

Negative Effects of Artificial Sweeteners

- Jan 10, 2011
- [Marie Cauley](#)

Fake sweeteners are bad for your health! - *Dr. Mercola*

Artificial sweeteners like Aspartame, Saccharin & Splenda take a toll on the human body. Learn what to watch out for & why you should stop using them.

Many people who are diabetic or trying to lose weight turn to artificial sweeteners to save calories and regulate their sugar levels. They believe that these alternatives to regular sugar are better for them, and sometimes consume quite a bit of them in order to satisfy their hunger and taste buds.

What many people do not know is that there are many harmful effects from these substances. Just look at the name - *artificial* sweeteners. Since they are not natural, several of the chemicals that are used to make these fake sugars can do real damage to your body. There are no nutrients in these chemicals either, so you are not benefiting your health by ingesting them. Let's take a look at some of these dangerous sweeteners.

Aspartame

Aspartame, also known as Nutrasweet or Equal, was approved by the FDA in 1988, but it was originally discovered as a drug to treat ulcers. According to Dr. Janet Hull at [SweetPoison.com](#), ingesting large doses of aspartame can be likened to taking extreme doses of medication. Several large studies have been done with rodents, plus several smaller group studies with humans. Aspartame has been found to trigger several types of headaches, along with mood swings, depression, panic attacks, nausea, dizziness, and temper problems. Ingesting this sweetener has also produced several types of leukemia, tumors, and chronic respiratory disease. Many of the people who have these symptoms feel better over time when they remove aspartame from their diets.

High Fructose Corn Syrup

Although high fructose corn syrup, also marketed as corn sugar, has chemical similarities to regular table sugar, technically it is not sugar...it is an artificial sweetener. Research for the [Mayo Clinic](#) shows a variety of studies, some of which show that the human body does not react the same way to HFCS as it does to table sugar, because it is processed differently. Too much of HFCS or regular sugar leads to weight gain, nutritional deficiencies, dental problems, and higher triglyceride levels. A tiny bit of regular sugar is preferable to HFCS, because your body is better at breaking down table sugar. No matter what, limiting the amount of any sugars in your diet is the best way to go.

Saccharin

Saccharin (AKA Sweet-n-Low) shows up in the places you would least expect. Aspirin and acetaminophen contain about the same amount of this sweetener as one diet soft drink. Even though the FDA lifted the cancer warning from products containing saccharin in 2001, studies show that this substance may still put people at increased risk for bladder cancer. These findings are reported by [Sweet Poison](#) through the American Medical Association. Also important to note is the sulfa connection. Since saccharin is derived from sulfonamide, anyone with an allergy to sulfa drugs should completely avoid saccharin. Eczema and other skin problems can be aggravated by eating or drinking products with this particular fake sugar. Also reported are diarrhea, nausea, headaches, and wheezing.

Sucralose/Splenda

Sucralose is becoming very popular now, especially under the brand name of Splenda. You will be surprised to find out that research done before Splenda was allowed on the market showed enlarged liver and kidney problems, along with shrunken thymus glands. This substance was released to the public even with these disturbing findings. According to [HolisticMed.com](#), more recent studies also show renal issues and decreased red blood cell counts. Pregnant women should not use sucralose because it can be toxic to the fetus, resulting in spontaneous abortions or decreased fetal body weight. And studies reported by [Dr. Mercola](#) at his website show a wide variety of symptoms and reactions from this basic "chlorinated table sugar", such as rashes, itching, panic attacks, stomach cramps, nausea, mood swings, anxiety, bloating, diarrhea, headaches, depression, seizures, and trouble concentrating.

What You Can Do About Artificial Sweeteners

If you have any of the symptoms listed under any of these sweeteners, stop using them immediately and see if you start to feel a difference. Tell your doctor about these symptoms, and what happens when you stop using these substances. If you decide to try ingesting them again, watch for reactions similar to what you experienced before, and wean yourself off of the sweeteners.

Even better, if you have never used these artificial sweeteners, don't start. Read food and drug labels to be sure you are not ingesting these substances. Be aware of everything you are putting into your body, and switch to healthier alternatives whenever possible. Rescue your body from the dangerous effects of these fake sugars and eat natural foods.

Read more at Suite101: [Negative Effects of Artificial Sweeteners | Suite101.com http://marie-cauley.suite101.com/negative-effects-of-artificial-sweeteners-a330706#ixzz1sg3ABgAu](http://marie-cauley.suite101.com/negative-effects-of-artificial-sweeteners-a330706#ixzz1sg3ABgAu)

Sucralose -- Adverse Effects Seen in Research

Back to the [Sucralose \(Splenda\) Toxicity Information Center](#)

The following adverse effects from sucralose have been reported in research findings:

- Shrunken thymus glands (up to 40% shrinkage) (EO56)
- Enlarged liver and kidneys. (EO57 & E161)
- Atrophy of lymph follicles in the spleen and thymus (EO51, EO56, EO151)
- Increased cecal weight (E151)
- Reduced growth rate (EO57)
- Decreased red blood cell count (EO55)
- Hyperplasia of the pelvis (EO57)
- Aborted pregnancy (Maternal & Fetal Toxicity) (E134)
- Decreased fetal body weights and placental weights (EO32)
- Increase glycosylation of hemoglobin (HbA1c) for diabetics (E157) (Note: One of the effects of increased HbA1c is [Cardiac Mortality.](#))

The manufacturer claimed that the sucralose was unpleasant for the rodents to eat in large doses. They said that starvation caused the shruken thymus glands. From the New Scientist (23 Nov 1991, pg 13):

“[Toxicologist Judith] Bellin reviewed studies on rats starved under experimental conditions, and concluded that their growth rate could be reduced by as much as a third without the thymus losing a significant amount of weight (less than 7 percent). The changes were much more marked between 7 and 20 percent, their thymuses shrank by as much as 40 percent.”

Some may ask: “Where can I find published results of the above-reference adverse effects?” These adverse effects were seen in pre-approval research conducted by the manufacturer of sucralose. The number after the adverse effect listed above is the number of the pre-approval study. For obvious reasons, the manufacturer chose to publish only the research that puts sucralose in a good light and not the studies listed above. Some information related to these studies can be found in the [FDA Final Rule](#) where the FDA advocates for the manufacturer.

In summary:

- Pre-approval research indicated toxicity of sucralose.
- We can trust the manufacturer to do whatever they can to avoid publishing any negative information about sucralose in the scientific literature.
- There are no *independent* controlled human studies on sucralose (similar to 20 years ago for aspartame).
- There are no long-term (12-24 months) human studies of sucralose's effects.
- There is no monitoring of health effects. It took government agencies decades to agree that there were countless thousands of deaths from tobacco. Why? Simply because there had been no monitoring or epidemiological studies. Without such monitoring and studies, numerous serious adverse effects can easily go unnoticed.

