

## ARE OUR CHILDREN BEING INNOCENTLY POISONED?

We have often heard that certain food additives are bad for our health but has much of this information actually made a difference to how we feed our children?

I would like to draw your attention in particular to deadly chemicals that are widely available in unlimited amounts in products - including products that are specifically aimed at children, and more importantly are very widely used by playgroups, parents, schools and nurseries under the false belief that it is actually good for children. These chemicals are called neurotoxins (they are toxic to the brain). Neurotoxins include artificial sweeteners such as Sucralose (Splenda), Saccharin, Acesulfame K and the worst of all, Aspartame; and flavour enhancers such as Monosodium Glutamate (MSG) or E621. But for now I will focus upon artificial sweeteners.

**There is to date NO artificial sweetener that is actually proven to be safe to consume. In fact many have been proven to cause tumours and cancer with prolonged usage.** The dangers of small amounts of these additives used in controlled amounts may be considered safe by the FDA (Food & Drug Administration), but the fact that sweeteners are now included in the ingredients of so many foods including health foods and drinks means that it will accumulate in our system and build up to levels that are harmful, especially to children, pregnant and nursing Mums and those with compromised immunity.

**Sucralose** has been linked to obesity, aborted pregnancies, anaemia, increased sugar cravings, digestive problems/conditions, migraines and seizures. **Acesulfame K** has been linked to kidney tumours, although is usually not found on its own but part of a toxic sweetener blend. However the most dangerous sweetener of all and the one I will concentrate on is **Aspartame**.

To first understand why Aspartame is on the market and in our foods, it is necessary to understand who it got there in the first place. It was discovered by accident in 1965 when James Schlatter, a chemist of G.D. Searle Company, was testing an anti-ulcer drug.

Aspartame was approved for dry goods in 1981 and for carbonated beverages in 1983. It was originally approved for dry goods on July 26, 1974, but objections filed by neuroscience researcher Dr John W. Olney and Consumer attorney James Turner in August 1974 as well as investigations of G.D. Searle's research practices caused the U.S. Food and Drug Administration (FDA) to put approval of aspartame on hold (December 5, 1974). On January 21, 1981, the day after Ronald Reagan's inauguration, Donald Rumsfeld, the CEO of Searle and the main financier to Ronald Reagan's election campaign, re-applied to the FDA for approval to use aspartame as a food sweetener. Reagan's new FDA commissioner, Arthur Hayes Hull, Jr., saw that it became approved. In 1985, Monsanto purchased G.D. Searle and made Searle Pharmaceuticals and The NutraSweet Company separate subsidiaries.

Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious including seizures and death and are detailed in the following pages.

With the backing of such a large and powerful (and corrupt) corporation such as Monsanto, there is very little we can do to take this dangerous substance off the market. However what we can do is spread awareness to people so they can decide whether to keep buying and feeding this to themselves and their families. The more these items are left on the shelf of supermarkets, maybe the message will get through that we do not want to have this poison in our food chain.

We feel it is imperative that products containing sweetener and especially aspartame are not given to our children by establishments such as schools, nurseries and playgroups where the parents have no control over what is given to their children during the times when they are there.

## INGREDIENTS OF ASPARTAME

**Phenylalanine (50% of aspartame)** - Phenylalanine is an amino acid normally found in the brain. Persons with the genetic disorder phenylketonuria (PKU) cannot metabolize phenylalanine. This leads to dangerously high levels of phenylalanine in the brain (sometimes lethal). It has been shown that ingesting aspartame, especially along with carbohydrates, can lead to excess levels of phenylalanine in the brain even in persons who do not have PKU.

Many people who have eaten large amounts of aspartame over a long period of time and do not have PKU have been shown to have excessive levels of phenylalanine in the blood. Excessive levels of phenylalanine in the brain can cause the levels of serotonin in the brain to decrease, leading to emotional disorders such as depression. It was shown in human testing that phenylalanine levels of the blood were increased significantly in human subjects who chronically used aspartame.

