

FACTS ABOUT ASPARTAME OR NUTRASWEET

Because the patent on NutraSweet has expired, identifying logo symbols can no longer be used on package labels. The word NutraSweet can no longer be used in ingredient lists. Please read ALL ingredient lists of packaged products you use, especially gums and candies, to be certain they're free of aspartame. Please read this information about the physiological affects of aspartame and the scientific evidence against its safety.

Aspartame is a chemical. It is a synthetic compound of two amino acids (aspartic acid and phenylalanine) held in chemical bond by Methanol, which is wood alcohol. These two amino acids are isolated from other amino acids which go together to form protein. The body has no trouble metabolizing complete protein because it is done slowly. Aspartame is a tiny molecule, which the body cannot metabolize slowly therefore it goes directly into the bloodstream. When this molecule enters the bloodstream, the chemicals in aspartame break back down into Methyl Alcohol, Aspartic Acid & Phenylalanine. This is much like "mainlining" in drug use. Methyl Alcohol is poisonous to humans when it stands alone. When it appears in any other foods, it is always in combination with Ethyl Alcohol which counteracts or neutralizes the Methanol as it is metabolized. When Aspartame is heated above 85 degrees F (body temperature is 98.6), The wood alcohol in Aspartame converts to formaldehyde and then to formic acid (formic acid is the poison in the sting of fire ants), which in turn causes metabolic acidosis. This decomposition creates free standing Methyl Alcohol. Methanol toxicity mimics the symptoms of Multiple Sclerosis. Symptoms of Methanol poisoning include headaches, dizziness, numbness of the extremities, blurred vision, nausea, abdominal pain, insomnia, memory loss, slurred speech, mild to severe depression, hyperactivity, gastrointestinal disorders, seizures (including Grande Mal), skin lesions, rashes, anxiety attacks, irregularity or loss of menstrual cycle. Symptoms of aspartame reaction are the same.

Individuals who have the inability to metabolize phenylalanine suffer from Phenylketonuria or PKU. They become retarded if the intake of phenylalanine isn't restricted. Infants are not tested for PKU. There are as many as 20 million Americans who are carriers of the PKU gene but are not Phenylketonuric. This means that one parent can have a single PKU gene and the other can have two genes, which are paired. Children of this couple will be intolerant to Aspartame. The test for PKU carriers is not done unless it is requested. You can be a carrier and not know. If both parents have the gene, the baby will be PKU. Pregnant women should not use Aspartame. It causes birth defects. The phenalalanine concentrates in the placenta causing mental retardation.

When aspartame is taken in combination with carbohydrates, the Aspartame causes the brain to cease production of Seretonin. Seretonin sends the message out that you have satisfied your desire to eat carbohydrates. Depletion of Seretonin will cause you to crave more carbohydrates and feel more hungry.

The FDA gave Aspartame the approval for public use in 1974, then rescinded that approval before it could be put into production. This was due to reports of unsure safety and unsuitable research practices on the part of G. D. Searle. In 1980, an in house FDA panel of scientists recommended that the agency withhold approval until further testing could be done. They were not certain that the substance had been proven to be safe and that it did not cause brain tumors. The testing by Searle was done before 1975.

Only ninety of the one hundred and thirteen tests were submitted. All of these tests were called into question by the Special Task Force. One of the FDA scientists, Dr. Adrian Gross, says that Searle "had tumors removed from laboratory animals before presenting the data for the FDA". He also says that autopsies, which normally are performed upon the death of an animal, were put off for months. The animal tissues were so decomposed by this time that they could not be identified. The allegation is that Searle provided only the information they wanted the FDA to review. The FDA does not do any testing or research on its own. The acting FDA commissioner, Arthur Hull Hayes, newly appointed by the Reagan Administration, overruled recommendation of the FDA scientists and authorized the license for Aspartame in April 1981. This approval was strictly for use in dry form only. In 1983, aspartame was approved for use in carbonated beverages by commissioner Hayes, who left his post two months later and went to work for a firm that represents Searle's NutraSweet account in advertising. In the summer of 1984, the National Soft Drink Association prepared a 31 page protest against the use of aspartame in carbonated beverages before the approval was granted by the FDA. It cited in great detail the controversy surrounding the use of aspartame and the question of Searle's laboratory research practices. Somehow, The Association was mysteriously convinced that all of their concerns were unfounded and the protest was not presented. It has been alleged that they were "Offered a cheaper price for purchasing aspartame and that since one company had already started using NutraSweet in its soft drinks, they could not be left out of the profits". Sources say the FDA assumed that most people would not consume over one diet soft drink per day. There are 92 documented symptoms from aspartame ranging from headaches to death. The majority of the symptoms are neurological because aspartame destroys the nervous system.

