



Our Family Newsletter

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Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to help as many people as humanly possible, especially kids!

Last month I covered the topic of Chronic Ear Infections and the rituals children are often subjected to in order to “cure” this malady.



You’ve probably read my newsletter in surprise – no doubt. I find that very often parents are not told why their children should undergo a certain procedure. They just should. And that is not a good reason. And that is the very reason for this newsletter. Yes. It tends to be a bit controversial. But it is also well-researched and accurate. I want you to be well-armed with knowledge. After all – we’re talking about children!

So let’s continue in that vein:

Poisoning Your Children:

How many of you have felt uneasy about the quantity of diet soft drinks your children consume each day? Or special low-cal foods? Or sugar-free products? If your intuition has given you internal warnings (and moms are notorious for intuition), you are correct! As a doctor who sees lots of children, I am very concerned with the increasing use of artificial sweeteners, especially by children. The most widely

used of these is Aspartame (although it is being slowly “outgrown” by Sucralose – more on that in the next issue of this newsletter), found in foods whose ingredients include sugar substitutes.



Aspartame was not approved until 1981, and mostly in dry foods. For over eight years the FDA refused to approve it because of the incidence of seizures and brain tumors this drug produced in lab animals. The FDA continued to refuse to approve it until President Reagan took office (a friend of Searle pharmaceutical) and fired the FDA Commissioner who wouldn’t approve it. Dr. Arthur Hull Hayes was

appointed as the new commissioner and OVERRULED his own Board of Inquiry that stated Aspartame should not be allowed.

Shortly after Commissioner Arthur Hull Hayes, Jr., approved the use of aspartame in carbonated beverages, he left for a position with Searle's Public Relations, and no one said anything! Imagine.



Aspartame appears to cause slow, silent damage in those unfortunate enough to not have immediate reactions and a reason to avoid it. It may take one year, five years, or many more, but it seems to cause some reversible and some irreversible changes in health over long-term use.

One of the problems is that Methanol (wood alcohol) is gradually released in the small intestine when the methyl group of the Aspartame molecule encounters the enzyme "chymotrypsin" that your body uses for normal digestion.

Methanol is a deadly poison and can lead to alcohol poisoning, blindness and death.

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. This would occur when an aspartame-containing product is

improperly stored or when it is heated (e.g., as part of a "food" product such as making Jello)

Methanol is then broken down into Formic acid and Formaldehyde in the body. And Formaldehyde is a deadly "neurotoxin" It is deadly to the nervous system.

And in case you did not know, Formic acid is an ant sting poison and is used as an activator to strip epoxy and urethane coatings. Imagine what it does to your insides! *(I am being a bit dramatic but I really want you to understand this!)*

An EPA assessment of Methanol states that Methanol "is considered a cumulative poison due to the low rate of excretion once it is absorbed. In the body, Methanol is oxidized to Formaldehyde and Formic acid; both of these metabolites are toxic." This causes what is known as Metabolic Acidosis.

(Ok....I know I am using some pretty big words but stay with me!)

Here is the problem: Body temperature hovers around 98.6° F, perfect conditions for Aspartame to be converted to Formaldehyde. This tends to affect the retina of the eye and is not a pleasant side effect. Formaldehyde is in the same direct class as cyanide and arsenic – I will let you draw your own conclusions! It is also used to embalm corpses and as a preservative in vaccines.

It has absolutely no business being in your child, or you!

This is where it gets really strange:



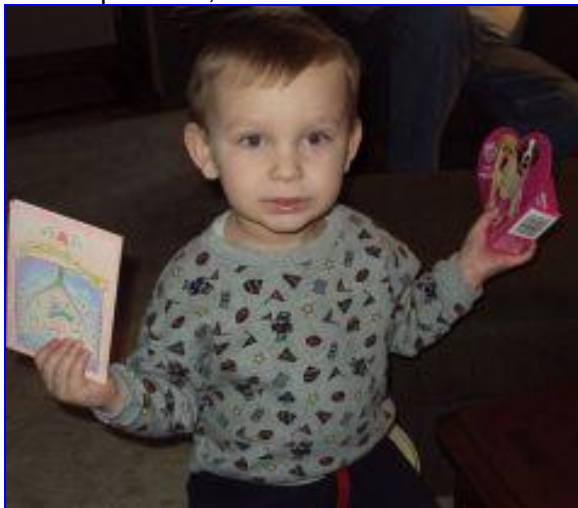
The "recommended" limit of consumption of aspartame is 7.8 mg/day

(I totally don't understand this thinking - are they saying that it is Ok to poison your children in small doses?).

A one-liter (approx. 1 quart) Aspartame-sweetened beverage contains about 56 mg of Methanol. Heavy users of

aspartame-containing products consume as much as 250 mg of methanol daily or 32 times the EPA limit. The most well known problems from methanol poisoning are vision problems.

Formaldehyde, a known carcinogen, also causes retinal damage, interferes with DNA replication, and causes birth defects.