**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. Blaylock makes use of almost 500 scientific references to show how excess free excitatory amino acids such as aspartic acid and glutamic acid (about 99 percent of mono-sodium glutamate (MSG) is glutamic acid) in our food supply are causing serious chronic neurological disorders and a myriad of other acute symptoms.

**Methanol (aka wood alcohol/poison) (10% of aspartame)** - Methanol/wood alcohol is a deadly poison. It is 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 encounter 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 Fahrenheit (30 Centigrade). 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 Jelly).

Due to the lack of a couple of key enzymes, humans are many times more sensitive to the toxic effects of methanol than animals. Therefore, tests of aspartame or methanol on animals do not accurately reflect the danger for humans. As pointed out by Dr. Woodrow C. Monte, director of the food science and nutrition laboratory at Arizona State University, "There are no human or mammalian studies to evaluate the possible mutagenic, teratogenic or carcinogenic effects of chronic administration of methyl alcohol."

**Diketopiperazine (DKP)** - DKP is a by-product of aspartame metabolism. DKP has been implicated in the occurrence of brain tumours. Olney noticed that DKP, when nitrosated in the gut, produced a compound that was similar to N-nitrosourea, a powerful brain tumour causing chemical. Some authors have said that DKP is produced after aspartame ingestion. I am not sure if that is correct. It is definitely true that DKP is formed in liquid aspartame-containing products during prolonged storage.

G.D. Searle conducted animal experiments on the safety of DKP. The FDA found numerous experimental errors occurred, including "clerical errors, mixed-up animals, animals not getting drugs they were supposed to get, pathological specimens lost because of improper handling," and many other errors. These sloppy laboratory procedures may explain why both the test and control animals had sixteen times more brain tumours than would be expected in experiments of this length. In an ironic twist, shortly after these experimental errors were discovered, the FDA used guidelines recommended by G.D. Searle to develop the industry-wide FDA standards for good laboratory practices.

Ref: <http://aspartame.mercola.com/>

## SYMPTOMS CAUSED BY ASPARTAME CONSUMPTION

Aspartame accounts for over 75% of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious including seizures and death.

According to researchers and physicians studying the adverse effects of aspartame, the following chronic illnesses can be triggered or worsened by ingesting of aspartame: Brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, parkinson's disease, alzheimer's, mental

retardation, lymphoma, birth defects, fibromyalgia, and diabetes.

Here are the 92 the FDA agreed were symptoms for aspartame. However, there are many more in Dr. Roberts medical text (Aspartame Disease: An Ignored Epidemic, H. J. Roberts, M.D. ):

Headache	Speech Impairment	Glucose Disorders
Dizziness or Problems with Balance	Other Gastrointestinal	Blood Pressure Changes
Change in Mood Quality or Level	Chest Pain	Changes in Skin and Nail Coloration
Vomiting and Nausea	Other Musculo-Skeletal	Change in hair or nails
Abdominal Pain and Cramps	Fainting	Excessive phlegm Production
Change in Vision	Sore Throat	Sinus Problems Simple
Diarrhea	Other Cardiovascular	Hallucinations
Seizures and Convulsions	Change in Taste Difficulty with Urination	Any Lumps Present
Memory Loss	Other Respiratory	Shortness of Breath on Exertion
Fatigue, weakness	Edema	Evidence of Blood in Stool or Vomit
Other neurological	Change in Hearing	Dysmenorrhea
Rash	Abdominal Swelling	Dental Problems
Sleep problems	Change in Saliva Output	<b>DEATH</b>
Hives	Change in Urine Volume	Other Blood and Lymphatic
Change in Heart Rate	Change in Perspiration Pattern	Eczema
Itching	Change in smell	Complex Partial Seizures
Change in Sensation (Numbness, Tingling)	Eye Irritation	Swollen Lymph Nodes
Grand Mal	Unspecified	Hematuria
Local Swelling	Muscle Tremors	Shortness of Breath Due to Position
Change in Activity Level	Petit Mal	Difficulties with Pregnancy (Children Only)
Difficulty Breathing	Change in Appetite	Developmental Retardation
Oral Sensory Changes	Change in Body Weight	Change in Breast Size or Tenderness
Change in Menstrual Pattern	Nocturnal	Anemia
Other Skin	Change in Thirst or Water Intake	Change in Sexual Function
Other Localized Pain and Tenderness	Unconsciousness and Coma	Shock
Other Urogenital Change in Body Temperature	Wheezing	Conjunctivitis
Difficulty Swallowing	Constipation	Dilating Eyes
Other Metabolic Joint and Bone Pain	Other Extremity Pain	Febrile
	Problems with Bleeding	
	Unsteady Gait	
	Coughing Blood	

