

# Aspartame AKA Nutra-Sweet or Equal

Dizziness, confusion, seizures, tremors, depression anxiety attacks, severe fatigue, addiction, hypoglycemia, infertility, eating disorders, headaches, visual difficulty, simulation of multiple sclerosis and Alzheimer's disease, loss of control of diabetes, menstrual changes, itching, rashes, chest pain, arrhythmias, arthritis "fibromyalgia" all these may be caused by aspartame according to H.J. Roberts, M.D. F.A.C.P., F.C.C.P..

Dr. Roberts is a West Palm Beach physician that has done extensive research on Aspartame. His book Aspartame Disease An Ignored Epidemic is based on 1,200 aspartame reactors.

## Just what is aspartame?

The chemical composition of Aspartame is phenylalanine (and essential amino acid) aspartic acid (a non essential amino acid) and a methyl ester that turns in to a methyl alcohol (**methyl alcohol, carbinol, wood alcohol, wood naphtha**).

Most of us are familiar with the toxic effects of wood alcohol. In 1952 Bennett et al found that three teaspoons of 40 percent methanol could be fatal. Methanol is a ingredient in antifreeze, solvents, duplicating machine fluids, and Sterno just to name a few. According to the FDA the digestion of aspartame gives around ten percent methanol by weight.

Think about the following approximations.

19 mg aspartame (equal to about 1 teaspoon of sugar) gives 1.9 mg of methanol.

One liter of an aspartame soft drink averages 555 mg aspartame, that gives about 55 mg of methanol.

Methanol concentration increases with prolonged heating (Florida) and storage of aspartame.

The body tries to detoxify methyl alcohol by breaking it down to formaldehyde, then further down to formic acid or formate. You may be familiar with formaldehyde as it is used to embalm the dead.

The composition of aspartame is similar to monosodium glutamate (MSG). Both have ingredients that are considered excitatory amino acids. This means the chemicals increase the activity of brain neurons, so much the essentially blow up.

Most of the above information was taken from Dr. Roberts book. You are welcome to look at the book in my office. If you are interested in reading the 1018 pages, you can order the book direct here.

<http://www.sunsentpress.com/aspartameDisease.html>

## What about tumors?

The following link will take you to My Aspartame Experiment by Victoria Inness-Brown M.A.. This is a quick read presentation. <http://myaspartameexperiment.com/index.php?page=1>

## What about national media?

The following link will take you to a 15 minute news presentation by "60 Minutes".

<http://video.google.com/videoplay?docid=5805190307148690830&hl=en>

## Watch the movie.

If you do not want to spend the time reading the thousand page book, but would like to kick back and watch a movie for 90 minutes, I recommend Sweet Misery-A Poisoned World. You can view the entire movie free at this link. <http://video.google.com/videoplay?docid=-566922170441334340>

## Like to research on the web, start here.

More information in Aspartame is available on the following links. <http://www.holisticmed.com/aspartame/>  
<http://dorway.com/dorwblog/>

You have to be very diligent in checking all foods for this toxin. Pay particular attention to anything “diet”. Other names are NutraSweet, Equal, Spoonful, and Equal-Measure. According to Dr. Mercola, this toxin accounts for 75 percent of the adverse reactions to food additives reported to the FDA. Many of the reactions are very serious including seizures and death.

There is perhaps no more controversial or more studied artificial sweetener on the market. This alone should be a warning sign to the consumer. When you get into the research you will find that almost all the studies paid for by those with a interest in selling more aspartame are very positive. Studies with no ties to profit from aspartame are almost all negative. Interesting.

I continually encourage all patients to discontinue the use of this toxic substance. The greatest offender is soft drinks. There appears to be a considerable addictive quality to this sweetener that makes it very difficult to quit. Even when I have presented the facts, patients still have difficulty quitting. Some reports put Aspartame as addictive as cigarettes. To help you break the habit, we offer acupuncture for addictions in the office.

## Are we toxic?

Our world exposure to toxins is steadily increasing. If you are not aware of this check out the following link from National Geographic. The link is also on our website.

<http://ngm.nationalgeographic.com/ngm/0610/feature4/index.html>

## What do I do now?

Quit eating or drinking anything with the ingredient, Aspartame. Detox your body, by using the Infra red sauna, EB-Pro, exercise, and eating healthy. With a lower toxic level, symptoms related to toxicity can reduce. Improve your health with a functional analysis of your body chemistry. This information on our website will help explain part of the process. <http://www.mydrhorn.org/index.php/diagnostic-tests>

I hope the above information is informative enough for any reader to quit using Aspartame.

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