

DANIELLE BRYANT BSYA (N.Th.) NCFE BSYA (Hom.) AHCP (Reg.)
Caerphilly Natural Health Clinic
Bedwas, CF83 8GF
(029) 2086 3495



May 2013

To whom it may concern,

I am a nutritional therapist, author and natural health consultant and I have also served as executive director of the National Health Federation.

It has come to my attention and great concern that many children and people are consuming some very dangerous substances such as neurotoxins (substances poisonous to the brain) in their everyday diets. I would like to try to get the message across to everyone to read the labels of their foods and drinks so they know exactly what they are feeding themselves and their children.

In particular, I am currently trying to raise awareness about the many dangers in consuming artificial sweeteners as I have been approached by many concerned parents regarding the amount of products containing artificial sweeteners given to their children while they are in school/playgroup, and that their children are given no alternatives than those artificially sweetened.

This has led me to launch an awareness campaign called SOS - Sweeteners Outta Schools (our children are sweet enough!) - I feel that it is essential to stop educational and childcare establishments giving products containing these harmful ingredients to our children as we do not have any control over what they consume while in your care.

I have attached some information regarding the dangers of these toxic substances in particular regarding Aspartame, the most dangerous and yet most widely used neurotoxin which is particularly in products aimed at children. This product has been linked to behavioural problems and disturbances, ADHD, sleep problems, childhood obesity, lack of energy, poor concentration and many other common childhood problems, as well as more serious conditions when consumed in the long term such as cancer, tumours, diabetes and seizures.

There is so much bad publicity about sugar - so much so that consumers are completely scared away from sugared products, and quite rightly so, but corporate mass marketing has taken advantage of this and pointed everyone in the direction of artificially sweetened products rather than naturally healthy products such as milk, fresh water and organic reduced-sugar squashes.

I do hope you will join me in sharing this important message with all relevant people including parents, teachers and catering staff. If you would like an image of the leaflet I have included for printing and distribution, please let me know or I am able to supply leaflets to you at cost of printing.

Thank you for your time.

Yours sincerely

Danielle Bryant
Nutritional Therapist, Author & Natural Health Consultant