Additives by law must be inert or non-reactive and if inert it would not produce a list of 92 documented symptoms from 4 types of seizures to coma and death. Neither would it necessitate a 1038 page medical text. (Aspartame Disease: An Ignored Epidemic, H. J. Roberts, M.D.) or would consumers using this product need to be detoxed. "What To Do If You Have Used Aspartame" by neurosurgeon Russell Blaylock, M.D.

Ref: [http://www.wnho.net/fda\\_92\\_symptoms\\_on\\_aspartame.htm](http://www.wnho.net/fda_92_symptoms_on_aspartame.htm)

*Based upon a chapter in Holistic Well-being: A Paradigm Shift by Danielle Bryant.*

## THE NOT-SO-SWEET TRUTH ABOUT SWEETENERS

Many people today use artificial sweeteners in their tea or coffee. They do this because the ads they see on TV tell them that sugar is bad for their health. This is absolutely true. Sugar is toxic to us, but, what most people use as a replacement for sugar is much more deadly.

### **ASPARTAME**

Aspartame is an extremely toxic chemical that is produced by a chemical company called Monsanto. It is being marketed around the world as a sugar substitute and is found in most diet soft drinks, such as Diet Coke and Diet Pepsi. It is also found in artificial sweeteners such as NutraSweet, Equal, and Spoonful; and it is used in many other products as a sugar replacement. Aspartame is marketed as a diet product, but it is not a diet product at all. In fact, it will cause you to GAIN weight because it makes you crave carbohydrates. This is only a very small part of what Aspartame does. It is a toxic chemical that changes the brain's chemistry. It can and does cause severe seizures. This chemical changes the dopamine level in the brain, and it is particularly deadly for anyone suffering from Parkinson's diseases.

Aspartame is extremely poisonous, and here is why. One of the toxic ingredients of Aspartame is wood alcohol. When the temperature of Aspartame exceeds 86 degrees F, the wood alcohol in the Aspartame is converted to formaldehyde, and then to formic acid, which in turn causes metabolic acidosis. Formaldehyde is grouped in the same class of poisons as Cyanide and Arsenic - which are very deadly toxins. The only difference is... Formaldehyde kills quietly, and it takes a little longer. And, in the process of killing people, it causes all kinds of neurological problems. There are 92 documented symptoms of Aspartame Poisoning leading to coma and death. The majority of these symptoms are neurological, because the Aspartame attacks and destroys the nervous system. It is linked to Lupus, which has become almost as rampant as Multiple Sclerosis, especially with Diet Coke and Diet Pepsi drinkers. When someone develops Lupus as a result of using Aspartame, they usually do not know that the Aspartame is the culprit. They then continue to use Aspartame, which aggravates the Lupus to such a degree that it sometimes becomes life threatening. When people finally get off the Aspartame, the severity of the Lupus decreases. It is generally believed that once you develop Lupus, you will have it for the rest of your life, but this is not so. Lupus can be defeated with some very special treatment.

