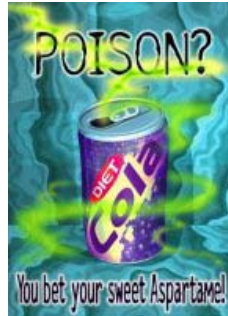


## **Aspartame: A Dangerous Lie!**



### **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

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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.

To discover more about the liver look up my web site - [liverdoctor.com](http://liverdoctor.com), and to learn more about natural sugars that are better for the liver and weight, read my books "The Liver Cleansing Diet" and "Boost Your Energy".

To order, go to MP Bookstore at <http://aspartamekills.com/bookstore.htm>, see your books store, or call 1 888-75-Liver Betty Martini, founder of Mission Possible International (770) 242-2599, is providing this press release. For press receiving this release who wish to interview Dr. Cabot they can contact Donna Medoff at 602 -860-0456. She will only be in the US a few days longer and then she will be back in Australia. Donna's email address is listed under CC.

This grants permission for those who wish to publish this statement or put it on web. We ask that it be also put in news groups to educate the public, and spread on other lists. Dr. Cabot's books are also on the DORway web site below my signature.

**Thank you, Dr. Cabot. As we have often said, "If you want to get fat, NutraSweet is where it's at!" ASPARTAME = NUTRISWEET**

**Aspartame... Aspartame... Aspartame...**



(NOTE: Aspartame is a drug which has serious side effects including brain damage. It is found in products such as "Diet" soft drinks, Sugar-free chewing gum, sugar substitutes, and some over-the-counter drugs. This is in products by the names like "Phenylalanine". This article provides information, so you can make up your own mind.)

### **How Things Happen**

Methanol, from aspartame, is released in the small intestine when the methyl group of aspartame encounters the enzyme chymotrypsin (Stegink 1984, page 143). Free methanol begins to form in liquid aspartame containing products at temperatures above 86 degrees F.. also within the human body.

The methanol is then converted to formaldehyde. The formaldehyde converts to formic acid, ant sting poison. Toxic formic acid is used as an activator to strip epoxy and urethane coatings. Imagine what it does to your tissues!

Phenylalanine and aspartic acid, 90% of aspartame, are amino acids normally used in synthesis of protoplasm when supplied by the foods we eat. But when unaccompanied by other amino acids we use [there are 20], they are neurotoxic.

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That is why a warning for Phenylketonurics is found on **EQUAL** and other aspartame products. Phenylketonurics are 2% of the population with extreme sensitivity to this chemical unless it's present in food. It gets you too, causing brain disorders and birth defects! Finally, the phenylalanine breaks down into DKP, a brain tumor agent.

*In other words:* Aspartame converts to dangerous byproducts that have no natural countermeasures. A dieter's empty stomach accelerates these conversions and amplifies the damage. Components of aspartame go straight to the brain, damage that causes headaches, mental confusion, seizures and faulty balance. Lab rats and other test animals died of brain tumors.

Do you want to bet your brain on its safety?

Monsanto says "Aspartame is the most tested product in history". Are you sure?

On 12/29/96, *60 MINUTES* reported on 164 studies. ALL of the 74 studies paid for by *NutraSweet* showed it was healthy as rain. 83 of the 90 studies by independent labs found problems. During the Reagan Administration, FDA commissioner Arthur Hull Hayes approved *NutraSweet* over the protests of his own Board of Inquiry, then took a lush consultant contract with *NutraSweet's* public relations firm while he was under investigation for accepting gratuities.

### **COCA COLA and PEPSI knew it was poison before they started to use it.**

The Congressional Record of May 7, 1985, printed 6 pages of objections prepared by the National Soft Drink Association: "Aspartame is uniquely unstable ... as the temperature increases the ratio of degradation becomes more pronounced ... at 104 degrees for 20 weeks less than 10% of the original aspartame remained ... soft drinks displayed at a service station may reach 120 degrees." Every known breakdown product of aspartame is a poison!

### **Diseases Aspartame Causes and/or Mimics:**

Fibromyalgia, Arthritis, Multiple Sclerosis (MS), Parkinson's Disease, Lupus, Multiple Chemical Sensitivities (MCS), Diabetes and Diabetic Complications, Epilepsy, Alzheimer's Disease, Birth Defects, Chronic Fatigue Syndrome, Lymphoma, Lyme Disease, Attention Deficit Disorder (ADD), Panic Disorder, Depression and other Psychological Disorders.

Symptoms:

Abdominal Pain, Anxiety attacks, Arthritis like pain, Asthmatic Reactions, Bloating, Blood Sugar Control Problems, Brain Cancer (Pre approval studies in animals), Breathing difficulties, burning eyes or throat, Burning Urination, Chest Pains, chronic cough, Chronic Fatigue, Confusion, Death, Depression, Diarrhea, Dizziness, Excessive

Thirst or Hunger, fatigue, feel unreal, flushing of face, Hair Loss (Baldness) or Thinning of Hair, Headaches/Migraines, Hearing Loss, Heart Palpitations, Hives (Urticaria), Hypertension (High Blood Pressure), Impotency and Sexual Problems, inability to concentrate, Infection Susceptibility, Insomnia, Irritability, Itching, Joint Pains, laryngitis, Marked Personality Changes, Memory loss, Menstrual Problems or Changes, Muscle spasms, Nausea or Vomiting, Numbness

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or Tingling of Extremities, Other Allergic Like Reactions, Panic Attacks, Phobias, poor memory, Rapid Heart Beat, Rashes, Seizures and Convulsions, Slurring of Speech, Swallowing Pain, Tachycardia, Tremors, Tinnitus, Vertigo, Vision Loss, and Weight gain.

### **RECOVERY!**

If you use products with aspartame, and have physical, visual, mental problems, ailments the doctors can't seem to cure... then please try the 60 day no aspartame test. When your symptoms disappear please get involved in an international effort to get this deadly neurotoxin off the market. Write a letter to the FDA, with a copy to Betty Martini (for proof of how the FDA doesn't keep proper records). Write your congressmen [Member of Parliament].

Return products containing aspartame to the point of purchase for a full refund. Make a big stink if they don't give you a full refund! Tell all your friends, family and physicians, and if they stop using aspartame, get them involved, too!

Aspartame is an "approved sweetener" because of a few greedy and dishonest people who placed personal wealth and corporate profits above human life and well being.

