over a decade, do they feel it is safe? Well, aspartame accounts for 75% of the adverse reactions to food additives reported to the FDA.

As disclosed in a February 1994 Department of Health and Human Services report, 90 different symptoms have been documented the cause of aspartame. Just a few of these symptoms include: Headaches and migraines, weight gain, depression, fatigue, vision problems, hearing loss, memory loss, heart palpitations, breathing difficulties, anxiety attacks, joint pain, seizures and death.

According to a group of physicians, researchers and artificial sweetener experts studying aspartame, Mission Possible, the following chronic illnesses can be exacerbated by consuming aspartame: Alzheimer's, birth defects, brain tumors, Chronic Fatigue Syndrome, Diabetes, Epilepsy, Fibromyalgia, Lymphoma, Mental Retardation, Multiple Sclerosis and Parkinson's Disease.

Don't be quick to think you are in the clear if your chronic illness is not listed! If this substance can aggravate these problems, it may aggravate others too. And, watch out "healthy people," illnesses often develop without much warning.

What Is In It?

Aspartame is basically made up of three ingredients: 40% aspartic acid, 50% phenylalanine and 10% methanol.

40% ASPARTIC ACID: Aspartic acid is an amino acid. Sound harmless? Look again! It is what is called a "free excitatory" amino acid, which has been synthesized into a chemical. These amino acids in their natural form are necessary in controlled amounts, but in large amounts they are referred to as, "excitotoxins," because they can literally over stimulate the neural cells to death.

Generally, aspartic acid, as well as glutamic acid (99% of MSG), act as neurotransmitters in the brain by clearing the way for information to be transmitted between neurons. Too much of either of these amino acids kills certain neurons by allowing an excessive influx of calcium and free radicals.

Many documents have been written about the overuse of these amino acids, including a book by Dr. Russell L. Blaylock, a professor of Neurosurgery at the Medical University of Mississippi. Blaylock's book, "**Excitotoxins: The Taste That Kills**," thoroughly explains the damage that is caused by eating or drinking too much aspartic acid from aspartame; and, he gives hundreds of scientific references to how excess free excitatory amino acids in our food are causing acute symptoms as well as chronic neurological disorders.

50% PHENYLALANINE: This is also an amino acid, but the most highly allergenic of them all. Furthermore, it can be fatal to people with a genetic disorder, called Phenylketonurea, (this **caution** is on aspartame products). Phenylalanine can grow to excess levels in the brain of anyone, and these accumulations can cause decreased serotonin levels, emotional problems, behavioral problems, schizophrenia, depression and increase susceptibility to seizures. Respectively, many vitamin manufacturers warn against the use of phenylalanine by pregnant or lactating mothers.

****Note: Amino acids are necessary for proper development and good health; however, the amino acids described above have been synthesized into chemicals, bonded to other chemicals and are not regulated by a physician. Do not stop taking the amino acids your doctor has prescribed for you!***



Caution! Poison! Harmful or Fatal If Swallowed!

10% METHANOL: Methanol?? Yes, methanol; the wood alcohol "poison" you may want to put in your car, but certainly not in your body! Non-food products with methanol have **warnings** and **cautions** not to ingest their solutions; yet, it seems the foods we eat, do not.

According to the Environmental protection Agency, methanol is considered a cumulative poison, because of its low rate of excretion once it is absorbed; also, methanol turns into two toxic substances, formic acid and formaldehyde (a deadly neurotoxin). The EPA limits the consumption of methanol to 7.8 mg in a 24 hour period; one 12 ounce can of diet soda has approximately 20 mg.

Moreover, methanol is turned into free methanol when it is heated to above 86 degrees Fahrenheit (as when it is stored, put into a 98.5 degree body or baked in an oven); alarmingly, this conversion grossly increases the absorption of the methanol and the breakdown into formaldehyde.

Decide For Yourself!

Please take these findings into consideration or do additional research, when making your own decision about what you will eat or drink. Many people do not realize they are reacting to the chemicals, until they keep a journal of what they are eating and when they have headaches or other symptoms; often a correlation can then be made.

Also, the immune system can put up a good fight, making you think you are not effected; but, remember, these ingredients may accumulate over time, like a ticking bomb waiting to explode.

If you have symptoms due to the use of aspartame, they are most often alleviated when the consumption of this product is ceased. However, complete recovery time depends on how long you used the product, how much you used it, how much damage has been done and how well your immune system recovers.

Worried about your diet without aspartame? Well consider this, many people have experienced weight **gain** with this product and its consumption has been shown to **increase** the appetite for carbohydrates!

The FDA has received record numbers of reports claiming the dangers and damages of aspartame from consumers, doctors, laboratory scientists and researchers.



*"Don't wait for them to replace it,
decide for yourself!"*