Aspartame Poisoning is also very often diagnosed as Multiple Sclerosis. The methanol toxicity mimics Multiple Sclerosis, and therefore, people are being diagnosed with Multiple Sclerosis when in fact they do not have it. Multiple Sclerosis is not a death sentence, where Methanol Toxicity usually is. When those who suffer from Aspartame Poisoning stop using Aspartame, most of the symptoms of Multiple Sclerosis disappear. There are many cases where someone's vision has returned, and even their hearing has returned. We have a very serious problem here. More and more people who are heavy Diet Coke and Diet Pepsi drinkers are being diagnosed with MS. This also applies to other diseases. If you are using Aspartame and you suffer from Fibromyalgia symptoms such as spasms, shooting pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, or memory loss, you probably do not have Fibromyalgia, you very likely have Aspartame Poisoning. It is believed that the phenylalanine in the Aspartame breaks down the seizure threshold and depletes Serotonin, which causes manic depression, panic attacks, rage, and violence. According to the Conference of the American College of Physicians, "We are talking about a plague of neurological diseases caused by this deadly poison".

Aspartame is especially deadly for diabetics. There are many cases where physicians believe they have a patient with retinopathy, when in fact, the problem is caused by Aspartame. The Aspartame keeps the blood sugar level out of control, causing many patients to go into a coma and even die.

Two prominent Doctors, Dr. Blaylock and Dr. H. J. Roberts, have written books on Aspartame Poisoning. Dr. Blaylock's book is entitled: "EXCITOTOXINS: THE TASTE THAT KILLS". Dr. H.J. Roberts, diabetic specialist and world expert on Aspartame Poisoning, has written a book entitled "DEFENSE AGAINST ALZHEIMER'S DISEASE". Dr. Roberts realized what was happening when Aspartame was first marketed and used. He said that his diabetic patients who used Aspartame presented memory loss, confusion, and severe vision loss". The methanol in the

Aspartame converts to Formaldehyde in the retina of the eye, and causes people to go blind. Memory loss is due to the fact that aspartic acid and phenylalanine are neurotoxic without the other amino acids found in protein. Thus it goes past the blood brain barrier and deteriorates the neurons of the brain. Dr. Roberts tells how Aspartame Poisoning is escalating Alzheimer's disease. Women of 30 years of age are being admitted that have developed Alzheimer's disease as a result of using Aspartame.

Aspartame Disease is partially the cause of what is behind some of the mystery of the Desert Storm health problems (Gulf War Syndrome). The burning tongue and other problems discussed in over 60 cases can be directly related to the consumption of an Aspartame product. Several thousand pallets of diet drinks were shipped to the Desert Storm troops. (Remember that heat can liberate the methanol from the Aspartame at 86 degrees F). These diet drinks sat on pallets in the 120-degree F. Arabian sun for weeks at a time. The service men and women drank them all day long, and all of their symptoms are identical to Aspartame Poisoning.

According to Dr. Roberts, another serious problem is that consuming Aspartame during pregnancy can cause birth defects. When the Aspartame attacks the nervous system it does not allow the unborn child to develop properly.

Aspartame consumption has also been shown to lead to cancer. In the original lab tests on Aspartame, animals that were given Aspartame developed brain tumours. The phenylalanine breaks down into DXP, which is a brain tumour agent.

How serious is this Aspartame Poisoning? A mother who had a child on NutraSweet was told to get her child off the product. The child was having grand mal seizures every day. The mother spoke to her doctor, who called the ADA, who told the doctor not to take the child off the NutraSweet. They are still trying to convince the mother that the Aspartame is causing the seizures. Every time you take a grand mal seizure victim off of Aspartame, the seizures stop.

I assure you that MONSANTO, the creator of Aspartame, knows exactly how deadly their product is. They fund the American Diabetes Association, the American Dietetic Association, Congress, and the Conference of the American College of Physicians. They have the contacts and the power to keep their product on the market. Public health means nothing to these people, it's all about making money.