So, without even addressing the pre-approval research showing potential toxicity, it is clear that sucralose has a) no long history (e.g., decades) of safe use, b) no independent monitoring of health effects, c) no long-term human studies, and d) no independent human studies. I would hope that the Precautionary Principle, now commonly used in Europe, would be a guiding force for people who are interested in health. Otherwise, we might as well just use any toxic chlorocarbon as a food additive and even go back to using the highly toxic lead acetate as a sugar substitute.

Is Splenda Making You Sick? Find Out Some Common Reaction Symptoms

April 14 2004 80,319views 2comments  [Print](#)

Splenda, which is the brand name for the non-nutritive sweetener sucralose, is added to hundreds of foods and beverages sold in the United States and abroad. At this time there have been no long-term studies done to show how this manmade substance reacts in the human body. Despite this lack of research, Splenda is showing up in [many products](#), even those that claim to be "healthy," and Americans are buying them thinking they are somehow better than those with sugar. In all actuality, if you eat Splenda you are acting as a guinea pig in a science experiment since no one knows what the long-term effects of Splenda will be.

Maybe you are thinking, but it is FDA-approved so it must be safe. Well, I could fill many pages listing all of the "approved" substances that have turned out to be unfit for human use, but here are just a few:

- [Aspartame](#)
- [PEDIARIX combination vaccine for children](#)
- [Food irradiation](#)
- [FluMist nasal flu vaccine](#)

If you would like to know more about why Splenda is essentially chlorinated table sugar, you should read [The Potential Dangers of Sucralose](#). Some chlorinated molecules serve as the basis for pesticides such as DDT and accumulate in body fat and tissues. Although it is commonly thought that sucralose passes through the body unabsorbed, FDA research says otherwise. According to FDA tests, 11 percent to 27 percent of sucralose is absorbed by humans, and tests by the Japanese Food Sanitation Council show that up to 40 percent may actually be absorbed.

In fact, here is what it says on the Splenda Web site:

"Studies have shown that about 15% of ingested sucralose is passively absorbed from the gastrointestinal tract. The small amount of sucralose that is absorbed is distributed to essentially all tissues."

Along with the lack of long-term studies, sucralose has been the subject of fewer scientific studies than any other non-nutritive sweetener. Perhaps they are afraid of what they may discover. Already [Splenda has surpassed Equal](#) in dollar-market share, and any negative findings would surely cut into these massive earnings.

The Splenda site also states that Splenda causes "no known side effects." Well below I've included a list of reactions compiled from those that readers have experienced. Although many of these symptoms could indeed have other contributing causes, most people stated that the symptoms began around the same time they started using Splenda, and then subsequently disappeared when Splenda was removed from their diet. You can read our [Splenda testimonials](#) to get their entire stories, and if you find yourself experiencing any of the symptoms below I urge you to remove Splenda from your diet if you have not done so already.

Splenda Reaction Symptoms

- Flushing or redness of the skin
- Burning feeling of the skin
 - Rash
 - Itching
- A panicky or shaky feeling
 - Swelling
- Blisters on the skin
 - Welts
 - Nausea
- Stomach cramps
- Dry heaves
- Becoming withdrawn
- Loss of interest in usual activities
 - Feeling forgetful
 - Moodiness
 - Dulled senses
 - Unexplained crying
- Acne or acne-like rash
 - Anxiety
 - Panic attacks
- Feelings of food poisoning
 - Headache
 - Seeing spots
- Mental or emotional breakdown
- Altered emotional state, i.e. feeling irate, impatient, hypersensitive
 - Pain (body, chest)
 - Bloating abdomen
 - Diarrhea
- Trouble concentrating/staying in focus
- Feeling depressed
 - Vomiting
 - Seizures
 - Shaking
 - Feeling faint

Aspartame Warning

This page exists solely to try and spread the word about the numerous & serious dangers of regular aspartame (NutraSweet, Equal) consumption. Currently the 100+ articles on this page contain facts & opinions from over **50 doctors & nutritionists**, many of which have each "cured" their patients of many symptoms (including weight gain) simply by removing aspartame from their diet. These 50+ doctors strongly recommend avoiding all aspartame products. Numerous articles detailing the unbelievable history of the aspartame approval are also provided, along with thousands of testimonials from former users. Some info. on the new sweetener Splenda (sucralose) found in Diet Rite soda is also provided.

The multi-billion dollar aspartame industry would like you believe that "aspartame kills" is an **"urban legend"** and that you'd have to drink 100 cans of diet soda a day to be harmed by aspartame. This is just simply not true. Their main claim is that the 3 components of aspartame are found in many natural foods and are therefore safe. This is kind of like saying carbon monoxide is safe because all it contains is carbon & oxygen, the same components of carbon dioxide. [Methanol](#) (wood alcohol), which makes up 10% of aspartame and is highly toxic (adult minimum lethal dose is 2 teaspoons), is also found in some fruits & vegetables like tomatoes. However, methanol is never found in natural foods without **ethanol** & pectin, its "antidotes" if you will (detailed facts below). Ethanol & pectin prevent methanol from being metabolized into **formaldehyde** (embalming fluid) & formic acid (same chemical as fire ant venom), both deadly toxins. An ethanol drip is even the standard emergency room treatment for methanol poisoning. Aspartame contains no ethanol or pectin, therefore the methanol is converted to formaldehyde and formic acid. Phenylalanine and aspartic acid, the other 2 components of aspartame, are amino acids found in natural foods but always as part of long chains of many different amino acids to form complex protein molecules that take humans 12 hours to gradually break down & assimilate. According to the doctors below, when consumed by themselves these 2 amino acids require no digestion and quickly enter the brain & central nervous system at abnormally high levels, overstimulating brain cells to death and causing many other health problems.

"Pro" aspartame people point to industry sponsored short term tests, ignoring independant tests. They point to "reliable" health sites, organizations, foundations etc. that are sponsored, funded & fed "facts" by companies that profit from aspartame. And of course, the FDA approved it so "it must be safe", neglecting to mention that the **FDA denied aspartame approval** for over 8 years until the newly appointed FDA commissioner Arthur Hull Hayes **overruled** the final scientific review panel, approved aspartame, and then went to work for G.D. Searle's (initial owner of aspartame) public relations firm at \$1,000 a day. Hayes has refused all interviews to discuss his actions. The FDA also urged Congress to prosecute G.D. Searle for "specific false statements or concealed facts" stemming from Searle's testing of aspartame. However, the 2 government lawyers assigned to the case decided against prosecuting G.D. Searle and then joined G.D. Searle's law firm! Even the National Soft Drink Assn. filed a strong protest letter (available below) in 1983 against the approval of aspartame for use in beverages, saying "aspartame is inherently, markedly and uniquely unstable in aqueous media." Also, the FDA still allows hydrogenated oils to be used, does that make them safe?

Our suggestion: First **READ ALL THE QUOTES** provided below, then go back and read some of the articles. And remember, they're talking about the **CUMULATIVE effects** of regular aspartame consumption and that some people are more affected than others (but everyone is affected) due to a few factors including the condition of their protective blood-brain barrier. Bookmark this page and email it to everyone you know, especially pregnant women. New: Print out our [Flyers](#).

