

ASPARTAME: A SAFE SWEETENER?

by Helen Lawler, MA and Leanne Wylet, BA

Would you knowingly buy soft drinks containing methanol, formaldehyde or formic acid? Would a Naturopathic Physician recommend soft drinks containing diketopiperazine (DKP) - a known cause of brain tumors, or phenylalanine - which depletes brain hormones such as serotonin?

Science Project

Jennifer Cohen (age 11) of Oradell, New Jersey learned about DKP and Formaldehyde in diet Coke from her science project. She stored diet Cokes for 70 days, at a range of temperatures suggested by the Soft Drink Association. She developed and ran her double-blind tests like a professional. Winston Laboratories of Ridgefield, New Jersey, (201) 440-0022 performed the chemical evaluations. Interestingly enough, the National Soft Drink Association had written to the FDA in 1983 that Aspartame was breaking down in warm climates.

Aspartame and Misdiagnosis

Aspartame (ASP) may cause or mimic various diseases including MS, Epstein-Barre post-polio symptoms, Lyme disease, PMS, carpal tunnel syndrome, arthritis, Menier's disease, Alzheimer's disease, ALS (Lou Gehrig's disease), Epilepsy, Multiple Sclerosis, EMS, and anxiety/phobia disorders, panic attacks, PMS, Graves' disease, False memory Syndrom, brain tumors, fibromyalgia, stroke, heart disease, Hypothyroidism, attention deficit disorder (ADD) and other difficult-to-diagnose diseases. For example, an Aspartame-caused imbalance in the ratio of amino acids in the blood stream can be diagnosed as Chronic Fatigue Syndrome.

"Mary Nash Stoddard, who heads up the Aspartame Consumer Safety Network, Inc. (ACSN), has been diagnosed with that devastating EMS (Eosinophilia Myalgia Syndrome) because of here severe generalized aches and an elevated eosinophil count. When she stopped the ASP the disease disappeared".

Aspartame and Brain Tumors

Dr. John Olney of Washington University in St. Louis analysed cancer statistics of the equivalent of 10% of

the US population since 1975. "(Olney and his colleagues) found that the introduction of Aspartame into the USA into dry goods in 1981 and soft drinks in approximately 10% in the reported incidence of brain tumors....They also found a change in the incidence of two particular types of brain tumors, with a reduction in the proportion of a relatively less aggressive (and often preliminary) type of tumore (astrocytomas) and a sharp increase in the incidence of a far more aggressive (and all to often terminal) type of tumor (glioblastomas)"

Aspartame and Brain Function

According to Dr. Russel L. Blaylock, prof. of Neurosurgery at the Medical University of Mississippi, aspartate from aspartame kills neurons in the brain by allowing too much calcium into the cells. Infants, children, pregnant women, and the elderly are among the most vulnerable to this type of brain damage. Phenylalanine (Aspartame is 50% phenylalanine) interferes with normal serotonin levels in the brain. Low serotonin levels cause depression and other emotional

problems. According to Dr. Lendon Smith, "...serotonin is the neurotransmitter which tells the thyroid what to do...(Aspartame) may not actually cause mental problems but can certainly trigger them by interfering with the ration of the various brain neurotransmitters."

A study by Dr. Ralph G. Walton, Professor of Clinical Psychiatry at Northeastern Ohio Universities College of Medicine, on the effects of Aspartame on people with mood disorders was cut short because "some of the symptoms were so serious...."Dr. Walton concluded that individuals mood disorders was cut short because "some of the symptoms were so serious....Dr. Walton concluded that individuals with mood disorders are particularly sensitive to Aspartame.

Aspartame and Diabetes

Aspartame can be deadly to diabetics because formic acid - a by-product of Aspartame decomposition - causes metabolic acidosis. "According to Dr. H. J. Roberts, a diabetes specialist,... Aspartame:

- 1) Leads to the precipitation of clinical diabetes,
- 2) Causes poor diabetic control in ...
- 3) Leads to the aggravation of diabetic complications such as retinopathy, cataracts, neuropathy and gastroparesis.
- 4) Causes convulsions.

If you use Aspartame and have any of these symptoms, it's advisable to discontinue use and consult with your naturopathic physician:

Headaches

Depression

Anxiety attacks

Mood changes

Migraines

Chest pain	Nausea	Heart Arrythmia	Dizziness	Hyperactivity
Hearing loss	Gastrointestinal disorders	Tinnitus	Skin Lesions	Insomnia
Muscle Cramps	Numbness	Chronic Fatigue	Eye Problems	PMS
Memory loss	Edema	Slurred speech	Increased appetite	Seizures
Brain tumors				

Aspartame and Phenylketonuria (PKU)

Phenylketonuria is the inability to metabolize phenylalanine - one of the components of aspartame. "The accumulation of phenylalanine in a pregnant PKU carrier can cause severe mental retardation and other problems during fetal life and infancy."

Aspartame and Birth Defects

Formaldehyde is known to cause birth defects. "Dr. Elsas, (Professor of Pediatric Genetics at Emory University) testified before Congress that Aspartame is a teratogen (triggers birth defects) and neurotoxin."

Research Analysis

"Dr. Ralph G. Walton...analysed 164 studies...Of these studies, 74 studies had Aspartame industry-related sponsorship and 90 were funded without any industry money. Of the 90 non-industry-sponsored studies, 83 (92%) identified one or more problems with Aspartame. Of the 7 studies which did not find a problem, 6 of these studies were conducted by the FDA"

ENDNOTES

Martini, Betty, "Jennifer's study on Aspartame that Stunned the World." For more information. Contact Winston Laboratories, Ridgefield, New Jersey (201)440-0022

Wright, Jonathan V., MD and Alan R, Gaby, MD with Mary Stoddard, "Nutrition & Healing" *Nutrition and Healing* vol 2, Issue 11;

3. Smith, Lendon, MD; "Greed vs Health, Which Will Win?"

4. Millstone, Eric; "Increasing Brain Tumor Rates: Is There a Link to Aspartame?"

5. Gold, Mark; "The Bitter Truth About Artificial Sweeteners," *Nexus Magazine*,

6. Smith, Lendon, MD; "Greed vs Health, Which Will Win?"

Gold, Mark; "The Bitter Truth About Artificial Sweeteners," *Nexus Magazine*,

Cited by Gold, Mark; "The Bitter Truth About Artificial Sweeteners," *Nexus Magazine*, . For publications of Dr. Roberts', including a new book entitled *Aspartame Disease*, contact the Sunshine Sentinel Press (PO Box 17799, West Palm Beach Florida 33416; 1-800-814-9800; FAX: 561-832-2400; e-mail: or

Martini, Betty; "Tesco..GMO Labels..Aspartame, etc.,"

Martini, Betty; "MS and Aspartame,"

"Analysis Show Nearly 100% of Impendent Research Finds Problems With Aspartame, "from the website of the Aspartame Consumer Safety Network: 1-800-969-6050