There have been over 7,000 complaints registered with various consumer groups against aspartame.

On May 7th, 1985, an amendment to put labeling on all products containing aspartame, showing the amount that is in the product and how much could safely be consumed, was voted down. It was sponsored by Senator Howard Hetzenbaum - Dem - Ohio. He would have also instituted independent studies on the problems existing in the population (seizures, change in brain chemistry, behavioral symptoms). At the World Environmental Conference on "Aspartame marketed as 'NutraSweet', 'Equal' and 'Spoonful'", the EPA announced in their keynote address that there was an epidemic of multiple sclerosis and systemic lupus and that they did not understand what toxin was causing this to be rampant across the United States. Cases of multiple sclerosis and systemic lupus are being diagnosed when methyl toxicity is really the culprit. These individuals, when taken off the aspartame recovered.

This applied to people experiencing tinnitis, fibromyalgia, spasms, shooting pains, numbness in the legs, cramps, vertigo, dizziness, headaches, slurred speech, blurred vision, memory loss, joint pain, depression and anxiety attacks. There were congressional hearings when aspartame was in 100 products. Since this initial hearing, there have been two subsequent hearings but nothing has been done. Now there are over 5,000 products containing aspartame. At the time of the first hearing, people were going blind. The methanol in the aspartame can convert to formaldehyde in the retina of the eye. Formaldehyde is grouped in the same class of drugs as cyanide and arsenic, deadly poisons. Aspartame changes the brain's chemistry. It can cause severe seizures. It changes the Dopamine level in the brain. Imagine what this drug does to patients suffering from Parkinson's Disease. Formaldehyde gets stored in the body's fat cells. Particularly in the hips and thighs. Dr. Roberts reports that the average weight loss experienced after stopping the intake of Aspartame was 19 pounds. Memory loss is due to the fact that aspartic acid and phenylalanine are neurotoxic

without other amino acids found in protein. Thus it goes past the blood brain barrier and deteriorates the neurons of the brain. Dr. Russell Blaylock, neurosurgeon has written a book, "Excitotoxins: The Taste That Kills" Health press, 1-800-643-2665.

Dr. H.J. Roberts, diabetic specialist and world expert on Aspartame Poisoning has also written a book Entitled "Defense Against Alzheimer's Disease" , 1-800-814-9800. Dr. Roberts tells how Aspartame Poisoning is escalating Alzheimer's Disease. Women are being admitted at 30 years of age with Alzheimer's Disease. Dr. Roberts says his Diabetic patients presented with memory loss, confusion and severe loss of vision. Because Aspartame contains phenalalanine, it breaks down the seizure threshold and depletes Seretonin. This causes seizure activity, manic depression, panic attacks, rage and violence. Monsanto, the creators of Aspartame know how deadly it is. They fund the American Diabetes Association, American Diatetic Association, Congress and the Conference of the American College of Physicians.

The New York Times ran an article on November 15, 1996 about how the American Dietetic Association takes money from the food industry to endorse their products. Therefore, they cannot criticize any of their additives or tell about their link to Monsanto.

Aspartame Disease is partially responsible for the mystery of the Dessert Storm health problems.

Pallets of diet drinks were shipped to the troops. The pallets sat out in the 120 degree Arabian sun for weeks at a time. The service men and women drank them all day long. All of their symptoms are identical to aspartame poisoning.

More information is available at www.dorway.com

The Aroma Industry

In 1989, 133 of 850 cosmetics manufacturers registered with the FDA (out of an estimated four to five thousand such manufacturers) disclosed 12,915 adverse consumer reactions to 1513 products. That's an average of 12 complaints per product from a tiny fraction of the total number of cosmetic manufacturers.

Representative Wyden gave NIOSH an industry provided list of 2,983 chemicals used by the cosmetics industry. When NIOSH compared those chemicals with their registry of chemicals with toxic effects, it found that 884 cosmetic ingredients had been reported to the government as toxic substances. The inescapable fact is that almost one third of the ingredients in cosmetics have had some toxic effect on human beings. Who knows how many toxic affects have gone unreported?

In 1955, Musk Tetralin (AETT) was introduced into fragrance preparations without testing for chronic toxicity and in 1977, it was voluntarily withdrawn by the fragrance industry after repeated exposure to the unbroken skin of rats had demonstrated degeneration of brain neurons and structural changes in the spinal cord and the nerves supplying the limbs. An unusual early sign was increased irritability. Though the industry stopped using AETT and took the evidence of

ill-effects to the FDA, that agency chose not to regulate on that particular compound, "so it can be introduced at any future time".