11/10/08 Note: Many, many years after creating this page, there's finally there's a soda product using stevia, a natural sugar substitute. Check out [Amazon.com: Zevia](#). Black Cherry is my favorite Zevia brand. Coca Cola & Pepsi are [likely coming out](#) with stevia based products soon too!

JUMP TO: [Health risk articles](#), [Weight GAIN articles](#), [Approval, testing, FDA ties to industry articles](#), [Misc. articles](#)

Health risk articles

- [Symptoms List](#) - Actual 1995 copy of aspartame related symptoms submitted to the FDA. The FDA has received well over 10,000 aspartame related complaints, more than all other complaints combined. Also keep in mind that less than 1 out of every 100 people actually file an official complaint and that of course, many people consume aspartame daily and have no clue that it may be the cause of their illnesses.
- [Dr. Christine Lydon, MD](#) - Oxygen magazine article, easy to read. A good **introductory overview** on aspartame. "I stormed into my kitchen and fed every item of food containing aspartame to the garbage. Since that time, I have not had so much as a stick of aspartame sweetened gum...Experimentally, it has been determined that infants are four times more sensitive to excitotoxins than adults. " Dr. Lydon majored in neurobiology at Brown University and graduated the Yale School of Medicine. [more biography info.](#)
- [Dr. Michael Schachter, M.D.](#) - Good **introductory overview** article from Healthy.net. "What kinds of symptoms may occur as a result of ingesting aspartame? They may involve almost any system of the body...The FDA & manufacturers of aspartame claim that all of the adverse symptoms reported are "anecdotal". Because it is common that a person will not experience noticeable illness from a short term usage of aspartame, this is taken as proof that there is no problem with safety. Unfortunately, this position ignores the fact that **the effects of aspartame poisoning are cumulative.** "
- [Dr. Woodrow C. Monte, Ph.D., R.D.](#) - Excellent detailed article on aspartame and methanol, a must read. "...**ethanol slows the rate of methanol's conversion to formaldehyde and formate allowing the body time to excrete methanol in the breath and urine.**"
- [The Sunday Express, May 20, 2001 page 7](#) - UK national press article. "Action at last over additive Aspartame as fears grow of health risk in food and drink. The Government has ordered a top-level investigation into the safety of Britain's best-selling sweetener amid fears that the low calorie chemical is a health risk...Aspartame, used in thousands of diet food and drinks has been linked to more than 90 adverse reactions including **brain tumours and blindness**...Professor Ralph Walton of Northwestern Ohio Universities said: 'I dispute the assertion that

there are no health risks. "I believe Aspartame **increases risk of cancer**. Virtually all the studies attesting to its safety have been **funded by the industry**."

- [Dr. Arthur Forman, M.D. neurologist](#) - Short MSNBC article. "There are mechanisms to see this is causing **serious problems** for some folks...I don't recommend it for anyone, frankly....Many patients find it **stimulates the appetite**."
- [Dr. Janet Starr Hull, nutritionist](#) - "As a nutritionist, over eighty percent of my clients experience some form of health problem associated with aspartame: weight gain, hair loss, severe medical ailments, eating disorders, mental disorders, fatigue."
- [Dr. James Bowen, M.D.](#) - Good article mainly on aspartame & pregnancy risks. "...it ruins female sexual response and induces male **sexual dysfunction**. Beyond this, aspartame disrupts fetal development by aborting it or inducing defects. And if a live child is born aspartame may have heinously damaged the DNA of the baby, cursing future generations." [2nd article: Aspartame damages the hypothalamus](#).
- [Dr. James Bowen, M.D.](#) - Excellent, long, detailed article on aspartame & sperm/DNA damage, as well as chemical hypersensitivity. A frightening but difficult read. "The quantity and quality of human sperm is plunging like a meteor, and with it humanity's future, announced a conference of 130 scientists in Montreal on Male Mediated Developmental Toxicity...The fire ant wields what is arguably the most potent venom of any terrestrial arthropod, formic acid. Exactly the same formic acid that is formed 10% by weight from aspartame in your body."
- [Dr. James Bowen, M.D.](#) - Excellent, detailed article describing the difference between methanol from aspartame and natural sources. "...Thus fruit juice is highly protective of methanol poisoning rather than serving as a source of methanol as the Aspartame pundits would maintain."
- [Dr. J. Barua, M.D. \(ophthalmic surgeon\), Dr. Arun Bal, M.D.\(surgeon\)](#) - Excellent detailed article. "Methanol is a deadly poison...Methanol, thus breaks down into formic acid (a **venom** in ant stings) and formaldehyde (**embalming fluid**) in the body....It has been pointed out that some fruit juices and alcoholic beverages contain small amounts of methanol. It is important to remember, however, that methanol never appears alone. In every case, **ethanol is present**, usually in much higher amounts. Ethanol is an antidote for methanol toxicity in humans. In aspartame there is no ethanol...Methanol & its by-products cause swelling of the optic nerve & degeneration of ganglion cells in the retina."
- [Hundreds of testimonials](#) - Tons of testimonials from people who have discovered the dangers of aspartame. **An absolute must read**. "After completely quitting ...most all of my symptoms immediately disappeared and I have not been having any seizure activity." "...Almost immediately upon giving up Nutrasweet, my symptoms went away. No more fatigue and fog in the morning, and a clearer head throughout the day." "...My joints no longer ache, memory is better and I feel great." "...I have been waking up feeling rested. I'm not as achy. I'm not as tired. I don't crave sweets anymore."

[View Our Guestbook](#) which is constantly being added with new testimonials, feel free to [sign it](#) with your testimonial, opinions etc.

[Yahoo email group](#) - Active support group about aspartame dangers, with hundreds more testimonials and aspartame related news. Feel free to join! Print out our [Flyers](#) and give them to friends, coworkers, doctors etc.

- [Dr. Morgan Raiford, M.D., D.Sc.\(Med\) Ophth.](#) - Fairly short letter on vision damage. "Beyond the extensive **visual damage** that aspartame can and does create, other organ systems are affected. **Nerve damage** to the arms, legs, central nerve

impairment, resulting in impaired nerve function as well as neurosis and **learning difficulties** in school work as well as behavior....Methyl alcohol has no place in a product, whole or in part, to be allowed to be produced by any manufacturer for human usage." [2nd article: Serious vision damage.](#)