As well, because of the lack of a couple of key enzymes, humans are many times more sensitive to the toxic effects of Methanol than animals. Therefore testing of Aspartame or Methanol on animals does 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."*¹

It has been pointed out that fruit juices and alcoholic beverages contain small amounts of Methanol. It is important to remember that Methanol in natural products never appears alone. In every case, Ethanol is present, (Ethanol is the alcohol normally found in alcoholic drinks) usually in much higher amounts. Ethanol is an antidote for Methanol toxicity in humans. You are probably thinking that you should open another bottle. Hmmm.....

The troops of Desert Storm were "treated" to large amounts of aspartame-sweetened beverages which had been heated to over 86 degrees F in the Saudi Arabian sun. Many of them returned home with numerous disorders similar to what has been seen in persons who have been

chemically poisoned by formaldehyde. The free methanol in the beverages may have been a contributing factor in these illnesses.

In a 1993 act that can only be described as "unconscionable", the FDA approved aspartame as an ingredient in numerous food items that would always be heated to above 86°degrees F (30°Degrees C). Much worse, on 27 June 1996, without public notice, the FDA removed all restrictions from Aspartame, allowing it to be used in everything, including all heated and baked goods. Wonderful!

Let's look at this under the microscope:

You may not be aware that Phenylalanine and Aspartic acid, 90% of Aspartame, are amino acids normally used in the synthesis of protoplasm and tissues when supplied by the foods we eat. In other words, they are responsible for growth of new tissues. But when unaccompanied by other amino acids we use (there are 20), they are neurotoxic. That is why a warning for Phenylketonurics is found on EQUAL and other Aspartame products.



Phenylketenurics are 2% of the population with extreme sensitivity to this chemical unless it's present in food. It can get to you as well, causing brain disorders and birth defects! Finally, Phenylalanine breaks down into Diketopiperazine, a brain tumor agent.

In other words: Aspartame converts to dangerous by-products that have no natural countermeasures. A dieter's empty stomach accelerates these conversions and amplifies the damage. Components of

¹ Stream Tom, Dr. Woodrow C. Monte,
www.tomstream.blogspot.com

aspartame go straight to the brain, and cause damage that causes headaches, mental confusion, seizures and faulty balance - Lab rats and other test animals died of brain tumors when tested.²

At a recent world and environmental conference, the Environmental Protection Agency (EPA) announced that there was an increasing epidemic of Multiple Sclerosis (MS) and Systemic Lupus caused by a then unknown toxin. It was soon discovered that the toxin in question was Aspartame. Here is how this works.



Aspartame changes the brain's chemistry and has been responsible for many neurological problems such as seizures, manic depression, rage, and violence. This methanol toxicity can mimic Multiple Sclerosis (MS) so people were being diagnosed with MS in error.

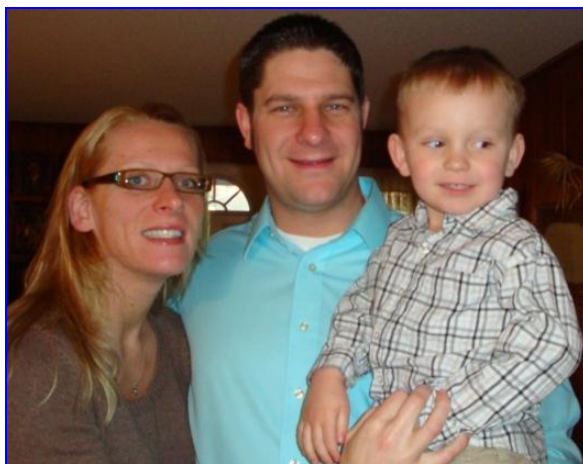
If your child is suffering from fibromyalgia symptoms, spasms, shooting pains, numbness in the legs, cramps and dizziness, headaches, joint pains, depression, anxiety attacks, slurred speech,

blurred vision or memory loss, they *may* be suffering from Aspartame disease and a health professional should be contacted. The paradox is that this product is being promoted to children, especially teens, as a weight-loss sweetener. Nothing could be further from the truth. I always shake my head in wonder while watching someone finish off a plate of greasy french fries, fried fish, fried chicken, hamburger, and then drink a diet soda-pop and put an aspartame sugar substitute in their coffee to reduce calories. The problem is that Aspartame actually makes one crave carbohydrates and has been responsible for many cases of diabetes.

Dr. Roberts, a diabetic specialist and a world expert on Aspartame poisoning, has stated that the average weight loss was 19.8 pounds (9 kilograms) in people who *stopped* taking this chemical.

Why then has this chemical not been taken off the market? The answer is actually quite simple. Money! There are billions of dollars tied up in the manufacture, promotion, and distribution of foods containing Aspartame. I am sure you know how this works. If anyone ever says to you that it is good for you, please run.

There are many safe and sweet alternatives to Aspartame, and I will discuss these in great detail in the next issue. And most of these products are available at your local food store or health food store. But let's get a dose of reality though; one spoon of sugar only has 16 calories. Let's get real!



Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! I am always here to help! Talk with you next month.....

² Gold Mark, Aspartame... the BAD news!
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