### **Special Warning to Pilots**

Over 800 pilots have reported symptoms to Aspartame. Some have reported suffering grand mal seizures in the cockpit and traced them to their use of Aspartame. Some of these pilots have lost their medical certificates and their livelihood. Don't risk yours!

### **Special Warning to Parents:**

Several over the counter medications and vitamins contain Aspartame. Be sure to check the label before you inadvertently poison you and your children.

### **Gulf War Veterans**

Some people are convinced that the Gulf War Syndrome was caused and/or exacerbated by Aspartame. The soft drink industry did ship thousands of cases of "free" diet soda which sat on pallets in the hot desert sun and decomposed into its toxic byproducts.

### **In Closing**

Aspartame is bad news! It is in over 9000+ products, and numbers are growing fast.

Aspartame is not safe because it breaks down into phenylalanine, aspartic acid, methyl alcohol (wood alcohol), formaldehyde (embalming fluid), formic acid (ant sting poison) and other toxic chemicals.

With the FDA and our Congress culpable, only an *informed* and *active* public will affect its reclassification from "food additive" to toxic drug, and cause its removal from the human food chain.

**Aspartame is unfit for human consumption!**

## Aspartame: A Dangerous Lie

This article obtained from:

[www.aspartamekills.com](http://www.aspartamekills.com)

Hello. My name is Courtnee and I am 22 years old. As of the last few years I have been suffering from some pretty severe symptoms. My hair falling out, cramps, rashes all over my face, weight gain, vicious pounding headaches, joint pains so bad that I hated to get up and move, numbness in my arms and legs, confusion, and lived in a haze. Those are only a few of my symptoms. Not too long ago on March 11th I just couldn't take anymore of the pain. I was talking to my boyfriend and for some reason I picked up my Diet Coke can.

The word **ASPARTAME** stuck out at me. Now you need to understand I was drinking a case of this stuff every other day. I heard it was bad but passed it off. So I typed in Aspartame into Excite and I found <http://www.aspartamekills.com>. I read the information there. I dumped my Diet Coke out and I have not touched it since. Since ALL my symptoms are gone. When I comb my hair, I don't pull out gobs of hair. My hair is not all over my bathroom sink anymore. It has stopped falling out. My grandmother told me that my hair looks healthy now. She said before it had this really dull look to it and now it shines. She also said that my skin looks better. She noticed right away after a few days that I was getting color back into my face. I have had a chalky white complexion with nice red rashes for so long. I don't care what anyone thinks or says about what I have to say. I do know that [www.aspartamekills.com](http://www.aspartamekills.com) gave me the pieces of the puzzle that were missing to put an end to my suffering from **Aspartame poisoning**.

### Aspartame and Pilots

I have reviewed some of the reports from airline and private pilots concerning adverse effects of aspartame on various physiological systems. It is interesting to note that several of these complaints are related to the nervous system, which puts this in a category of great concern to the pilot as well as the general public. Some of the more common complaints include, disorientation, difficulty thinking and concentrating, visual blurring or even monocular blindness, seizures and heart failure. It is well known that the ingredients in aspartame, as well as its breakdown products, have deleterious effects on the nervous system and retina. For example, phenylalanine is a precursor of the catecholamine neurotransmitters in the brain and elevated levels in the brain has been associated with seizures. It should also be pointed out that these catecholamines are metabolized to form other excitotoxins and peroxide products that can lead to elevated free radical formation and lipid peroxidation within the neurons.

Likewise, aspartic acid (an excitotoxin) acts as an excitatory neurotransmitter and can lower the seizure threshold, making a seizure more likely. The additive effect of aspartic acid and phenylalanine would significantly increase the likelihood of a seizure, especially under hypoglycemic conditions. This would occur if a diet drink is substituted for a meal or if one is on a stringent diet. It is well known that hypoglycemia greatly magnifies the excitotoxic effects of these ingredients.

The combination of hypoglycemia and aspartame would also increase the likelihood of mental confusion and disorientation. In the pilot's situation, this could be disastrous. It must be recognized that pilots would also be frequently exposed to other excitotoxins, such as MSG,

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hydrolyzed proteins, etc that have a synergistic effect that greatly increases the likelihood of and adverse reaction.

One of the intriguing associations with excitotoxins of all types is the occurrence of sudden death. For example, we know that one of the primary site of action of these excitatory substances is the hypothalamus and that sudden cardiac death can be induced by stimulating the hypothalamus. It is entirely possible that excitotoxic stimulation of these hypothalamic centers could also lead to cardiac arrhythmia and sudden death. Hypothalamic stimulation has also been shown to produce an ECG pattern exactly like that of a myocardial infarction. Combinations of excitotoxins, such as aspartic acid and glutamate, greatly increased the risk.

Finally, a recent scientific study demonstrated that aspartame exposure significantly increases the level of formaldehyde in all tissue. Including brain and retina, and that this breakdown product of aspartame is very toxic to proteins and DNA, leading to permanent injury to these vital cellular components. Even more important, was the finding that this highly toxic substance accumulates in these with chronic exposure to aspartame. This could lead to significant injury to the brain, retina and other organs long after the exposure. Also, the effects appear to be dose related. That is, the more aspartame you consume, the greater the damage. It should be appreciated that formaldehyde is a powerful carcinogenic agent.

In my on excitotoxins, [Excitotoxins, The Taste That Kills], I explain in detail how excitotoxins damage the nervous system, leading to severe disorders, and what can be done to reduce your risk. It is my opinion that aspartame is a dangerous neurotoxin, as well as a significant carcinogen for many organs, and should be avoided at all cost.

Russell L. Blaylock, M.D.

## Sweeteners

What else can diabetics, weight-watchers, and general consumers use? There are many other alternatives.

### STEVIA

Stevia is an excellent alternate to use as a sweetener. Stevia is one of the most health restoring plants on the Earth. Native to Paraguay, the South American Indians have used stevia as a digestive aid and a topical salve for wounds for centuries. Stevia is a small green plant with leaves that are refreshing to taste. In addition, stevia is thirty (30) times sweeter than sugar. Stevia's leaves contain proteins, fibers, carbohydrates, iron, phosphorus, calcium, potassium, sodium, magnesium, zinc, rutin, vitamin A, vitamin C, and an oil containing fifty-three other wholesome constituents. Because of its carbohydrate content, stevia reduces hunger and cravings for sweets and fatty foods. Hunger is reduced when ten to fifteen drops are used twenty minutes before meals. Research shows stevia may actually reset the hunger mechanisms where the pathway between the hypothalamus in the brain and the stomach is obstructed. This would help in feeling full sooner, and in eating less.