- [Dr. David Edelberg, M.D.](#) - Extremely accredited doctor's opinion found on Wholehealthmd.com. "FDA approval is no guarantee that a substance is risk-free...some people who use lots of aspartame might discover that their headaches, memory loss, mood swings, or fainting spells clear up when they sweeten with a little honey instead. In my practice, which covers a lot of people who just don't feel well, I routinely take patients off aspartame if they tell me they're using it."
- [Dr. H.J. Roberts, M.D.](#) - An article on **aspartame addiction**. "The neurologic, psychologic, eye, endocrine, metabolic and pediatric ravages in my data base of over 1,200 aspartame reactors, comprised of both patients and correspondents, are impressive. Additionally, it is my increasing conviction that aspartame products can cause, aggravate or accelerate migraine, seizures, multiple sclerosis, diabetes and its complications, Alzheimer's disease, and even brain tumors....Addiction to aspartame products is as real as abuse of tobacco, alcohol and drugs." [2nd excellent article: Brain Cancer.](#) [3rd article: Vision damage.](#)
- [Dr. Russell Blaylock, M.D., Neurosurgeon](#) - Excellent detailed article about **excitoxins** including aspartame & MSG. **A must read**. "Over 100 million American now consume aspartame products...There is sufficient medical literature documenting serious injury by these additives in the concentrations presently in our food supply to justify warning the public of these dangers. The case against aspartame is especially strong." [2nd article: Hypothalamus damage.](#) [3rd article: Neurotoxic Interaction of MSG, Aspartame & Other Toxins.](#)

Dr. Blaylock is the author of the book [Excitotoxins: The Taste That Kills](#).

- [Smart-drugs.com](#) - Another detailed article about excitoxins. "Yet there is a **key difference between food-derived glutamate/aspartate and MSG/aspartame**. Food glutamate/aspartate comes in the form of proteins, which contain 20 other amino acids, and take time to digest, slowing the release of protein bound glutamate/aspartate like a "timed-release capsule." This in turn moderates the rise in blood levels of glutamate/aspartate. Also, when glutamate and aspartate are received by the liver (first stop after intestinal absorption) along with 20 other aminos, they are used to make various proteins. This also moderates the rise in blood glutamate/aspartate levels."
- [Dr. Andrew Weil, M.D.](#) - Short opinion by the famous doctor. "First of all, I would stop using NutraSweet..." [Drweil.com](#) is an excellent resource for all health & diet related issues. Bookmark it!
- [London Evening Standard 1/18/05](#) - "Aspartame can be overstimulating to the brain," says nutritionist Patrick Holford, founder of the Institute for Optimum Nutrition. "We have seen people in our clinics who thought they were going crazy with anxiety, insomnia and disordered thinking magically recover when they stopped having diet drinks."
- [USAToday 6/10/04](#) - Olympic diver "cures" Graves disease. "He found a nutritionist who suggested he cut aspartame, an artificial sweetener found in products such as diet soda, from his diet. In mid-March, he quit diet soda and his medication. Now, Dumais feels so much better, he questions whether he really has Graves' disease, which has no known cure."
- [Malcolm Randall Veterans Affairs Medical Center](#) - MEDLINE/PubMed case(June 2001) "Four patients diagnosed with **fibromyalgia syndrome** for two to 17 years are described. All had undergone multiple treatment modalities with limited success. All

had complete, or nearly complete, resolution of their symptoms within months after eliminating monosodium glutamate (MSG) or MSG plus aspartame from their diet...All have had recurrence of symptoms whenever MSG is ingested...**Excitotoxins** are molecules, such as MSG and aspartate, that act as excitatory neurotransmitters, and can lead to neurotoxicity when used in excess..."

- [The Barcelona Report](#) - A Univ. of Barcelona study on lab rats that proves that aspartame is converted to formaldehyde **in vivo**. Not an easy read. "...the amount of formaldehyde adducts coming from aspartame in tissue proteins and nucleic acids may be cumulative. It is concluded that aspartame consumption may constitute a hazard because of its contribution to the formation of formaldehyde adducts....Formaldehyde is a highly reactive small molecule which strongly binds to proteins and nucleic acids forming adducts which are difficult to eliminate through the normal metabolism pathways. As a result, formaldehyde induces severe functional alterations, including the development of cancer."
- [Dr. Julian Whitaker, M.D.](#) - Fairly short article.."aspartame has been proven to **increase appetite**, especially cravings for sweets...damage is likely cumulative. Aspartame is particularly harmful to children and the developing fetus."
[Drwhitaker.com](#) - The doctor's health site.
- [Dr. Richard J. Sabates, M.D.](#) - A doctor's personal story on his aspartame poisoning and recovery. "Never again will I touch artificial sweeteners and I will try to educate my patients as to the very important reasons why....The FDA is intimately related to the pharmaceutical industry. It is important to let the consumers know that many retired FDA officials go to work as special counselors to the pharmaceutical industry. FDA Commissioner Dr. Charles C. Edwards has said " It is not our purpose to endanger the financial interest of the pharmaceutical companies." FDA ex-commissioner Dr. Robert Liz put it more directly. **"What bothers me most is that people believe that the FDA is protecting them..."**
- [Dr. Erik Millstone](#) - Excellent detailed article on aspartame & brain tumors, read this one! "After aspartame was introduced, however, the opposite pattern can be found. **The incidence of glioblastomas rose sharply**, and starting in the late 1980s the number of astrocytomas declined even more sharply. Since those latter changes run counter to the direction which could be attributed to the introduction of better diagnostic technologies, it is hard to see how the reported changing tumour incidence could be ascribed to innovations in diagnosis. If the apparent increase in overall incidence had been due to improved diagnostics, then we should expect a marked change in post- diagnostic survival rates, but no such change was evident."
- [Minneapolis-St. Paul Star-Tribune](#) - "Aspartame, the popular artificial sweetener sold most often as NutraSweet, is a leading suspect in an upsurge of deadly brain tumors in the United States, researchers at Washington University in St. Louis have concluded. **Dr. John Olney**, lead author of the paper, is a noted neuropathologist and psychiatrist who has challenged aspartame's safety since the 1970s."
- [Dr. Louis J. Elsas, M.D., Director, Division of Medical Genetics](#) - Statement for the U.S. Senate. "I have considerable concern for the increased dissemination and consumption of the sweetener, aspartame... in our world food supply."
- [Dr. Pardridge, M.D., endocrinologist](#) - Congressional testimony, mainly about phenylalanine in aspartame. "One study shows that when blood phenylalanine in pregnant mothers is increased five-fold, there is a **10-point drop in the I.Q.** of the baby born of that mother...And a more recent study by Dr. Elsas has shown that there are quantitative changes in the human electroencephalogram when the blood phenylalanine is raised three-fold." [2nd article: Aspartame & Pregnancy dangers](#)
- [Dr. Wurtman, M.D., MIT Neuroscientist, & Dr. Maher](#) - Detailed article, mainly about phenylalanine in aspartame. "Anecdotal reports suggest that some people suffer

neurologic or behavioral reactions in association with aspartame consumption." [2nd article: Aspartame & Seizures](#)

