

Aspartame: Stealthy Killer

Aspartame: Stealthy Killer

By Jeannine Lee

My high school biology classroom always seemed a little creepy to me. Sitting on a shelf in the back of the room were gallon jars of what I called “pickled” creatures — a full-sized fawn contorted every which way to fit into the jar, a variety of frogs, the brain of something or other. The god-awful stuff they were pickled in was formaldehyde. I can still recall the smell even though I’ve been away from that classroom for decades.

What does formaldehyde have to do with aspartame? Unfortunately, they are connected. Aspartame has been billed as a dieter’s solution. Americans like their sweets, but don’t want to pay the caloric price. Enter Aspartame, available to the consumer as NutraSweet®. Aspartame is not a food. It is not a diet product. **It is a drug that changes the brain’s chemistry.**

Free methanol begins to form in liquid Aspartame-containing products at temperatures above 86 degrees F., which of course includes the human body. The methanol is then converted to formaldehyde. As if that isn’t enough, the formaldehyde then converts to formic acid, which is the same poison found in fire ants. (Formic acid is used as an activator to strip epoxy and urethane coatings. If it will strip epoxy, think what it might do to your insides.) **Formaldehyde is grouped in the same class of drugs as cyanide and arsenic**, both of which we know as deadly poisons. Unfortunately, the formaldehyde just takes longer to quietly kill, but it is killing people and causing all kinds of neurological problems.

Aspartame proponents are quick to point out that phenylalanine and aspartic acid, which make up 90% of Aspartame, are amino acids normally used in synthesis of protoplasm when supplied by the foods we eat. The part they don’t tell us, either out of ignorance or deceit, is that when these two amino acids are not accompanied by the other amino acids we use (of which there are 20), they are neuro-toxic.

Aspartame converts to dangerous byproducts that have no natural counter-measures. 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 die of brain tumors.

Aspartame is found in many common products including: soft drinks, over-the-counter drugs and prescription drugs (very common and listed under “inactive ingredients”), vitamin and herbal supplements, yogurt, instant breakfasts, candy, breath

mints, cereals, sugar-free chewing gum, cocoa mixes, coffee beverages, gelatin desserts, frozen desserts, juice beverages, laxatives, milk drinks, shake mixes, tabletop sweeteners, tea beverages, instant teas and coffees, topping mixes, wine coolers, etc.

Symptoms of Aspartame disease include:

- irreversible brain damage
- birth defects, (including mental retardation)
- peptic ulcers
- Aspartame addiction
- increased craving for sweets
- hyperactivity in children
- severe depression
- aggressive behavior and suicidal tendencies

...as well as many physiological symptoms affecting every part of the body.

In addition, Aspartame has 92 official side effects and may mimic or trigger a wide range of problems including: Chronic Fatigue Syndrome, Epstein-Barr, Post-Polio Syndrome, Lyme Disease, Grave's Disease, Alzheimer's Disease, Epilepsy, Multiple Sclerosis (MS), Mercury sensitivity from Amalgam fillings, Fibromyalgia, Lupus, Lymphoma and Attention Deficit Disorder (ADD). Aspartame dissolves into solution and can therefore travel throughout the body and deposit within any tissue. The body digests Aspartame, unlike saccharin, which does not break down within humans.

Aspartame changes the ratio of amino acids in the blood, blocking or lowering the levels of serotonin, tyrosine, dopamine, norepinephrine, and adrenaline. Therefore, it is not unusual that aspartame symptoms are not detected in lab tests and on x-rays. Textbook disorders and diseases may actually be a toxic load from Aspartame poisoning.

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 only known cure is complete exclusion from the diet. Total recovery may not be possible. Please, for the sake of your health and the health of those you go through life with, take a good look at your cupboards and throw out anything containing this drug. **It is no more than poison to the body.**

For healthy sweet alternatives please see: <http://www.holisticmed.com/sweet/sweet.txt>.