

**Revolutionize the way you think about health  
for yourself and your family**

September, 2014

A Note from Marilyn Sidwell regarding an email entitled 'Sweet Poison'.

I received an email that described a person who began a downhill health journey in October 2001. Her worst problem was severe muscle pain. Doctors performed tissue biopsies and prescribed medications. The problems persisted and she made plans for 'her last hooray'. The most likely diagnosis given to the lady was MS.

The following March her brother, referring to an email he had received, asked her if she drank diet soda? She responded that she did. He suggested that she stop the diet pop. She did, and within 32 hours she called him to report that the muscle spasms had gone away and she could walk. Their belief is that she had Aspartame poisoning and that avoiding its use saved her life.

The email references information from H.J. Roberts, M.D., F.A.C.P, F.C.C.P. In a reply submitted to Time Magazine he states that it is his professional opinion that Aspartame products should be removed from the market as an "imminent public health threat".

He labels the problem of the habitual consumption of "diet" products containing the chemical aspartame (marketed as 'Nutra Sweet', 'Equal', and 'Spoonful') as aspartame disease. He also labels it a clinical addiction. There are now over 5,000 products on the market that contain this deadly chemical, and there will be thousands more introduced. Read ALL labels carefully for this ingredient - even those foods that you have used in the past.

The symptoms reported in Dr Roberts' database of over 1,200 aspartame reactors include neurologic, psychologic, eye, endocrine, metabolic and pediatric ravages. He also believes these products can cause, aggravate or accelerate migraine, seizures, MS, diabetes and its complications, Alzheimer's disease and brain tumors.

Dr Roberts goes on to report his belief that many of those who suffer these symptoms of aspartame disease also have difficulty stopping its use due to violent and prolonged withdrawal reactions. He reported that the amounts of aspartame products consumed daily ranged up to six liters or 12 cans of sodas, 20 or more packets, and considerable gum. Withdrawal symptoms, including an intense craving, usually abated promptly upon resuming aspartame.

The email author goes on to report that when the temperature of this sweetener exceeds 86 degrees F, the wood alcohol in aspartame converts to formaldehyde, then to formic acid, the poison found in the sting of fire ants. Many people are diagnosed in error with MS. While MS is not a death sentence, Methanol toxicity that results from the breakdown of aspartame *is a death sentence*. Systemic lupus has become almost as rampant as MS, especially among diet pop drinkers.

When one considers the myriad symptoms caused by this artificial sweetener, it is no wonder it is considered by many to produce aspartame poisoning. Consider the following symptoms reported by aspartame users: tinnitus, fibromyalgia, spasms and cramps, shooting pains, numbness in the legs, vertigo, dizziness, headaches, joint pain, unexplainable depression, anxiety attacks, slurred speech, blurred vision or memory loss.

When these problems are the result of using aspartame they are easily reversed by stopping its use.

A quote from the email: "Diet soda is NOT a diet product! It is a chemically altered, multiple SODIUM (salt) and ASPARTAME containing product that actually makes you crave carbohydrates."

A diagnosis of diabetic retinopathy might in fact be a problem caused by aspartame, which drives the blood sugar out of control. Diabetic memory loss may actually be caused by the neurotoxicity of aspartic acid and phenylalanine when taken without the other amino acids necessary for a good amino acid balance.

Aspartame crosses the blood/brain barrier where it deteriorates the neurons. This causes problems such as seizures, depression, rage, manic depression, panic attacks, uncontrollable anger and rage. Documentation and observation reveal that some children diagnosed with ADD and ADHD have had complete turnarounds in behavior when this chemical is removed from the diet.

Dr Robert warns that aspartame can cause birth defects if it is being consumed at the time of conception and during early pregnancy. In his opinion, children should NEVER be given artificial sweeteners.

In his article on Sports, Athletics and High Energy Activities, Dr John Jones warns about the danger of drinking 'diet' pop. Aspartame seems to have a negative affect on young athletes. It has affected previously 'well' individuals such as pilots, drivers and athletes. Dr Jones quotes a CDC statistic "Over 460,000 people annually die of a disorder called sudden cardiac "death". This condition strikes otherwise healthy people who have experienced no obvious symptoms of heart disease prior to their abrupt deaths. This includes an alarming number of ... professional athletes." Read more at [jjConsulting.net](http://jjConsulting.net).

### **Sugar facts and Information**

The average person consumes 100 to 150 lbs sugar per year. 80 percent of that is consumed in soft drinks, candy, cereal and baked goods. If you don't use that much sugar, somebody else is consuming your share.

The term natural sugar refers to those sugars which are derived from plant material and not made in a laboratory. The definition of 'natural' is moot. For instance, the FDA will not allow the Sugar Association to label cane and sugar beet products as natural. Natural sweeteners are listed as barley malt syrup, blackstrap molasses, brown rice syrup, date sugar, evaporated white grape juice and evaporated whole cane juice, honey, maple syrup and granules, mixed fruit juice concentrate and stevia.

While we are on the subject of sugar, the world-wide increase in the consumption of high fructose corn syrup parallels the increase in overweight people and obesity **world wide!** Studies have shown that consumption of sucrose (which is glucose and fructose) and fructose (another sugar) promotes fatty liver disease. We recommend you read all labels carefully to avoid high fructose corn syrup.

A sugar substitute duplicates the effect of sugar in taste, usually with less food energy. Some of these are natural, some are synthetic. Six intensely sweet sugar substitutes have been approved for use in the US - Stevia, aspartame, sucralose, neotame, acesulfame potassium and saccharin. Natural sugar substitutes include sorbitol and xylitol. Wikipedia has a list of natural sugar substitutes which includes inulin, maltitol, mannitol, sorbitol, stevia and xylitol. Other natural sugar substitutes include agave, coconut and luo han.

*Remember the adage "all things in moderation"!*

*These statements have not been evaluated by the FDA. This information is not intended to diagnose, treat, cure or prevent any disease.*

Please visit the website of John W Jones, MD, MPH - [jjConsulting.net](http://jjConsulting.net). There you will find more articles, nutritional recommendations for common health conditions, and recipes.



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