- [Dr. Madelon Price, Professor of Neurobiology](#) - "Aspartic acid (aspartate) has been known to be a neurotoxin for 30 years. Rodent studies demonstrated that when ingested at doses of 0.5 g/kg or greater, the circumventricular organs that surround the ventricles of the brain become necrotic." [2nd short article: Aspartame causes infertility](#)
- [Dr. James B. Hays, M.D.](#) - "For the past five years, **numerous side-effects** have been observed due to Aspartame (NutraSweet, Equal)..."
- [Dr. Bill Misner, Ph.D., nutritionist](#) - "Before eating or drinking anything with Aspartame on the run or just for "fun", give serious thought to its proven toxic **accumulative-use** side effects shown in a wide assortment of related reliable research as stated below. Possibly due to its methyl alcohol content according to Dr. Ralph Golan, M.D., constant use amounting to large intake over time may result in headaches, fainting, seizures, memory loss, mood swings, depression, nausea, and gastrointestinal stress." [e-caps.com: Ask Dr. Bill](#) - The doctor's website, he specializes in endurance training.
- [Dr. George R. Schwartz, M.D., toxicologist](#) - Rebuttal letter to Monsanto. "you have presented a one-sided self-serving polemic defending your potentially dangerous product...There is overwhelming scientific evidence that Nutrasweet can pose a serious health danger."
- [Dr. Paula Rhodes](#) - News4jax.com article. "The results can be dramatic...We've got people who sought care from neurologists, psychologists, psychiatrists. They're on a whole grocery list of medications for complaints that end up being traced to aspartame."
- [David E. Polen, D.C.](#) - "I have noted in my practice that removing Nutra-Sweet from the diet can have a positive effect on many patients from these other aspartame-related **neuro-psychiatric complaints**: seizures, headaches, dizziness, disorientation, confusion, severe anxiety, hyperactivity, sleeplessness, insomnia, numbness, paresthesias, atypical facial pain, severe depression, slurred speech and migrating joint pain. "
- [Dr. Milt Hammerly, MD](#) - "I think it is prudent to avoid consuming aspartame. For those who have chronic health problems that have not responded to other interventions a trial of avoiding aspartame for several months may produce noticeable benefits."
- [Dr. Joseph Mercola, osteopathic medical doctor](#) - Over 20 articles written by Dr. Mercola about the dangers of aspartame. "The recommend a limit of consumption of 7.8 mg/day. 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."
- [Dr. Siegfried Schmidt, M.D.](#) - Short 12/18/2001 article. "'These people are back to normal life, which is, when you come from chronic pain, to be normal, this is a miracle.' Doctor Schmidt thinks the chemicals in the food could affect the brain and cause the pain."
- [Dr. Joe Esposito](#) - Short opinion. "There is also strong evidence that it can cause brain tumors, depression, and even mimic multiple sclerosis symptoms, which can lead to misdiagnosis and improper treatment. I can go on and on about the dangers of aspartame, but the bottom line is avoid it at all costs."
- [Dr. Karl Smith](#) - Short, not very detailed article. "Unfortunately, formaldehyde is stored in fat cells and Aspartame causes increased cravings for carbohydrates. So drink diet soda and eat diet foods with Aspartame, get fat now; and later develop seizures, anxiety, depression, chronic fatigue syndrome, fibromyalgia, alzheimers disease, and eventually death."

- [Dr. Jay Mazzella, D.C](#) - Short article. "Doctors are finding relief of symptoms when patients are removed from aspartame, yet it is still on the market. Senator Howard Hetzenbaum recently wrote a bill that would have instituted independent studies, but it was killed by the powerful drug and chemical lobbies. This is just another example of how important it is for consumers to not **blindly trust the government** or any other organization to always look after the health interest of the consumer."
- [Dr. Tom Lee, N.M.D.](#) - General aspartame overview article. "Considering what is now known about brain chemistry, as well as, the now numerous documented reports of adverse reactions to aspartame, it would be prudent to eliminate aspartame from the diet."
- [Dr. Bryan T. McConnell, ND](#) - Short, general opinion. "It is best advised to stay away from aspartame containing products. Finally, avoid getting nutrition information from junk food industry PR organizations such as IFIC or organizations that **accept large sums of money** from the junk and chemical food industry such as the American Dietetic Association."
- [Dr. G. M. Wolverton, M.D.](#) - Short article. "Very frequently, when you put a designer drug into the human body for the purpose of **"fooling"** an organ system, the consequences are far reaching and sometimes quite disastrous."
- [Dr. Kathleen DesMaisons, Ph.D., addictive nutrition specialist.](#) - Very short article. "I encourage my clients to stay away from products with aspartame both for their addictive potential and their reinforcement of the dependence upon sweet taste."
- [Dr. Lendon Smith, M.D.](#) - "These ingredients may not actually cause mental problems but can certainly trigger them by interfering with the ratio of the various brain neurotransmitters. A person may be susceptible to brain chemical alterations, but the reaction only occurs when there is stress plus the ingestion of ASP."
- [Dr. Laura Thompson, metabolic nutritionist](#) - An article on ADD & nutrition that briefly mentions aspartame. "By all means don't give your kids artificial-anything, especially artificial sweeteners such as aspartame or Nutrasweet TM. These products can negatively affect brain function, behavior, and their health."
- [MEDLINE/PubMed case\(Oct 2001\)](#) - Tiny report: "Aspartame, an artificial sweetener added to many foods and beverages, may trigger headaches in susceptible individuals."
- [Karinya.com](#) - Good article. "In neurosurgeon Dr. Russell Blaylock's book "Excitotoxins: The Taste That Kills," he writes that **aspartame causes major neurological changes**, and in heavy users, may even precipitate lupus and methanol toxicity, which at first appears to be multiple sclerosis. The ingredients in NutraSweet literally stimulate the neurons of the brain to death causing **brain damage** of varying degrees."
- [Femail.co.uk: Daily Mail article](#) - Short article on artificial sweetener dangers. "Concerns were first raised about aspartame in 1978 when researchers in Barcelona found a link between high intakes of the substance and brain tumours when fed to rats."
- [Bitter Truth of aspartame](#) - Another article. "Unfortunately, many patients in my practice, and others seen in consultation, developed serious metabolic, neurologic and other complications that could be specifically attributed to using aspartame products."
- [Radio Interview Transcript](#) - A transcript of a 1997 Dallas, Texas radio interview with Mary Nosh Stoddard, Founder of ACSN. "..It was first approved in 1974, but the approval was rescinded because of the brain tumor issue....We compare this to the cigarette issue because it's a very close parallel. How many cigarettes does it take to cause lung cancer or a stroke, or a heart attack? How many diet drinks do you have to consume to get a brain tumor? How many spoonfuls of Equal do you have to take to have a pancreatic tumor or liver damage? The answer is: We don't know exactly

what amount because it **does not show up in short term testing. It's the long term effect.** "

Weight Gain articles

Note: Many of the articles above deal with the weight gain effects of aspartame as well. Ironically, overweight & obesity rates in the U.S. remained virtually unchanged from 1960 to 1980, only to skyrocket from 1980 - 2000, the same period "diet" products with aspartame were introduced.

