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Neuro-Toxic Diet Foods – The Aspartame Game !?

By Joe Ward

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Are Diet Foods Healthy? Let us hear the one major answer, after first asking another question.– How many so-called Diet Foods contain 'aspartame'? 4,000 , maybe 6,000, of the food and drink items offered thru-out an average large grocery supermarket. Now, let us keep this little article 'dangerously sweet and low to the point'. What is aspartame? Some know it by the name of Equal, NutraSweet, Spoonfull, or another dozen or so, made up, safe and healthy sounding diet promoting superlatives. But here is what it really is made up of: 3 chemicals, and they are 'aspartic acid', 'phenylalanine', and 'methanol'. Thus, I would most definitely call it a Chemical Poison. Without great technical detail, it is by far the most dangerous food additive placed in our grocery / food supply today. Aspartame causes over 70% of adverse reactions to food additives reported to the U.S. FDA,– including headaches, siezures, nausea, numbness, depression, fatigue, hearing and vision loss, anxiety, breathing problems, memory loss, joint pain, and believe it or not, weight gain. Ha! But not funny at all. Some chronic illnesses that can be worsened or triggered by eating aspartame include: epilepsy, brain tumors, chronic fatigue syndrome, M.S., lymphoma, birth defects, fibromyalgia, Sjogren's Syndrome, diabetes, Parkinson's, and Alzheimer's. The amino acids, aspartic acid, and phenylalanine, ingested in much quantity can cause serious problems alone. But what of the ingredient 'methanol'? Methanol–(wood-grain alcohol), is a deadly poison! In the body it breaks down into 'formic acid' and 'formaldehyde'– a deadly neurotoxin! Why is this allowed to be placed in so much of our food supplies? Is it really safe? Of course not. What is going on here, that our Federal government and the Food and Drug Administration would allow this? Imagine,– cancer; diabetes; birth defects; emotional and serious mood disorders; autoimmune disorders, etc. The findings and proofs are out there. And, artificial sweeteners will not only NOT help you to lose weight, but will actually make you fat! Yes, maybe a very few diet foods may be o'k, but safe? At least not the money pumping adulterated Aspartame foods. Most people do not associate their symptoms with the long-term use of aspartame, and since I am trying to be brief this time, anyone seeking more information or directions to the facts and findings, may contact me. How aspartame was approved is a lesson in how chemical and pharmaceutical companies can manipulate our government agencies and health related organizations. It might be best if we tried to eat more natural live foods, unprocessed, and without the poisonous fantasyland additives, which actually destroy proper health maintenance. – (gorillas-dont-cook)

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Posted by: Joe Ward (naturopath)

P.S.–(100% of any profits from the following site goes toward Autoimmune Disorders research,–
<http://www.affiliateshowcase.com/?47931>). JW

Traditional Naturopath, Herbalist, Whole–Life extensionist, Industrial Engineer, Inventor, and Disability Advocate. – and remember – "Gorillas–Dont–Cook". JW

The Sweet Side Of Science

By News Canada

(NC)–Everybody's heard of aspartame. The list of products using it for sweetness is long, including breakfast cereals, soft drinks, desserts and yogurt. But what exactly is aspartame?

Aspartame is a tabletop sweetener that gives foods a sweet taste, but contains a negligible amount of calories and carbohydrate. Aspartame is not the only sugar substitute to have these properties. Sucralose is another sweetener like aspartame that is used in numerous food products. Based on its name, you might think it's sugar, but it's not! What is the difference between these two tabletop sweeteners? Basically, the difference is in their sweetening power. Sucralose is 600 times sweeter than white sugar, while aspartame is 180 times sweeter.

Where does aspartame come from? It was actually discovered by coincidence in 1965 as a US scientist was researching a drug to treat ulcers. He was quite surprised to discover that the substance he was using in his work had an extremely sweet taste! The U.S. Food and Drug Administration wasted no time in commissioning a number of studies, which eventually led to them approving the use of aspartame for commercial purposes. The food industry quickly began using aspartame in manufacturing as a low–calorie sugar substitute to sweeten some food products. Canadians first began seeing aspartame used in foods after Health Canada authorized it over 20 years ago, in 1981, as a tabletop sweetener and food additive.

"Aspartame has probably been studied more than any other food additive," states Dr. Joe Schwarcz, Director of the McGill University Office for Chemistry and Society, and author of the book *That's the Way the Cookie Crumbles*, which devotes a full chapter to aspartame. "Over 70 million North Americans regularly consume products containing aspartame."

So don't be surprised by the number of food product ingredient panels that list this popular tabletop sweetener on grocery store shelves!

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