

PRODUCT ALERT

Aspartame

(NUTRASWEET)

Aspartame is marketed in Australia under the trade names of "Equal" and "NutraSweet". Elsewhere also as "Spoonful" and "Equal Measure". Reports indicate that it is consumed by more people than any other synthetic product in history¹. In 1992, 14 million pounds (6.4 million kilograms) were consumed.

- Contained in: Antibiotic syrups, chewable and effervescent vitamins, foods of all description, diet drinks, lipsticks and many unlabelled products. There are no restrictions on its use in foodstuffs.
- Composition: Methyl alcohol (10% by weight), aspartate and phenylalanine.
- Decomposes to: Formaldehyde and formic acid.
- Relatives: Monosodium glutamate. Aspartates and glutamates differ by one methyl group and have similar undesirable effects.²
- Toxic Effects: Aspartates and glutamates are both excitatory amino acids. When excessive amounts of these are present in the brain they act as a neurotoxin destroying brain cells.
The phenylalanine component when combined with the aspartic acid from the aspartate and the methyl alcohol can deplete serotonin from the brain.
High levels of phenylalanine are associated with abnormal brain function and brain damage. Levels may reach 30-40 times normal in certain susceptible individuals producing PKU even in adults.
Medium to high doses in monkeys produced grand mal seizures in all test animals within 218 days.
- Symptomatology: Memory loss, depression and irritability, tinnitus, flicker vertigo³, flicker-induced epileptic activity, seizures, gradual loss of vision, dizziness, increased appetite⁴. Possibly also peripheral neuropathy, joint pain, fatigue, liver damage but these are unconfirmed.
In extreme cases it may induce suicidal tendencies. Brain cell damage may result in the symptoms of Alzheimers and Huntington's Chorea.

11/94

1. Mullarky, B.A & Newman, A.V "The hidden Effects of Aspartame" *Informed Consent* Sept/Oct 1994 35-39
2. Letter to Barbara Mullarky from Ralph Dawson Jnr, PhD, Assistant professor, University of Florida – Dept. of Pharmacodynamics (29 Jan, 88)
3. *Flying Safety* – a publication of the US Air force
4. Increased appetite by producing chemical changes in the brain. Leeds (England) University study.

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recommended by the American Diabetic Association, but that's because they are funded by Monsanto. Dr. Roberts has been a member for almost forty years and gave them an abstract of diabetic aspartame reactors but they refused to publish it. It was published in *Clinical Research* (Vol. 36, No. 3, 1988, 489A). I suspect they can't warn the diabetics this is a poison and at the same time, continue to take money from its manufacturer, Monsanto. You can be sure around October 1, the NutraSweet Company (Monsanto) will sponsor walk-a-thons for the ADA and distribute Equal shirts. One big problem is that diabetic patients can have diabetic retinopathy.

Many physicians don't realize when they [diabetics] are consuming aspartame what is really happening is that the patients are going blind. The methanol (wood alcohol), that blinded and killed skid row drunks during prohibition, converts to formaldehyde in the retina of the eye. That's why so many bleed and have retinal detachments. It's very tragic.

Even Dr. Russell Blaylock, neurosurgeon, who wrote *EXCITOTOXINS: THE TASTE THAT KILLS*, says that the ingredients in NutraSweet literally stimulate the neurons of the brain to death causing damage of varying degrees. This is written on the back of his book. He also says that aspartame can even trigger diabetes. It is no wonder that there are so many diabetics in this country.

The FDA in August 1995 listed the following symptoms from aspartame: Headaches, dizziness or balance problems, change in mood quality or level, vomiting and nausea, abdominal pain and cramps, change in vision, diarrhea, seizures and convulsions, memory loss, fatigue, weakness, rash, sleep problems, hives, change in heart rate, itching, change in sensation (numbness, tingling), grand mal seizures, local swelling, change in activity level, difficulty breathing, oral sensory changes, change in menstrual pattern, other localized pain and tenderness, other urogenital problems, body temperature changes, swallowing difficulty, other metabolic problems, joint and bone pain, speech impairment, miscellaneous gastrointestinal problems, chest pain, other musculo-skeletal problems, fainting, sore throat, other

other respiratory problems, edema, change in hearing, change in perspiration pattern, eye irritation, unspecified muscle tremors, petit mal, change in body weight, change in thirst or water intake, unconsciousness and coma, wheezing, constipation, other extremity pain, problems with bleeding, unsteady gait, coughing, blood glucose disorders, blood pressure changes, changes in skin and nail coloration, change in hair or nails, excessive phlegm production, sinus problems, simple partial seizures, hallucinations, any lumps present, dysmenorrhea, dental problems, change in smell, DEATH, other blood and lymphatic problems, eczema, complex partial seizures, swollen lymph nodes, hematuria, shortness of breath, difficulties with pregnancy, developmental retardation in children, change in breast size or tenderness, change in sexual function, shock, conjunctivitis, dilating eyes.

If you saw these many adverse reactions in the Physicians Desk Reference (PDR) of drugs, would you consider taking it?

Actually, it is a drug and was discovered by a Seattle chemist testing a peptic ulcer drug. Notice how they throw DEATH in the middle of those symptoms. Nice little sweetener! Barbara Mullarkey, a journalist in Oak Park, Illinois, has written about aspartame since it was approved and has written about those symptoms before. One article was titled: DEATH: THE ULTIMATE SYMPTOM!

Keep in mind when there were congressional hearings in Washington, aspartame was only in a few hundred products, but now the patent has expired and it is in 5000 products! You've got this drug in your coffee, in your soda, ice cream, gum, over the counter drugs, and prescription medications, and even in baked goods. You cannot heat aspartame because it becomes a witches brew of breakdown products, but the FDA forgot they said not to heat it and approved it in baked goods in 1993.

Do you wonder why it is triggering all these neurological diseases? Anything that changes the brain chemistry is disastrous! You should see what it does to a Parkinson's patient because it changes the dopamine level.

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