- [Dr. Sandra Cabot, M.D. Liver specialist](#) - "**Aspartame makes you fatter...** After having been consulted by thousands of overweight people suffering with problems concerning the liver and/or **metabolism** I can assure you that aspartame will not help you in any way, indeed it will help you to gain unwanted weight." [Liverdoctor.com](#) - Dr. Cabot's website. [Dr. Cabot's books](#) on the liver and diet.
- [Ann Louise Gittleman, nutritionist](#) - "Within a month of quitting the NutraSweet and all the products it was found in, Jan's symptoms (and the extra weight) disappeared...I suggest you completely avoid any foods with added NutraSweet or any other artificial sweetener." Ann Louise Gittleman is a well known and respected nutritionist, author of [dozens of popular nutrition books.](#)
- [Rebecca Ephraim, RD, CCN](#) - "**Aspartame = Diet-astrous Results.** "...the amino acid phenylalanine, blocks production of serotonin, a nerve chemical that, among other activities, controls food cravings... Nutritionist Susan Allen...believes that when they consume them, the sweet taste of no-calorie sweeteners triggers their bodies to release insulin, even though there is no food to feed the cells. The problem Allen sees is that an "insulin-sensitive" person who uses artificial sweeteners teases his or her body into thinking food is on its way, so insulin is released. But when the body discovers it was cheated out of food, it revolts by throwing a **food-craving tantrum** that can only be quelled by eating blood sugar food that will more than likely be high-calorie sugary snacks.
- [Purdue University](#) - "**Fake Sweeteners Boost Rats' Eating.**" July 8, 2004 - Rats fed artificial sweeteners ate three times the calories of rats given sugar, a finding the study's authors said suggests sugar-free foods might play a role in the nation's obesity epidemic. "Consuming artificially sweetened products may interfere with one of the automatic processes our bodies use to regulate calorie intake," said Swithers, the study's co-author.
- [Hundreds of testimonials](#) - "Getting of Nutrasweet has taken away my excessive appetite. I eat a big lunch, but have little desire for supper and now that I'm off diet drinks, I've **lost 10 pounds** in the first month...."

History of Aspartame: approval, lack of testing, FDA ties to industry

- [Arthur M. Evangelista, former FDA investigator](#) - Excellent easy to read letter. "Prior to the approval of aspartame, the FDA sent two specialized teams to G.D. Searle, and found an ghastly 95% level of mis-directed testing, concealed tests, collusion between corporate and their company-funded research, inappropriate antemortum issues, withholding of material facts, alteration of records, lying to investigators, lost records, no records, falsification of reports, bribery, poor test methodology or design....et al...**Former corporate officials**, who began working for the Food and Drug Administration (and vice versa), were very cavalier about issues uncovered at Searle regarding their drug processing, and about aspartame. Some, with a hidden agenda of promised secret money or better industry jobs, actively hindered the

investigation into G.D. Searle's laboratory practices. It is obvious when you see the records and numbers, and WHERE those jobs were."

- [UPI report part #1, Part #2, Part #3](#) - Excellent, detailed 1987 8 month **UPI** investigative report on the history of aspartame. A must read. "Dr. Reuben Matalon, a pediatrician and geneticist....said, 'Let us say cigarettes were invented today, and you give 20 people two packs a day and after six weeks, no one has cancer, would you say that it was safe? That's what they did with NutraSweet.'... 'There are virtually no studies,' Turner said, 'that have been done by individuals using resources other than the industry's that have given a clean bill of health to aspartame.'"
- [History of Aspartame approval #2](#) - **Detailed timeline** showing how aspartame got approved. An excellent read. "Shortly after the FDA approval for aspartame in carbonated beverages, FDA Commissioner, Arthur Hull Hayes left the FDA under charges of improprieties...and was hired as a consultant (\$1,000 per day) with **G.D. Searle's** public relations firm, Burson Marsteller...The United Press reported on October 12, 1987 that more than 10 federal officials involved in the NutraSweet decision took **jobs** in the private sector linked to the aspartame industry."
- [History of Aspartame approval #3](#) - Excellent, extremely detailed article about the aspartame approval. "Dr. Gross, the chief scientist on the FDA task force, told the CBS *Nightly News* staff in January, 1984, that Searle made **"*deliberate*** decisions" to cloak the toxic effects of aspartame. "They took great pains to camouflage these shortcomings of the study," Gross said, "as I say, filter and just present to the FDA what they wished the FDA to know. And they did other ***terrible*** things. For instance, animals would develop tumors while they were under study - well, G.D. Searle would ***remove these tumors** from the animals*," surgically masking the cancerous effects of aspartame.....Despite what one FDA scientist described as 'very serious' questions concerning pivotal brain tumor tests, Hayes eagerly approved aspartame for use in dry foods in July 1981...Hayes acknowledged in his 1981 decision that he had only consulted a preliminary report of the Japanese evaluation, and only ***skimmed*** it. More serious, Hayes violated federal law by basing approval on the test, as it had not been reviewed by the FDA board.....James Turner, representing the Community Nutrition Institute in Washington, D.C., said that Arthur Hull Hayes, to arrive at his decision that aspartame is safe, firewalked apath "through a mass of scientific mismanagement, improper procedures, wrong conclusions and general scientific inexactness".
- [History of Aspartame approval #4](#) - "Dr. Jacqueline Verrett, a former FDA toxicologist, and member of an FDA task force that investigated the authenticity of research done by Searle to establish the safety of aspartame, says she believes the original aspartame studies were 'built on a **foundation of sand.**' " [Dr. Jacqueline Verrett Congressional testimony](#)
- [disinfo.com\(disinformation\)](#): Another long, detailed article.
- [NSDA Protest](#) - A **must read** 1983 National Soft Drink Assn. protest letter put in **Congressional Record** in 1985. Note that this was written AFTER the FDA approved aspartame for use in dry foods. The NSDA later changed their mind and started making billions in diet drink sales. "G. D. Searle and Company has not demonstrated to a reasonable certainty that the use of aspartame in soft drinks, without quantitative limitations, will not adversely affect human health as a result of the changes such use is likely to cause in brain chemistry and under certain reasonably anticipated conditions of use....**Aspartame is inherently, markedly and uniquely unstable in aqueous media.**"
- [The Bressler Report](#) - Detailed **scathing 1977 FDA Report** on Searle and the incredible number of disparities, missing information, and improper procedures in their aspartame tests. You're fed the quote: "Aspartame is the most tested product in the world" often. It's a bunch of garbage, especially with tests like these:

"Observation records indicated that animal A23LM was alive at week 88, dead from week 92 through week 104, alive at week 108, and dead at week 112." All it took was one corrupt FDA commissioner to overrule the FDA board and approve aspartame.

