

Everything you ever needed to know about Aspartame, but didn't ask because you really didn't want to know:

Aspartame is that wonderful sweetener with 0 calories better known as Nutra Sweet. It is now used in thousands of products. Some products don't even have to list it on their label. People think that because it has 0 calories it is a great diet product to help them lose weight. As you will learn it does no such thing. In fact it causes you to crave carbohydrates, which makes you eat more, which makes you gain more weight. Great diet product huh? For more info go to http://www.wnho.net/aspartame_makes_you_fatter.htm

But it has been tested and approved by the FDA so it must be safe. Guess again! Originally the FDA did not approve it. The head of the FDA was fired, a new head appointed, strings pulled, and then aspartame was approved. There have also been many controversies and complaints since. [Timeline of events](#). If you want to learn more read [Sen. Metzenbaum's Letter to Sen Hatch- from 2/3/86](#) and [Sen. Metzenbaum's Letter to Sen Hatch-A real eye opener from 2/25/86](#) or listen to <http://aspartame.com/fox5.rm> and watch <http://video.google.com/videoplay?docid=8256073011058536781&hl=en>

Aspartame is an [excitotoxin](#). What is an [excitotoxin](#) and what does it do? These are substances, usually amino acids, that react with specialized receptors in the brain in such a way as to lead to destruction of certain types of brain cells. For more info watch <http://www.youtube.com/watch?v=S8kgJfw699E>

Ever hear of the Gulf War Syndrome? What caused it? Saddam's chemical warfare? Go here for the answer <http://aspartamekills.com/mpvalley/index.htm>

Aspartame causes Long-Term Damage. It appears to cause slow, silent damage in those unfortunate enough to not have immediate reactions and a reason to avoid it. It may take one year, five years, 10 years, or 40 years, but it seems to cause some reversible and some irreversible changes in health over long-term use.

Abdominal Pain
Anxiety attacks
Arthritis
Asthma
Asthmatic Reactions
Bloating, Edema (Fluid Retention)
Blood Sugar Control Problems (Hypoglycemia or Hyperglycemia)
Brain Cancer (Pre-approval studies in animals)
Breathing difficulties
Burning eyes or throat
Burning Urination
Can't think straight
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 dizziness
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
"Like thinking in a fog"
Marked Personality Changes
Memory loss
Menstrual Problems or Changes
Migraines and Severe Headaches (Trigger or Cause from Chronic Intake)
Muscle spasms
Nausea or Vomiting
Numbness 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
Weight gain

Does Aspartame really cause death? Study more at <http://aspartamekills.com/>

Aspartame Disease Mimics Symptoms or Worsens the Following Diseases

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

Those who don't want to know the truth and who don't want to be responsible for what they eat and what they feed their children, say, "Everything is bad for you any more so just eat whatever you want." This may be somewhat true, but there are still some poisons that are more dangerous for your health and well being than others. Aspartame is one of the poisons that you should avoid because it breaks the blood-brain barrier and causes horrible damage.

This is only a small portion of the information available about aspartame. You may or may not want to learn more, but either way I highly recommend that you avoid using any products containing aspartame and that you educate your children about how and why to avoid it too.

Why hasn't aspartame been banned?

The answer is quite simple. There are thousands of companies using Aspartame in diet sodas, powdered drinks, gelatin, tea, cocoa, juices, frozen desserts, even vitamins and medications. This translates to billions of dollars worldwide. Far more profits than needed to provide agency officials with gratuities and/or very favorable future employment, politicians with campaign funds/PAC money, non-profit foundations with endowments, scientists with research grants, and the media with lots of advertising dollars.

In addition, who can blame the medical/insurance world for not accurately diagnosing a "disease" that fits no "mold", because each victim has different symptoms? Most of those doctors who know or suspect won't buck the system and lose money. Those who don't know (or don't WANT to know) can't be blamed for their "ignorance".

The end result is that EVERYONE makes out... *EXCEPT* the victims.
Anyone who uses Aspartame is victim weather they know it immediately or not.

A few die... but most just suffer and pay! Greed! A big factor in life!

If you want more information about aspartame go to www.dorway.com
<http://www.sweetpoison.com/>
<http://aspartamekills.com/>

If you can put your body, mind, and spirit into balance your body's own innate intelligence can repair itself. The best way I have found to do this is through the Layers of Light products. For more information go to www.2lolii.com/ucandoit or [watch the movie](#).

I wish for you knowledge, wisdom, good health, happiness & joy.