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Stevia is non-toxic and has virtually no calories. It is 100% natural with nothing artificial nor chemically added, is not 'manufactured', is an anti-cavity and plaque retardant, and is rich in nutrients. Reports show stevia aids diabetics by lowering blood glucose levels, driving them closer to normal. Some South American countries actually use stevia to aid diabetics! It also benefits hypoglycemia by regulating blood sugar. Stevia has a 'tonic-like' affect, increasing energy and mental stamina. Stevia has benefits for those affected by hyperactivity due to its nutritional qualities and health benefits. Studies show stevia lowers elevated blood pressure, yet does not affect normal blood pressure. Stevia inhibits the growth and reproduction of some bacteria and other infectious organisms, including bacteria that causes tooth decay and gum disease. Stevia is used as a mouthwash and can be added to toothpaste.

As of 1998, the FDA has not approved stevia as a food additive "generally recognized as safe" for use as either a dietary supplement or dietary ingredient in a dietary supplement. Stevia has been used as a sweetener in Coca-Cola® in Japan for more than twenty years. Stevia has been widely accepted in South America for over fifteen-hundred years.

## SACCHARIN

Saccharin is another artificial sweetener. After more than one-hundred years of use, there have only been six complaints against saccharin registered with the FDA. Cases of human cancer sourced to saccharin appear to be rare and inconclusive.

Saccharin was first produced in 1879! It is a crystalline compound unrelated to carbohydrates, with little nutritional value. Saccharin was originally extracted from the root of a plant growing in China. Saccharin is 300 times sweeter than sucrose. When saccharin is heated to decomposition, it does emit toxic fumes of nitrogen and sulfur oxides. But, always remember to prioritize your poisons. These fumes may be less harmful to the brain than formaldehyde from the methanol in aspartame or elevated blood phenylalanine levels.

In 1969, experiments were conducted in which laboratory rats were fed the equivalent of 800 cans of diet soda with saccharin per day for their entire lives. They developed bladder cancer. At this same time, John Olney's lab rats formed holes in their brains from a fairly normal dose of aspartame.

The saccharin experiments on rats have always been quite controversial. A panel of research scientists recently gathered at Duke University to review saccharin research. They reported: "saccharin administered to rats at high dosages produced profound biochemical and physiological changes which did not occur in humans under normal patterns of use." The panel concluded that the appearance of tumors in the rats seemed to be a species and organ-specific phenomenon for which there was no explanation. The results of the study supported the fact that the present level of saccharin use as a food additive presents an insignificant cancer risk.

Saccharin was used during the sugar shortages of both World War I and II, especially in Europe. Several generations in the United States have used saccharin for decades. People with a low calorie and low carbohydrate diet, such as diabetics, had adopted saccharin as a part of their lifestyle for over a century.

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Saccharin, like aspartame, has been one of the most researched food additives in history. It's been a research war. The average user ingests less than one ounce of saccharin each year, yet five servings of aspartame for a fifty pound child easily exceeds the RDA recommended 'Allowable Daily Intake.' This amount of aspartame would raise the blood phenylalanine levels 300% to 400%.

Recent evidence from twenty years of research shows saccharin as safe. All human research has proven saccharin totally innocuous. At human consumption levels, that is. No research on human beings has shown an association between saccharin and cancer. Over thirty human studies have been performed, and they all resulted in saccharin safety. Some researchers believe a compound found in rats, not in human beings, may be the reason for the animal bladder tumors.

Here's an important point to note: Saccharin is not metabolized when it is ingested. Saccharin passes through the body unchanged. Unlike aspartame, which metabolizes into a long list of toxins. Saccharin does not react with DNA, either, the nucleic acid present in every living cell. This proves that saccharin lacks two of the major characteristics for a typical carcinogen.

In compliance with the Delaney Clause in 1977, the FDA tried to ban saccharin from the market. There was public outcry over the ban and over the abuse related to the laboratory testing. At this time, Congress passed a moratorium preventing the FDA ban. The moratorium had been extended six times because of the scientific research proving saccharin safe and consumer pressure to keep saccharin on the market. In 1985, FDA Commissioner Frank Young proposed at a Senate hearing to extend the moratorium again, stating that the FDA was less concerned about saccharin now than in 1977. He stated that the actual risk, if any, concerning saccharin appeared to be slight. It wasn't until 1991 when the FDA finally withdrew the proposed ban. They required any product containing saccharin, nonetheless, be labeled with a warning of a cancer risk. The moratorium remains in effect through May 1, 2002.

### **CYCLAMATE**

In the 1970s with the focus on the saccharin controversy, the FDA also banned cyclamate. The Washington Post, May 16, 1989, quoted the Director of the FDA Toxicological Services Center for Food Safety and Applied Nutrition, Robert Scheuplein, as stating, "The decision to ban cyclamate was more a matter of politics than science. Meetings were not held. Things were not pursued. Work was not done. The people who were involved at the time were inadequate to the job."

### **SORBITOL**

Sorbitol is another alternate sweetener. Sorbitol is found naturally in fruits. It is used in many sugar-free gums, breath mints, and sugar-free candies. Too much sorbitol can cause digestive problems, however, resulting in bloating, cramping, or diarrhea. A study on three-year-old children showed that a consumption of greater than .5 grams of sorbitol per kilogram of body weight caused diarrhea.

## **HONEY, MOLASSES, RAW UNPROCESSED SUGAR**

Get back to the basics! Whole food markets and health food stores offer original sweeteners produced by nature. Sweeteners harvested from nature and sold without artificial processing are the best sweeteners to use for yourself and for children.

### **Katrina**

Four deaths have been associated with aspartame. How many more deaths are linked to aspartame today?

Currently, the number of deaths from seizures has substantially increased. There are more seizure-related emergency transports now than ever before.

The following is a case history taken from Sweet Poison.

Katrina had been complaining of an earache the very day she went for her three year check up, Wednesday, January 5, 1994. Her pediatrician checked her ear. "Well, Mrs. Carradine," the pediatrician stated as she tore a sheet of paper from a rubber-lined pad. "Katrina appears to have an ear infection. Take this prescription for an antibiotic."

"Katrina has had ear infections before," replied Katrina's mother, Carmen. "But, she's never complained of so much pain. Why this time?"