- [Wall Street Journal article](#) - "Two government lawyers who decided against prosecuting the maker of NutraSweet for allegedly falsifying test results later joined the law firm that represented the company during the criminal investigation, Senate investigators charged."
- [Star Tribune Article](#) - Excellent article on the FDA and the lack of aspartame testing. "Food and Drug Administration officials have for years resisted proposals from government scientists for comprehensive studies of the safety of the artificial sweetener aspartame, which 100 million Americans consume as NutraSweet....FDA officials said that, since 1981, about 8,000 consumers have complained to the agency that the sweetener has caused them physical ailments.... Huff said that the number of reports is worrisome, though, because "if 100 people have a headache after chewing NutraSweet gum, only one's going to report it...In 1976, the FDA's general counsel requested a federal grand jury investigation of the company because of alleged irregularities in its laboratory. (Such an investigation was never undertaken.)"
- [News4jax.com article](#) - "One person who doesn't call it safe: former FDA investigator Arthur Evangelista. Evangelista says he left the FDA in the late 19-80's because of its practices. "On several issues -- including Aspartame -- **I was told to keep my mouth shut.**," Evangelista said. "The FDA was not following a public health policy that was protecting the public itself. but rather, seemed to be **in collusion with corporations** that were marketing substances that were detrimental to public health." "
- [Dr. Adrian Gross letter](#) - A 1987 letter from FDA toxicologist Dr. Gross to Senator Metzenbaum. "...the rate of brain tumors amongst the animals exposed to it vastly exceeds that for animals not exposed to it and such excess is very highly significant. What this says is that there cannot be any reasonable, or even shadow of a doubt that aspartame had caused such an increase in the incidence of brain tumors....**Thus, it seems to me that we are dealing here with a huge time bomb.** There is hardly any need for me to emphasize here that this represents an unacceptably high risk or hazard posed by aspartame."
- [Dr. H.J. Roberts M.D.](#) - Letter. "Personally, I don't believe you can get factual information from the MS Society. They are another organization that takes in contributions....Physicians don't know because **Monsanto "funds" all these organizations** like the American Diabetic Assn., and American Dietetic Assn., etc. and are told that aspartame is safe. They do it because they **can't warn the patients and continue to take money.** Notice all these walk-a-thons for diabetics are funded by NutraSweet (Monsanto) and they have people wearing Equal shirts."
- [Congressman Bernard Sanders](#) - Excellent report by the congressman about FDA & congressional ties to the drug industry. "The pharmaceutical industry is the most powerful special interest in Washington. ...a cynical revolving door policy exists between the FDA and the drug companies...individuals who had the responsibility of regulating an industry end up on working for them after they leave government. ...acting FDA commissioners Michael Friedman, Mark Novitch, Arthur Hull Hayes and Jere Goyan are all currently employed by pharmaceutical companies."
- [Monsanto & the government](#) - People don't realize that drug company employees & government regulatory agency employees are the same people! Look at this list of connections between Monsanto and the government. Many FDA employees work for drug companies before AND after their time at the FDA.

- [USA Today: FDA advisors tied to industry](#) - "The experts are supposed to be independent, but USA TODAY found that 54% of the time, they have a **direct financial interest** in the drug or topic they are asked to evaluate... Federal law generally prohibits the FDA from using experts with financial conflicts of interest, but the FDA has waived the restriction more than 800 times since 1998."
- [Medical Editor Rips Into FDA](#) - "The editor of a top medical journal on Friday accused the U.S. Food and Drug Administration, the world's most powerful drug watchdog, of endangering people's lives...Richard Horton of The Lancet said...'the FDA, its Center for Drug Evaluation and Research (CDER) in particular, has become a **servant of the industry...The FDA is not only compromised because it receives so much funding from industry, but because it comes under incredible congressional pressure to be favorable to industry. That has led to deaths**'".
- [Equal pays off American Diabetes Assoc.](#) - The American Diabetes Assn. says that aspartame is completely safe. Where did they get this info from? Perhaps the same place that the huge donation checks come from. They get fat yearly checks from Equal, Nutrasweet, and all the artificial sweetner companies. "The American Diabetes Association accepted a \$100,000 donation during the December 12th Equal® Sweetener World Professional Figure Skating Championship...The funds donated by Equal..."
- [Dr. Joseph Mercola](#) - Over 20 articles written by Dr. Mercola about the dangers of aspartame and the government coverup.
- [Biotech food & BGH](#) - Excellent article on biotech food and Bovine Growth Hormone(BGH). Be sure to read the section on BGH 1/2 way down the page. "...milk from rBGH injected cows contains substantially higher amounts of a potent cancer tumor promoter called IGF-1...Since 1994, every industrialized country in the world, except for the US, has banned the drug. Even the Codex Alimentarius, the food standards arm of the World Trade Organization, has refused to back up Monsanto's claim that the drug is safe...Moreover, the FDA ruled..that rBGH-derived products did not have to be labeled, despite polls showing that 90% of American consumers wanted labeling--mainly so they could avoid buying rBGH-tainted products.
- [The Mystery in Your Milk](#) - This article has nothing to do with aspartame but it deals with the FDA, Monsanto(former owners of aspartame), and profits before health. "Dr. Michael Hanson, Consumers Union Scientist:...'**Monsanto has a very checkered history with some of its other products**...' Jane Akre and Steve Wilson, a respected reporting team at WTTV, a Fox Network Station in Tampa, Florida, were fired from their jobs after refusing to broadcast what they knew and documented to be false and distorted information about Monsanto's bovine growth hormone (**BGH**) -- a genetically engineered product that has been linked to the proliferation of **breast, prostate, and colon cancer** cells in humans. On August 28, 2000, a Florida jury unanimously decided that Akre had been fired for threatening to blow the whistle on Fox for pressuring her and Wilson to broadcast a false, distorted and slanted news report and awarded her \$425,000 for lost wages and damages... Samuel Epstein, Scientist, University of Illinois: '...there are highly suggestive if not persuasive lines of evidence showing that consumption of this milk poses risks of **breast and colon cancer**.'"
- [Cbsnews.com: FDA: Guardian Or Rubber Stamp?](#) - FDA close ties to industry article. Referring to the FDA: "'You see in some of their own internal news letters, they refer to the pharmaceutical industry as their clients,' Mundy said."
- [New England Journal, \(5/18/00\)](#) - Long article about how drug companies that pay for research and clinical tests of new medicines have been **suppressing or manipulating** the results.
- [Healthscoutnews](#) - An 8/10/01 article on drug companies controlling tests & studies. "a recent JAMA survey asked 1,800 researchers across the country whether they had

ever been involved in a situation where publication of a study was delayed because the results ran counter to the sponsor's interest. As it turns out, 120 said yes."

- [Peer Reviewed Aspartame study results](#) - Dr. Ralph G. Walton: "Of the 166 studies felt to have relevance for questions of human safety, 74 had [Nutrasweet® industry related funding](#) and 92 were [independently funded](#). One hundred percent of the industry funded research attested to aspartame's safety, whereas 92% of the independently funded research identified a problem." 6 of the 7 non industry sponsored studies that said aspartame was safe were funded by the FDA, so **85 out of 86 purely independent studies identified problems.**

Misc. Articles: Stevia, Splenda (Sucralose) & other related info.