### **SPLENDA & ACESULFAME-K**

The dangers of aspartame are now becoming more widely known, but the risks of using SPLENDA are not documented - until now. Splenda may not penetrate the blood brain barrier as aspartame does, but Splenda CAN adversely affect the body in several ways because it IS a chemical substance and not natural sugar.

The same patterns with aspartame (NutraSweet/Equal) are repeating with sucralose (Splenda). Their claims of product safety and research results are identical to those used by The NutraSweet Company. Maybe now, consumers can prevent damage to human health sooner than with NutraSweet, which has damaged the health and lives of millions of innocent consumers since it was placed in the public food supply in 1982.

Has the FDA repeated the aspartame approval process for sucralose, allowing a product with proven carcinogens to flood our food supply? Only time will tell, as it has with aspartame. Yet at the cost of human lives.

People may think Johnson & Johnson's Splenda, made from sucralose, has come to the rescue as the newest chemical sugar replacement "made from real sugar." People don't want to hear that it may be just as dangerous as aspartame.

New chemical sweeteners (like Splenda) and the sweetener blends (aspartame, sucralose and acesulfame K blended together in one product) may be causing users to show signs of weight gain, disruption of sleep patterns, sexual dysfunction, increases in cancer, MS, Lupus, diabetes, and a list of epidemic degenerative diseases. The corporations continue to stand tough in their denial of any connection to chemical sweetener additives.

### **The Chlorine In Splenda**

Chlorine is commonly found in nature, but almost always in combination with other building block elements. Chlorine's structure makes it very reactive and because it is so reactive, it is very useful to chemists, engineers and others involved in making things humans use every day. The inventors of Splenda admit around fifteen percent (15%) of sucralose is absorbed by the body, but they cannot guarantee us (out of this fifteen percent) what amount of chlorine stays in

the body and what percent flushes out. So, do you feel lucky today as you sprinkle that yellow packet of powder in your tea? You will be alarmed once you realize how chlorine, this common chemical we've trusted as a "purifier", is actually affecting our health in more ways than you know. Hopefully, this chapter will make you hesitate before you let your toddler take another sip of your diet cola.

### **What Are Sweetener Blends?**

I've written about how artificial sweeteners like sucralose (found in Splenda) and aspartame (found in NutraSweet) can have a negative impact on your health. Now the sweetener industry has gone a step further in their quest to copy real sugar's sweet flavour. They are mixing Splenda and NutraSweet and other artificial sweeteners together! Mixtures of any artificial sweeteners are called "sweetener blends."

Instead of one harmful chemical coursing through your body, you now have two or three (or more) interacting with each other, and in ways we may not know yet. If one substance is hazardous, do you think adding toxins to it will make it better? It is just one more potent "alien" mixture with unknown interactions that your poor body will try to use, excrete, or store. Its mix n' match chemistry at the expense of your health.

### **The Unsafe Sweeteners Out There**

**Artificial sweeteners:** This category of non-nutritive, high-intensity sugar substitutes includes ASPARTAME, ACESULFAME-K, NEOTAME, SUCRALOSE, and ALITAME. The two sweeteners that have recently undergone current and pending FDA approval are SUCRALOSE and ALITAME, respectively. Cyclamate lost its FDA approval in 1970, but is currently up for re-approval. Numerous new sweeteners are currently in various stages of development and approval.

### **Stevia and Other Safe Alternative Sweeteners**

Sugar and the quest for weight loss represent an enormous growth opportunity for the food and beverage manufacturers worldwide. And as everyone in the industry knows, the average human prefers taste to nutrition. Let's see how we can reverse this trend.

The two safest choices of sweeteners to date are xylitol and stevia. Saccharin is yet undecided so we best avoid it in case! According to FDA documents, saccharin has never caused cancer. Years ago, saccharin was sold in tiny pin-sized pellets, and merely two or three were enough to add sweetness to coffee or iced tea.