"I really can't answer that question, Mrs. Carradine." the doctor said somewhat unconcerned. "I'm sure it's nothing to get worried about."

"Odd things have been happening to Katrina, lately." Carmen added, sharing her concerns with the doctor. "Especially Katrina's complaints of a stomach ache almost daily over the past six to eight weeks."

"Well, if she doesn't improve in a few days," the doctor responded. "Bring Katrina back in, and we'll run some tests."

Carmen was worried.

Katrina was becoming clumsy, particularly compared to other children her age. Sometimes, she acted blind, literally running into things. Occasionally, she fell. At times, she was hyperactive. Her speech more slurred. She never acted in a reliable manner. Her mother wondered if this was typical three year old behavior.

Katrina commonly had loose stools, but over the past several months was experiencing diarrhea and cramping. The doctor suggested Katrina see a neurologist regarding her blinding falls.

Two days later, her ear pain worsened. She continued falling, once bumping the back of her head quite severely. She kept complaining her head was hurting where her ear was infected. Carmen called the pediatrician, who guessed the antibiotic must not be working. He prescribed Vantin®, an antibiotic she had used before, and Tylenol® with codeine. She vomited several times that night. The Tylenol never had a chance to get into her system. She couldn't keep

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anything down. Her parents waited until morning to start the Vantin, and tried a second dose of the Tylenol.

Carmen was not convinced Katrina HAD an ear infection. She believed this time her ear was sore because it was swollen and red at the ear; not the other way around.

By Saturday, Katrina was lethargic. Carmen held her most of the day, when she was not sleeping. She would not eat anything. Her mother managed to get some sugar-free yogurt down her. Katrina liked yogurt. Carmen hoped she would keep it down. She vomited several times that day. She'd sip on a cold diet coke.

Sunday, January 9. The next morning, Katrina was still very lethargic. Her parents decided to take her back to the doctor the next morning if she did not improve that day. At 1:15 pm, Carmen was leaving for work. Katrina had not gotten out of bed for lunch like normal. Rather than bothering her sick child, Carmen let her sleep. She almost left without checking on her, but changed her mind, checking to see if she was sleeping. Katrina was lying on her side. As Carmen passed over her, she saw Katrina staring at the wall. She called her name, but Katrina did not respond. She said a little louder, "Katrina?" She still did not move. Carmen called for Katrina's father, Jay, who had just sat down to give a bottle to their three-month old baby.

"Jay," she said in panic. "I think something is wrong!"

She turned Katrina over onto her back. She will never forget what she saw. Her three year old daughter lay unconscious. Eyes open and glaring. Lips and finger nails blue. The right side of her face covered with mucous and saliva from a puddle still pooled on her bed.

Jay rushed to her side, saying, "She's not breathing, Carmen!"

She picked Katrina up. As if in slow motion, they discussed what to do next. What do they do with the baby? Where do they lay Katrina? Who was going to give her CPR? "Carmen, call 911!" screamed Jay.

Within one minute, two policemen ran through the front door without a knock. Within two minutes, an ambulance and a fire truck idled outside the house. There were people everywhere asking questions. Carmen was still on the line telling the 911 operator what was happening. The paramedics identified Katrina's left side as totally paralyzed. They asked Jay and Carmen if they had any idea why. No one knew what was wrong with Katrina.

Katrina had a seizure while being transported in the ambulance. She had stopped breathing again. Once in the emergency room, Katrina was heard saying, "Mommy, Mommy." Carmen's heart was breaking.

Katrina sat up in her temporary hospital bed, arms extended for Carmen to hold her. Carmen held her tightly, fighting tears that would frighten Katrina. As Carmen lay her back down, Katrina slipped unconscious again and had to be resuscitated, again. Carmen was asked to leave as they intubated Katrina. She was given Valium®, Dilantin®, and Versid®. They performed a CAT scan. After four hours, Katrina was transferred to Riley Children's Hospital at Indiana University. She remained there for six weeks. She was on life support for two weeks, in ICU for four weeks.

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Jay and Carmen received an incredible education during that six weeks, as well as a new home. The baby went to live with friends.

Katrina continued to have seizures and apnea the first day in the hospital. Doctors performed an MRI without a contrast, but saw nothing. They did a spinal tap. Nothing. They thought they had her stabilized with anti-convulsants. They extubated her the next day, moving her to the toddler unit.

Her seizures were not blatantly obvious. Jay and Carmen had never seen them. Katrina had no jerking of limbs or any physical effects common to seizures. That night, she complained of another bad headache. She could get no relief.

By 6:00 am the following morning, Katrina started acting strange. Her hands began to twitch. Carmen held her while she summoned the nurse. The nurse arrived, but just stood in place watching Carmen hold Katrina. Carmen grew angry. "Why don't you do something?" she questioned. She found out later that the nurse was watching and timing Katrina's seizure. There was nothing more she could have done. She was unaware that Carmen had never seen Katrina have a seizure before.

Within fifteen minutes, Katrina had another seizure, this time with more arm and mouth movement. Again, fifteen minutes later, another seizure. This continued until 7:30 am. Back in ICU, Katrina slipped into status epilepticus. She stopped breathing. They re-intubated and performed an MRI with a contrast. This time, they finally saw something. No one knew what it meant, however.

Katrina was put into a Pentobarbital® coma for one week to stop the status epilepticus. Otherwise, Katrina could die from the damage to her brain by the constant seizing. The doctors wanted her brain wave to be as flat as possible, referred to as 'burst suppression.' During this time, Katrina was on complete life support and a constant EEG monitor. She had an arterial line in her ankle to draw blood hourly to check for blood gases and drug levels.

She required a blood transfusion to replace what was being continuously drawn. She had two central lines; one in her neck and one in her groin area. Each central line had two lines leading into it. One for feeding, three for various drugs. Her urine was collected hourly.

Katrina was put into isolation as they suspected she was contagious. Jay and Carmen were required to wear masks and gowns to stay with her. What a horrible sight for her parents to see. Their daughter was almost gone; gone from them forever. Her soul was floating in space, somewhere out in space. It was a long, long time before she came back.

Jay and Carmen wanted answers! They asked the doctors WHY their daughter was sick. WHAT suddenly caused this? They complained of being kept in the dark. No one offered them any explanations. As if disruptive children, they were berately told, "Look, we have a live child to work with here. She could easily be dead. You're lucky. Don't complain. All you can do for Katrina is support her. You'll just have to wait and see what happens."