11/10/08 Note: Many, many years after creating this page, there's finally there's a soda product using stevia, a natural sugar substitute. Check out [Amazon.com: Zevia](#). Black Cherry is my favorite Zevia brand. Coca Cola & Pepsi are [likely coming out](#) with stevia based products soon too!

- [Holisticmed.com](#), [Dr. Mercola](#), [Dr. Gazsi](#), [Dr. Weil](#) - 4 **Sucralose (Splenda)** articles. Sucralose is a new artificial sweetener, found in several products such as Diet Rite soda and now Coke and Pepsi have aspartame free, zero calorie sodas with Splenda. Although it is likely much safer than aspartame, it's still not recommended. However, if you "must" drink diet soda, switch to a moderate amount splenda sweetened drinks and remember that it could cause health problems in the long run. A safer option would be to drink water & use Stevia to sweeten tea, coffee etc. Or move to Japan, where Stevia has been used in soda with no complaints for 50 years.
- [Washington Post 2/27/2001](#) - Soda dangers article. "Research suggests kids who drink a lot of soft drinks risk becoming fat, weak-boned, cavity-prone and caffeine-addicted...A 1994 Harvard study of bone fractures in teenage athletes found a strong association between cola beverage consumption and **bone fractures** in 14-year-old girls..."
- [Embbs.com: Methanol](#) - An "unbiased" article on methanol poisoning that does not mention aspartame at all. "**in the presence of ethanol, the metabolism of methanol to its toxic metabolites is greatly slowed.** If there is a high clinical suspicion that a patient has ingested methanol it is appropriate to begin an ethanol drip while awaiting blood levels of methanol."
- [Mednets.com: Formaldehyde](#) - An "unbiased" article on formaldehyde that does not mention aspartame at all. "Formaldehyde is produced by the oxidation of methanol...Formaldehyde is an eye, skin, and respiratory tract irritant. When inhaled, it can produce bronchospasm and pulmonary edema. Metabolic acidosis may occur as a result of accumulation of the metabolite formic acid in the body. Formaldehyde is a potent sensitizer and a suspected human carcinogen."
- [Dr. Andrew Weil on Stevia](#) - "The Food and Drug Administration has been trying to suppress stevia for years, some say at the instigation of the manufacturer of aspartame. The agency still refuses to classify it as a safe food additive, a position I find untenable." **Stevia is a safe, natural non-caloric sweetner** that can be found at health food, vitamin stores & online.
- [Lauralee.com: Stevia](#) - Excellent article on Stevia & its health benefits and FDA suppression. "Stevia is nutritious, too, containing magnesium, niacin, potassium, and vitamin C. It has been shown to stabilize blood sugar levels....in Japan, where extensive research provided more sound scientific evidence of Stevia's safety than for most foods and additives, and convinced the Japanese government to approve Stevia for wide use."

- [Stevia book burning](#) - "...in May of '98 when the FDA directed a Texas-based distributor of stevia dietary supplements, Stevita Company, to destroy three **books** on its history, benefits and uses....In a letter to the company president, FDA compliance officer James R. Lahar wrote that an investigator would not only be coming around to take a current inventory, but would also 'be available to witness the destruction of the cookbooks, literature and other publications for the purpose of verifying compliance'"
- [Red Yeast Rice suppression by FDA](#) - "The FDA ruled that a red rice yeast extract, Cholestin, must be taken off of the market as it contains mevinolin which is chemically identical to lovastatin which is Merck's anti cholesterol agent called Mevacor. Mevinolin is found naturally in the red yeast, Monascus purpureus which has been used for thousands of years to ferment rice..." Dr. Mercola: "This ruling by the FDA is absolute insanity. Merck should have never been allowed to patent a naturally occurring chemical."
- [A "pro" aspartame article](#) - Here's one of several articles on the web that claims aspartame is completely safe. Notice how her tiny argument on methanol toxicity is based on the fact that methanol is found in fruits & vegetables, neglecting to mention that natural foods contain ethanol which prevents methanol from being metabolized into **formaldehyde** & formic acid. Also, she recommends going to MayoClinic.com and other reliable health sites. Look at [Mayoclinic's sponsors](#). Yes, that Searle is the same G.D. Searle Co. that brought aspartame to the market. All of these "reliable" sites are sponsored by large drug companies.

[Sign Our Guestbook](#) [Print Out Our Flyers](#)

Links:

- [More Important Health Tips](#) - Simple health tips to further improve your general health and decrease your chances of getting cancer & other diseases.
- [Organicconsumers.org](#) - Info on genetically engineered food, BGH and other important topics.
- [Presidiotex.com/aspartame](#) - Tons of aspartame articles & testimonials.
- [Dorway.com](#) - Tons of aspartame articles.
- [AspartameKills.com](#) - More aspartame links, articles & info.
- ASPARTAME MAKES YOU FATTER!

Position Statement from Sandra Cabot, M.D.,

I have been a medical doctor for 23 years and have clinical and research interests in the liver and metabolism. I have authored several best selling health books including the "Liver Cleansing Diet", "The Body Shaping Diet", "Don't Let Your Hormones Ruin Your Life", "Women's Health", "Menopause and Natural Hormone Replacement Therapy" and I lecture internationally on these subjects. I have been consulted by thousands of patients with weight problems, hormonal imbalances, fatty liver, sluggish metabolism and chronic ill health. I have been an advocate and practitioner of nutritional methods of healing for 30 years. I regularly appear on national television and broadcast on many radio stations to educate people about the importance of a healthy liver in achieving good health and weight control!

In the interests of public health I am making a position statement concerning the use of the artificial sweetener called aspartame and sold most commonly under the names of NutraSweet and Equal. One must ask, "why do millions of people ingest a toxic chemical like aspartame everyday"? To me it appears ridiculous and I believe that it is because people have been brainwashed into thinking aspartame will keep their weight down and is good for health. It also shows me that we have lost touch with our own natural senses and instincts.

After having been consulted by thousands of overweight people suffering with problems concerning the liver and/or metabolism I can assure you that aspartame will not help you in any way, indeed it will help you to gain unwanted weight. This has been my experience, and there are logical reasons to explain the fattening and bloating effects of aspartame. When you ingest the toxic chemical aspartame it is absorbed from the intestines and passes immediately to the LIVER where it is taken inside the liver via the liver filter. The liver then breaks down or metabolizes aspartame to its toxic components - phenylalanine, aspartic acid and methanol. This process requires a lot of energy from the liver which means there will be less energy remaining in the liver cells. This means the liver cells will have less energy for fat burning and metabolism, which will result in fat storing. Excess fat may build up inside the liver cells causing "fatty liver" and when this starts to occur it is extremely difficult to lose weight. In my vast experience any time that you overload the liver you will increase the tendency to gain weight easily.

Aspartame also causes weight gain by other mechanisms ---Causes unstable blood sugar levels, which increases the appetite and causes cravings for sweets/sugar. Thus it is particularly toxic for those with diabetes or epilepsy. Causes fluid retention giving the body a puffy and bloated appearance. This makes people look fatter than they are and increases cellulite.