

The Aspartame Scandal

by Betty Martini

The Thalidomide of the 90's is Aspartame, otherwise known as Equal, Nutrasweet or Spoonful.

In May, 1992 an article in Flying Safety Magazine explained the dangers of this ubiquitous substance. Some people have triggered aspartame related disorders with doses as small as that carried in a single stick of chewing gum. This could mean a pilot who drinks diet sodas is more susceptible to flicker vertigo or to flicker-induced epileptic activity. It also means that all pilots are potential victims of sudden memory loss, dizziness during instrument flight and gradual loss of vision. Some pilots have experienced grand mal seizures in the cockpits of commercial airline flights and have lost medical certification to fly -- and with it their careers.

The FDA has received more than 10,000 consumer complaints on Nutra-Poison. That's 80% of all complaints about food additives, yet they remain comatose and have done nothing to alert the American consumer who assumes, since it's so highly advertised, that it must be safe as mother's milk.

If you are using aspartame and have headaches, depression, slurred speech, loss of memory, fibromyalgia type symptoms, loss of sensation in lower legs or shooting pains, loss of equilibrium, vertigo, anxiety attacks, chronic fatigue, vision loss, floaters, retinal detachment, seizures, heart palpitations, etc., you have Aspartame Disease! Many physicians are diagnosing multiple sclerosis when in reality it is methanol toxicity which mimics MS. Get off this dangerous drug right away. MS is not a death sentence, but methanol toxicity is!

Fifty-one percent of FDA approved drugs have serious risks and could cause adverse reactions that lead to severe or permanent disability or death. The Center for Disease Control, Johns Hopkins University and the New Jersey School of Medicine estimate that 80,000-120,000 Americans are killed by prescription drugs every year. That this atrocious holocaust persists has everything to do with money and nothing to do with public health. Monsanto reaps \$2 billion per year from the Aspartame toxic bonanza. This can buy a lot of bureaucrats! Does FDA mean Fatal Drugs Allowed? The FDA works for industry, not citizens. FDA head Arthur Hayes overruled his own board of inquiry to approve aspartame and then went to work for their public relations firm. Federal attorney Sam Skinner was assigned to prosecute Searle for fraudulent tests in their application, but switched sides and went to work for Searle's lawyers and the case died when the statute of limitations ran out. Honest FDA toxicologist, the late Dr. Adrian Gross, wrote to Senator Howard Metzenbaum: "The views of the FDA's Center for Food Safety read

like a script written for Abbott & Costello in the sense of their having perceptions inside-out and upside-down. ... FDA may have gone through the motions. ... such a 'process' or dance represents a farce and a mockery."

Aspartame is a molecule composed of three components: aspartic acid, phenylalanine and methanol. Methanol is wood alcohol that has killed or blinded thousands of skid row drunks. It converts into formaldehyde and formic acid (ant sting poison) in the gut. Formaldehyde, a deadly neurotoxin, is common embalming fluid, a Class A carcinogen. Phenylalanine is also neurotoxic when unaccompanied by the other amino acids in proteins. Aspartic acid causes brain lesions and neuroendocrine disorders in experimental animals. There are 92 documented symptoms including headaches, numbness, fatigue, blurred vision, heart palpitations, memory loss, dizziness, muscle spasms, weight gain, seizures, rashes, blindness, tachycardia, tinnitus, joint pain, nausea, depression, hearing loss, irritability, slurred speech, anxiety attacks, loss of taste, vertigo and insomnia.

NutraSweet is in about 9,000 foods and on every restaurant table for the same reasons tobacco is everywhere: Greed, Addiction and Profit! The NutraSweet Company and sister Searle, whose chemists discovered aspartame while testing an ulcer drug, are owned by Monsanto. If you are taking other medicine, consider possible reactions you may have. In 1969, Searle approached Dr. Harry Waisman to study the effects of aspartame on primates. Seven infant monkeys were fed the chemical in milk. One died after 300 days; five others had grand mal seizures. Searle deleted these findings when they submitted this study to the FDA! The best way to understand NutraSweet is to think of it as a minute dose of nerve gas that eradicates brain and nerve functions. Some diseases triggered by aspartame include brain tumors and other cancers, Alzheimer's, multiple sclerosis, diabetes, epilepsy, mental retardation, fibromyalgia, lymphoma, Graves disease, birth defects, chronic fatigue syndrome, systemic lupus, Epstein Barr, Parkinson's and ... death!

Researchers at Massachusetts Institute of Technology surveyed 80 people who suffered brain seizures after eating or drinking products with aspartame. Said the Community Nutrition Institute: "These 80 cases meet the FDA's own definition of an imminent hazard to the public health, which requires the FDA to expeditiously remove a product from the market."

America is seeing a tremendous increase in seizures. Phenylalanine in aspartame lowers the seizure threshold in the brain and blocks serotonin production. Today our nation is swept by a rage of violence. Researchers attribute this in part to low brain serotonin levels inducing depression, rage and

paranoia. So President Clinton, Diet Coke in hand, programs billions of dollars to buy penitentiaries for the paranoid. Fetal tissue cannot tolerate methanol and Dr. James Bowen calls NutraSweet instant birth control. The fetal placenta can concentrate phenylalanine and cause mental retardation. Aspartame tests on animals produced brain and mammary tumors. No wonder breast cancer is growing exponentially! During Operation Desert Storm truckloads of diet drinks cooked in the Arabian sun and at 86 degrees aspartame liberates methanol in the can! Thousands of service men and women returned home with chronic fatigue syndrome and weird toxic symptoms.

On July 28, 1993 the National Soft Drink Association drafted a 30-page protest questioning the safety of aspartame in soft drinks. Then they found weight-conscious Americans would sip soda all day if it was sugarless, so they forgot their objections; nor did they tell us that aspartame makes you crave carbohydrates and so you gain weight. The formaldehyde stores in the fat cells, particularly on the hips and thighs. Drink diet soda, get fat now and later develop seizures, diabetes, blindness, Epstein Barr, MS, depression and death.

Similarly, the American Diabetic Association, which now receives mega-funds from NutraSweet, ignored a 1987 abstract submitted by Dr. H. J. Roberts (world expert on aspartame and diabetic specialist) summarizing 58 diabetic aspartame reactors. He says: "I now advise all patients with diabetes and hypoglycemia to avoid aspartame products." In his book *Excitotoxins: The Taste that Kills*, Russell Blaylock, MD, a neurosurgeon, says aspartame may trigger clinical diabetes! He says that excitotoxins such as NutraSweet literally stimulate neurons to death, causing brain damage of varying degrees. "What really concerns me about aspartame," he says, "is its association with brain tumors as well as pancreatic, uterine and ovarian tumors. ... and that so many develop an Alzheimer's-like syndrome with prolonged exposure."

NutraSweet/Equal/Spoonful are the deadliest toxins in our society because of their ubiquitous presence in thousands of foods, even vitamins, medicines, Kool Aid, Jell-O, diet foods and the packets on every restaurant table. We are dosed with millions of pounds every year. Every product containing aspartame should contain the following warning: **Chemical Poison: Keep out of Reach of Humans! Genocidal!**

Betty Martini's Web Page is <http://www.dorway.com/betty>