At this time, they were informed that 60% of the children that come to Riley for diagnosis never get one. "So, don't get your hopes up."

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For the two weeks in a coma and on life support, Katrina's family didn't know whether she would live or die. If she did live, could they keep this from happening again? No one could give them any answers.

When Carmen was not at the hospital, she was searching for the answers. She went to the medical library, continuously reading articles, books, and research trying to help her daughter. Like the doctors, she found nothing.

Jay drove to Chicago late one night to have a friend run a test on some of Katrina's blood. He thought she may have lead poisoning. Nothing.

They had their furnace checked for carbon monoxide leaks. They checked her blood for that, too. Nothing.

Chocolate. A friend mentioned an article she had recently read on theobromine, an ingredient in chocolate. She knew Katrina had an insatiable, almost embarrassing, craving for candy. Another friend suggested a possible carnitine deficiency. Nothing.

Test upon test were run on Katrina. Jay and Carmen lost track of them all. And, the cost! Katrina had a CAT scan, three MRIs, three spinal taps, and so many EEGs, Jay and Carmen lost count.

Katrina soon developed problems with her liver. A liver biopsy was performed. A muscle tissue biopsy was also done. An ophthalmologist was called in to check for a Kayser-Fleischer ring indicating Wilson's Disease. Nothing.

A cytogenetic test was performed, an abdominal ultrasound of her liver and gall bladder. A VER and BSER were performed. The list goes on and on and on. Nothing.

Katrina had an infectious disease specialist diagnose her with non-infectious encephalitis. Her pediatric pulmonologists agreed she had encephalitis, but believed it to be viral. The three spinal taps did not support that opinion, however.

Katrina was then followed by a gastroenterologist and a neurologist. The neurologist's final impression on April 15 was "Status-post status epilepticus of unknown etiology with evidence of a meningo encephalitis on MRI scan."

After Katrina came out of a coma, Carmen rocked her, talked to her, read to her, played music for her, and waited days upon days for her to 'come back' from the deep sedation. Just to hold her again....

The time at the hospital spent waiting for Katrina to get better flew by quickly thanks to the constant flow of friends who came to keep Jay and Carmen occupied. No one could offer answers, only support and love.

Answers. Who knew the answer to why Katrina was suddenly fatally ill? What caused this to happen in the first place? Katrina was always healthy. Other than ear infections and the unusual symptoms over the past two and one-half months leading up to her hospitalization, she was a model baby. Who or what's to blame?

Jay and Carmen pondered the fate of their child. What do they do next? What's the fate of their second child?

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Katrina was finally released from the hospital after eight weeks. Over \$300,000 of unanswered care. Her parents brought her home with little to go on. They didn't know what caused her near-death experience or if it would ever occur again. The doctors never determined what really happened.

The doctors wanted Katrina to remain on anticonvulsants for a lack of anything else to do. After being on life support for two weeks, six weeks at Riley Children's Hospital, being transferred to a rehabilitation hospital for another two weeks, no answers.

Six weeks of tests, including three lumbar punctures, constant EEGs, a liver biopsy, a muscled tissue biopsy, Echocardiography, Genetic Screenings, Abdominal Ultrasounds of an enlarged liver and high enzyme readings, four MRIs, tests for Wilson's Disease, Herpes and Hepatitis, hourly blood tests, daily blood tests, lead poisoning tests, carbon monoxide poisoning tests, cytogenetic tests, and countless others the Carradines didn't even know about: NOTHING. An infectious disease specialist saw Katrina for a while, but found NOTHING.

Katrina's final diagnosis was meningo encephalitis of unknown etiology. No virus found. No bacterial infection discovered. The doctors talked of a possible toxin, but it was never pursued.

Katrina was finally home. But, for how long?

In July, 1994, the Carradine's moved to Dallas, Texas. A new friend and neighbor suggested Katrina's symptoms were reactions to aspartame. She gave Carmen an article published by a consumer group concerned about NutraSweet safety, the Aspartame Consumer Safety Network. Handing her the ACSN's telephone number, she said, "It couldn't hurt to check it out."

Jay and Carmen were interested in all the information they could get. For the first time since Katrina's illness, they found some answers that made sense.

Katrina occasionally had Kool Aid® with aspartame. Carmen fed her yogurt with aspartame when sugar-sweetened was not available. Katrina took sips of Jay's diet drinks. Carmen used aspartame some during pregnancy. Her OB/GYN said it was fine. None of these foods were given to Katrina regularly, maybe once or twice a week. Where could she have gotten enough aspartame to create such serious symptoms?

Carmen called the NutraSweet Company to ask if they had ever received complaints like hers. They claimed to have no idea what she was talking about. They mailed her brochures advertising all the products NutraSweet is found in, professing complete aspartame safety.

The information told her the answer. She knew how Katrina got ill! Katrina's daily children's multiple vitamins contained aspartame. Carmen never knew they contained aspartame because the chewable vitamins were not labeled 'sugar-free.'

Carmen bought the popular children's vitamin for Katrina in October and religiously gave them to her until January 9. On October 13, a few days after she started the vitamins, Katrina was taken to the emergency room with a concussion. She had 'stumbled' and fallen. She began developing strange repercussions. She had a hard time standing. She'd stand in one spot with her finger pointed out, turning in circles and mumbling. Carmen talked to the pediatrician about Katrina's strange reflexes. To test Carmen's concerns, the pediatrician asked Katrina 'who her mommy was.' Katrina went over to the nurse, pointed, and called her 'mommy.'

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Katrina could no longer see well. She began to develop earaches, often. Her mother started Katrina on a children's pain reliever, unaware it also contained aspartame. Katrina was given vitamins and pain relievers containing aspartame without her mother's knowledge. More vitamins, more aspartame, more earaches, more sugar-free pain relievers.

Home from the hospital, Katrina was on prescribed anticonvulsants. Carmen did not start her back on vitamins until she weaned her completely from the medication. Seizure free for over one year, Carmen started Katrina back on her favorite chewable vitamins. One week later, the same symptoms as before her illness reappeared. Katrina began complaining of stomach pains and diarrhea, she began stumbling and falling down.

About this time, Carmen was first introduced to information concerning aspartame. She began to put two and two together. Was aspartame in Katrina's vitamins? Yes, but why? Katrina didn't need sugar-free vitamins. Carmen took the vitamins away from Katrina, and her returning symptoms disappeared. The coincidence of all!