### **The Real Scoop On Sugar**

Everyone needs to know that there is a difference between sugars - natural sugar, refined sugar, and corn syrup. Sugar is like a two-sided coin: heads - if natural, it can be useful to the body, and tails - if altered by man, it can be harmful to the body. How do you know the difference, and where can you buy the right kind of sugar products! Here's the scoop...artificial sweeteners are not the solution.

### **Are Your Kids Depressed and Aggressive?**

If you have kids, you'll be the first one to notice health and behavioural changes in your children. Children are reacting to artificial sweeteners in harmful ways, but this aspect of the sweetener wars has gone unnoticed in the mainstream health community. The sweetener corporations market to children by placing soft drink machines in public elementary schools, and by influencing doctors that diet sweeteners don't cause abnormal behaviour and emotional stress in children. When you have exhausted all the other reasons for your child's poor health or mental/emotional problems, then diet chemicals could be the culprit.

The rising numbers of mental disorders have gone unexplained until now. A diet of chemical foods means a diet of malnutrition, and when the body is starved of nutrients, it becomes mentally and physically stressed. Don't raise your children on diet chemicals - search for healthy alternatives.

### **Products Containing Sweeteners**

Aspartame was originally approved for use in 100 different products. Since that initial hearing, there have been two more hearings to try to ban this product, but to no avail. This list of 100 has now expanded to where there are over 5,000 products containing this chemical, and the patent has expired. Also, Aspartame is now available in over 90 countries around the world. As of May 2004, the list of over 3,000 products containing Splenda was thirty-four pages in length. Some products are not labelled sugar-free, and some products also contain aspartame.

The best advise is to read ALL the labels on anything you buy for you or for your children's safety. The list includes a variety of foods and food products, pharmaceuticals and children's medications, vitamin supplements, protein powders, protein bars, weight loss products, liquid and powdered drinks, popcorn, gums and mints, toothpaste, and water.

### **Knowledge is power.**

As an educated consumer, you have the awareness to choose what you and your family will ingest. Unnatural artificial sweeteners may affect your health. Why take the chance?

So, very importantly, if it says "Sugar Free" on the label, you know that it contains a sweetener. **DO NOT USE ANY OF THESE PRODUCTS.**

Young people drink a lot of Diet Coke and Diet Pepsi, and because of this, they are the most susceptible to Aspartame Poisoning. Please let your children know about the toxins in these drinks. A large number of adults use Nutrasweet, Equal, or Spoonful. They also need to be warned of the dangers in those products.

So I ask that you help to get the word out about this. Copy or scan this article and distribute it to everyone you know. There are a lot of people out there who must be warned, PLEASE let them know this information.

For more info, search on Google for "Aspartame" "Splenda dangers" or just "artificial sweeteners". You will be surprised by what you will find!

### **Other Additives**

The same can be said for ALL chemical additives. The two things to remember are this:

1. Our bodies are NATURAL and ORGANIC so we cannot put anything UNNATURAL (artificially created) into them and expect it to be processed without damage, stress and strain on our system. Natural needs Natural.
2. All artificially manufactured products - be it sweeteners, preservatives, pesticides, herbicides, Genetically Modified, whatever - have all been manufactured by a chemical manufacturing corporation. All these corporations have proven to be more concerned with their money than with our health. (In fact many are connected to pharmaceutical corporations and therefore can make money off us when we are ill!)

So my advice is eat NATURALLY, ORGANICALLY whenever possible - you will find you eat less as you will gain more nutritional value from your foods and it therefore doesn't cost more to eat organically in the end. Use WHOLEFOODS - most meals and products you buy can be made quite easily using pure wholefoods. If you make something yourself you know exactly what has gone into it! And always choose unrefined, wholegrain, etc - the less processing the better as processing kills the nutrients in the food making them nothing but ballast - dead, empty calories.

by

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