Katrina suffered from acute toxicity, lethargy, confusion, impairment of articulation, severe headaches, abdominal pain, vertigo, and temporary visual loss. All symptoms of aspartame toxicity. Katrina also had nausea, unsteady gait, and unusually high liver enzyme levels.

Katrina. She has suffered so much, and has a hard life ahead of her. She is in need of speech therapy. Her behavior is unpredictable. She requires special schooling. Her diet will have to be watched very closely from now on. Her parents must scrutinize all her meals and snacks. Eating out is risky; who knows what additives are found in contemporary foods.

Katrina can never have aspartame again. It is hidden in so many things. Her life will never be the same.

April 6, 1995

Mary Nash-Stoddard

Aspartame Consumer Safety Network

PO Box 780634

Dallas, Texas 75378

Dear Mary,

After talking with you a few weeks ago, I felt a kind of excitement and relief because I was FINALLY getting an answer to what happened to my daughter in January of 1994. Just 10 days after her third birthday, she nearly died, and would have had my husband not known CPR, and had an ambulance and medical team not been only two blocks away...

Is my child's life worth nothing? It makes me very, very angry that the FDA has allowed something to be put into my children's food that can harm them and even take their lives. The FDA knows it has already taken lives. Are millions of dollars being spent buying up books and other literature so the public doesn't have a chance to read the truth?

I am very grateful to have been informed, and I know from our prior experience that my child could be dead by now if the ACSN had not chosen to speak out. Katrina had so many symptoms

## Aspartame: A Dangerous Lie

listed on the FDA complaint list, I knew immediately, without a doubt, she was a victim of aspartame poisoning. I knew it, even before I figured out where she was getting her largest, regular dose of it.

It was helpful for me to be able to put down the words, kind of like therapy. I will remain in contact and will do what I can to help you in your efforts to let people know the dangers of aspartame. Thank you for your help, and advice, and for listening!

Yours very truly,

Carmen Carradine

In 1998, Janet Starr Hull approached Carmen Carradine to help in the organization of Children Harmed By Aspartame. If you or someone you know has a child who has been permanently damaged by the artificial sweetener aspartame, please contact Sweet Poison's web site: [www.sweetpoison.com](http://www.sweetpoison.com) for the E-mail address: [jshull@sweetpoison.com](mailto:jshull@sweetpoison.com) for information on how to receive assistance, or write:

CHILDREN HARMED BY ASPARTAME

PO Box 971

McKinney, Texas 75070-0971.

## Patty

The following is a case history taken from Sweet Poison.

December 7, 1987. Patty Crain was a beautiful girl. She enjoyed a normal and healthy life until she mysteriously dropped dead at age twenty-three. Cause: Death Unknown. Patty's mother, Betty Hailand, witnessed the tragedy evolve.

Patty was Betty's adopted daughter. She was the 'All-American girl.' Suddenly out of nowhere, Patty developed eye problems, experiencing blurred vision accompanied by bad headaches. Betty took Patty to have her eyes examined. The doctor found nothing wrong with her eyesight. Patty and Betty were frustrated because they knew something was wrong.

One day after work, Patty returned to her apartment complaining that her vision was intolerably blurred, and she was experiencing unbearable head pain. She progressively grew worse through the night and willingly admitted herself to the hospital emergency room early the next morning. The E.R. doctor diagnosed Patty with a common case of the flu. He routinely ordered medication for her nausea, immediately prescribed IVs to be administered to her while in the E.R. for severe dehydration (she required three IVs), and sent her home after they had done all they could for her. She was told to drink plenty of liquids, which she always did - plenty of diet drinks. She went home and drank countless diet colas to sate her dehydration.

Two days later, Patty's health was returning to normal. Two days after that, Patty was dead on the floor of her apartment. Apparently, she died while home from work around 4:00 P.M. Her hands tightly clinched and her tongue sharply bitten. Empty diet drink cans scattered throughout her apartment.

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There was no official cause for the grand mal seizure that ended Patty's life at age twenty-three, but Betty knew what killed her daughter. She always maintained Patty died from the aspartame found in NutraSweet diet products.

Betty charged that her daughter was addicted to aspartame. Patty incessantly drank no fewer than six diet drinks every day and perpetually added in excess of five packets of Equal® to one glass of iced tea.

Betty never stopped believing her daughter's death was connected to her heavy consumption of aspartame. In the memory of her daughter's 'cause of death unknown' as stated on her death certificate, Betty devotedly battled The NutraSweet Company and fought the suppression of information concerning the dangers connected to this chemical sweetener. As a mother fighting for her child, Betty never gave up the battle to prove she was right.

In 1991, Betty was found shot to death in her Vista, California home. She was taking a bath when her assailant broke into the bathroom and shot her while she was in the bathtub. To date, the L.A. police have not apprehended her murderer.

### **Aspartame is Poison! Don't use it!**

**A Friend:** I have a friend from church who has been under medical care for 15 years of debilitating migraine headaches usually 1 per week, even when controlled by medication, and daily headaches not defined as migraine. He let me know he was a heavy diet soda drinker so I let him know about the evidence about the dangers of NutraSweet (see below). His last report to me last week, was **over a year** after he stopped the NutraSweet usage. He has had **no migraines** in those entire year and has had NO other headaches. Anecdotal evidence? Maybe. He tried to tell his doctors about it, they said he just passed through a "phase"! *What's a 15 year migraine phase?*

#### **Me:**

The sugarless versions of Dentyne and Bubble Yum DO NOT use aspartame/Nutrasweet!. Carefree Sugarless Gum originally did not have aspartame/Nutrasweet and I never had a problem, but sometime around 1996 they switched from Sorbitol & Saccharin to aspartame/Nutrasweet. Even before I realized they had switched I was noticing "scintillations", or blinking zig-zag lines, in my eyes within 1 hour of chewing the newly formulated gum. These scintillations are the classic precursory indicator of an impending Migraine or Cluster Headache. I noticed this on several occasions, so I quit using Carefree and have never had scintillations or headaches since. Check labels carefully!

**Stay away** from products containing **aspartame**, nutrasweet, or **phenylalanine**.

**We need to be on the lookout for aspartame/Nutrasweet Free products**

The science is clear, the clinicals were performed improperly, NutraSweet is being mis-used, it was approved fraudulently by the FDA who refuses to revisit the evidence, several groups protested at the time against the approval, but Searle/Monsanto money prevailed. The

## Aspartame: A Dangerous Lie

NutraSweet revenues have been estimated in the trillions worldwide. Too bad for the dumb masses. .

### Here are the highlights:

Aspartame/Nutrasweet is not very sweet in itself, that may be why Equal puts Dextrose (sugar) and maltodextrin as the first ingredients, so that it tastes sweet. Aspartame/Nutrasweet is a **brain drug** that stimulates your brain so you *think* that the food you're eating *tastes* sweet. If you pay attention you'll notice that when using Aspartame/Nutrasweet, everything you eat at the same time *also* tastes sweet! This may be why Aspartame/Nutrasweet causes you to crave carbohydrates. Hence, you won't lose weight using it.

BTW, cyclamates got pulled off the market in the 70's in the US (but not Canada or the rest of the world) because the sugar industry saw too much of their market disappear.

Aspartame/Nutrasweet (aspartylphenylalanine-methyl-ester) breaks down to its [poison constituents](#) at 86 degrees (Aspartic Acid 40%, Phenylalanine 50%, and [Methanol](#) 10%). Remember your stomach is at 98.6 degrees! Therefore you should never use Aspartame/Nutrasweet in hot beverages or cooked foods such as Jello. How the FDA allows this remains a mystery. There is mounting evidence that the "Burning Mouth Syndrome" experienced by the Desert Storm troops was actually [Methanol poisoning](#) from the Diet Coke they drank lots of, after being exposed to desert temperatures.

Aspartame/Nutrasweet's 10% [Methanol](#) appears in the body quickly and is the same alcohol ([wood alcohol](#) also in lacquer thinner), that your mother correctly warned you could make you blind. Many skid-row alcoholics had major problems with this cheap but deadly form of [alcohol](#).

Aspartame/Nutrasweet's 40% Aspartic Acid is an "[excitotoxin](#)" in the brain and excites neurons to death, i.e. it kills brain cells and causes other nerve damage.

Aspartame/Nutrasweet triggers [Migraine Headaches](#) This even happened to me!. The [Usenet](#) is filled with posts by people who have pinned their migraines down to aspartame/Nutrasweet consumption.

Aspartame/Nutrasweet's breakdown products attack the bodies tissues and create [Formaldehyde](#) which builds up in the tissues forever. Remember the smelly, eye watering fumes from the frogs you dissected in school? They were preserved with Formaldehyde! Formaldehyde is thought to [cause cancer](#).

The American Bottlers Association did not want the FDA to approve Aspartame/Nutrasweet because of what the test report showed. But the [FDA approved it anyway!](#)

Airline pilots stay away from Aspartame/Nutrasweet because they are well aware of the [documented dangers](#).

Aspartame/Nutrasweet also breaks down to diketopiperazine [DKP] which is proven to cause Brain Tumors! Brain Tumors used to be rare. Several of the rats in the original study formed brain tumors during their Aspartame/Nutrasweet exposure. The researchers surgically removed the tumors and returned the rats to the study and [discounted](#) the tumors.

## Operation Mission Impossible

**Editor's Note:** [Aspartame Consumer Safety Network](#), Worldwide Pilot Hotline, and Operation Mission Impossible are three worldwide organizations warning the world about Aspartame poisoning.

Of the 697,000 who served in the Gulf War 43,000 have Desert Storm Syndrome. Reported ailments included:

Memory Loss

Muscle pain

Respiratory and heart problems

Headaches

Chronic Fatigue Syndrome

Equilibrium problems

Joint aches

Insomnia

Confusion

Vision loss

Depression

Birth Defects

*In September, 1995 SIXTY MINUTES did an expose on the syndrome and identified another symptom of the "burning tongue"! The Chronic Fatigue and Immunologic Disease Syndrome Network says 6000 perished!*

*A soldier now retired in Huntsville, Alabama called with his story. He said he suffered terribly with loss of memory, headaches and chronic fatigue. I asked if he used NutraSweet and he said: "The soda pop companies sent free diet drinks to the Gulf because of a scarcity of water, so we drank diet drinks all day long."*

He said the diet drinks sat on pallets for up to 8 weeks in 120 degree Arabian sun. I said: "Think of which ones drank the diet soda and which ones drank water, and tell me which ones have the syndrome." He replied with little hesitation: "As I recall, now that you mention it, the ones who are sick are the ones I remember drinking the diet soda."

Aspartame, sold as NutraSweet/Equal/Spoonful, etc. is a chemical poison. It is a molecule composed of three components: aspartic acid, phenylalanine and a methyl ester that converts to methanol, wood alcohol, a severe metabolic poison. In your body the wood alcohol converts to formaldehyde and then formic acid (ant sting poison). The phenylalanine breaks down into DKP, a brain tumor agent. There are 92 documented symptoms but here are some of the most common

### Symptom

## Aspartame: A Dangerous Lie

### **Caused By:**

Memory loss and confusion

Neurotoxic amino acids passing blood brain barrier and deteriorating neurons of the brain

Chronic Fatigue Syndrome

Methanol breaks down immune system

Joint pain

Methanol and other components

Equilibrium problems

Methanol toxicity

Heart and respiratory symptoms (tachycardia, shortness of breath, unexplained hypertension)

Aspartame affects certain neurotransmitters that influence the brain's respiratory center.

Methanol also effects the heart. Problems caused by multiple components.

Anxiety attacks, manic depression, suicidal tendencies, violence, etc.

The phenylalanine in aspartame breaks down the seizure threshold of the brain and blocks serotonin production. Researchers attribute low serotonin to manic depression, panic attacks, etc.

Insomnia

Phenylalanine (also causes hallucinations)

Vertigo, numbness, tinnitus

Methanol toxicity (Mimics MS)

### **Burning in Mouth**

A lady on the Internet complained about a "burning sensation in her mouth". She called the Pepsi Co and they said it was due to the sweetness breaking down. They sent her a free case. It is methanol that gives the drink sweetness and when it breaks down to formaldehyde it burns your tongue and is bitter. (Lady is Brandi Jasmine)

At 86 degrees aspartame liberates methanol in the can. The soldiers drank a toxic cocktail!

The common symptoms of aspartame toxicity are headaches, memory loss, confusion and disequilibrium. These are principle symptoms of Desert Storm Syndrome. To our great good fortune a world famous physician and researcher has been investigating this syndrome for more than a decade and published two books and many clinical reports on the subject. He is H. J. Roberts, M.D., F.A.C.P., F.C.C.P., once distinguished as the most outstanding doctor in the United States. Roberts reports that when aspartame was approved his patients, particularly diabetics, increasingly presented with memory loss and confusion. He explains that the amino acids in aspartame, aspartic acid and phenylalanine are neurotoxic as isolates, unaccompanied by other amino acids normally present in our foods. As isolates they penetrate the blood brain

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barrier, attack and destroy the neurons (brain cells) and produce multifold neuropsychiatric complications including depression, brain tumors, Alzheimers, seizures and a long list of other disabilities. Dr. Roberts has named this collection of pathogenic responses ASPARTAME DISEASE. Considering the thousands of reports of these identical symptoms from veterans of the Gulf War the question is: Is DESERT STORM SYNDROME simply another name for ASPARTAME DISEASE?

To exacerbate this chemotoxic assault on the wellbeing of the Desert Storm troops they received multiple vaccine injections which consistently invoke immunological reactions in a percentage of the injectees. Such a deadly bouquet when combined with a daily liter(s) of NutraPoisoned diet drinks!

### **Betty Martini, Operation Mission Possible**

Mission Possible is a volunteer force in 50 states distributing a warning flyer worldwide on aspartame. We are dedicated to the proposition that we won't be satisfied until death and disability are no longer considered an acceptable cost of business.

We welcome more volunteers to distribute this worldwide alert and pass the torch of knowledge. We look forward to the day we will be able to hold up this torch to the world and say MISSION ACCOMPLISHED!

Those wanting more information on Aspartame can email me for instructions to the auto-responder where you can access our warning flyer and other information to print out, plus other posts on other subjects.

### **Betty Martini**

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Dr. H. J. Roberts says he is concerned about birth defects "because of histories of reports given me about severe problems in the fetus or in infant of parents (including fathers) who consumed much aspartame at the time of conception and/or during pregnancy. Several animal studies support such concern."

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### **Aspartame**

The following information was taken from an article sent to me by Kaye Wanke, a NOMSG member, and was published by the Aspartame Consumer Safety Network, Inc., P.O. Box 780634, Dallas, TX 75378. It is entitled "Aspartame and Flying -- the Untold Story" by Mary Nash Stoddard and George Leighton. In it, the authors reveal that since the organization's hotline began in 1988, they have had over 600 pilot related calls. Pilots call to tell about their discovery that aspartame caused several of them to lose their licences to fly because they were unaware at the time that the diet shake, sodas, or aspartame sweetened coffee they had been consuming had any relation to symptoms that could have caused fatal results. They have described terrible in-flight incidents which involved seizures, vertigo, tremors, temporary black outs, visual problems, convulsions, disorientation, confusion, and loss of memory. One pilot said, since the FDA hasn't addressed the issue and declared it unsafe, the FAA can't recognize

## Aspartame: A Dangerous Lie

aspartame reactions in their regulations. He was able to retain his job by agreeing to go through an alcohol rehab center with his doctor using some syndrome name on his report. He had never had an alcohol problem, but he was forced to go through the motions just for the record. Another pilot, USAF Major Michael Collings, testified at the third Senate hearing on the safety of aspartame. He related that he remembered that he was free of tremors whenever he flew to remote areas where there was no access to diet soda or sugar-free Kool Aid. But his tremors eventually became so severe that a grand mal seizure finally hospitalized him and ended his flying career. He even had to turn down two invitations to join the prestigious Thunderbirds. He eventually learned of the cause of his seizures in 1985. Another pilot, willing to reveal his experiences, is George E. Leighton, one of the article's authors whose vision became so blurred that he could not read panel instruments and narrowly avoided an accident in landing. He said that even partial impairment to a pilot can have tragic results. Leighton now tries to spread the word to other pilots and he investigates suspicious flying incidents. After submitting a letter to the editor of the U.S. Air Force "Flying Safety" magazine, they printed an "Aspartame Alert" to all Air Force pilots. In his letter, he said that he believed Samuel Skinner, once Secretary of Transportation and later President Bush's Chief of Staff, to have misdirected his power of influence over the FDA, the FAA, and the DOD because of special interests. Skinner was formerly employed by Nutra Sweet's® law firm and in Spotlight, April 6, 1992, it was revealed that his wife at that time was working for that firm. Leighton states that if in 1977, Samuel Skinner and his associates had not directly intervened, a grand jury would more than likely have indicted Searle/Nutra Sweet® personnel for fraud and criminal behavior in the concealment of "the deadly affects of the drug Aspartame from the FDA." Samuel Skinner was then U.S. Attorney for the Justice Department's Chicago Office. It is pilot Leighton's opinion that lives and careers are being risked and that aspartame is just as dangerous to pilots and their flight crews, as a faulty flight instrument or other component. We applaud pilot Leighton's activism and courage as he battles indifference and ignorance.

Aspartame was discovered in the 60's and has enjoyed a rather controversial success, first being approved and then rescinded in the 70's due to a brain tumor issue. Over the objection of scientists it was again approved in 1981. Aspartame is composed of two synthetically created amino acids, phenylalanine and aspartic Acid. It is in a methanol base (10% wood alcohol). It breaks down into formaldehyde, formic acid, and diketopiperazine, which has been shown to be a brain tumor causing agent. Aspartame will break down into its component parts at temperatures over 85 F. For this reason, some researchers suspect that the Desert Storm or Gulf War Syndrome is actually a serious reaction to aspartame. Large soft drink companies provided free diet drinks to rehydrate our soldiers during the Gulf War. Since our normal body temperature is 98.6 F, the desert heat may have helped aspartame break down into its components quickly, and more than likely into very harmful components with long range effects.

The FDA receives thousands of complaints about aspartame. Reports to the agency include symptoms of headache, nausea, balance problems, sleep disorders, numbness, depression, vision problems, memory loss, tinnitus, and even death. Aspartame has been often identified by doctors and researchers as an environmental trigger for several conditions:

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Chronic Fatigue Syndrome  
Post Polio Syndrome  
Carpal Tunnel Syndrome  
Anxiety/phobia Disorders  
Multiple Sclerosis  
Alzheimer's  
Eosinophilia Myalgia Syndrome  
Lyme Disease  
Manic Depression  
Epilepsy  
Graves Disease  
Heart Disease