Nerve cells do not reproduce. A lifetime of chemical exposure will eventually result either in subtle behavioral changes or more likely, neurological deficits. What little private neurotoxicity research that exists, is not reassuring. Aroma chemicals that have been toxic in laboratory animals are:

Cyclohexanol - lethargy, spasms, central nervous system depression
Linalool - lethargy, depression, respiratory disturbances leading to death
Methyl Ethyl Ketone - narcosis, emphysema, liver and kidney damage
Eugenol - intoxication
Musk Ketone - blood and liver disorders*

According to International Flavors & Fragrances' 1989 figures, Linalool occurred more often in perfumes, household products and soaps than any other aroma chemical and was fifth in average concentration in perfumes, with Eugenol the twenty-fifth and Musk Ketone the fifteenth.

With the demand for marketable scents, use of aroma chemicals is probably on the increase.

Unless laws are changed, you are not likely to see any of these names on perfume labels.

Only recently has the media paid any attention to the possible neurotoxicity of fragrance chemicals.

Most sources such as Ruth Winter's Consumer Dictionary of Cosmetic Ingredients, have concentrated on "allergic contact dermatitis". This is perhaps understandable, as cosmetics are intended to be applied to the skin, as they were in the experiments with laboratory rats. It is also understandable but not fully understood that cosmetics applied to the skin move through the skin and into the bloodstream.

"Skin absorption is so good that more and more prescription medicines are being manufactured in patch form. People who slather creams, colognes, lotions and oils on their skin do not realize that it is just like eating them, for they reach the bloodstream as if they had been eaten." Cautions Dr. Sherry Rogers.

Now, with second hand or "Sidestream" exposure to perfumes, cosmetics and other scented products, more and more people are being sickened by "skunk" mail and from others' use of personal care products like scented detergents and fabric softeners, which continue to "out-gas" from users clothes. A Castro Valley survey found that all of the following symptoms from perfume exposure were reported by more than half of the 427 people responding to the survey: Headache, Sneezing, Inability to Concentrate, Spaciness, Mood Changes, Sinus Troubles, Watery Eyes, Restlessness, Dizziness, Nausea, Depression, Short Term Memory Lapses and Sleepiness. Contact Dermatitis? No. But plenty of indications of nerve-related problems and possible nerve-cell damage.

Keeping toxic chemicals out of scented products will take new laws. However, this may not be as difficult as it sounds: people tend to complain of the same

scents over and over. While listing all ingredients may be impossible (one perfume, Red is said to have as many as 600 ingredients). Congress could mandate a testing of the most suspect perfumes and cosmetics for toxicity. As Representative Wyden says, "It's incredible that the \$18 billion cosmetic industry can urge millions of Americans to apply chemicals to their bodies daily and not be responsible."

So called fragrance houses know the ingredients in their perfumes but they do not have to reveal them on the label or to the FDA. One major cosmetics manufacturer, Avon, supplies customers with a brochure listing approximately five hundred natural and synthetic ingredients in their products but does not specify which ingredients are in which products. An ingredient list on most aroma products reads "Water, Alcohol, Fragrance" , The fragrance is usually aroma chemicals. Companies whose product ingredients are natural will list the essential oils as such.

The overwhelming trend is toward aroma chemicals, which can cost less than \$10 a pound compared to more than \$10,000 per pound for natural oils like Tuberose or Jasmine. It takes a lot of Rose petals to make a true Rose perfume. It was found that about 95% of ingredients in perfumes were synthetic compounds.

Modern perfumes and cosmetics now tend to be made from petroleum and coal, not flowers and plants.

Some of the ingredients in these products are "xenobiotics" - alien, foreign substances, not natural, familiar ones that our bodies are used to handling and detoxifying. Hence, some of us are getting sick from them, regardless of how wonderful they may smell.

When you smell anything, perfume or not, the molecules enter your body through both your nose and your skin. Those molecules on your skin move into your bloodstream . Those molecules you inhale move from your nostrils along the sensory nerve to the brain'' olfactory bulb, with some going on to the brains limbic system to be translated into memory or emotion.

Another significant health effect related to perfume exposure is asthma, which can be life threatening. A 1987 Swedish study of 680 patients with asthma or rhinitis found that perfumes and tobacco smoke caused irritation in 98% of the asthmatics and 67% of the rhinitis patients.

In the U.S., a controlled study by two pulmonary physicians found that asthmatic patients experienced substantial declines in lung capacity when exposed to perfume frequently mentioned as causing asthma. Their survey of sixty patients discovered that fifty-seven found their asthma worsened by one or more odors, including insecticide, household cleaning agents, perfumes and cologne, cigarette smoke, fresh paint, automobile exhaust or gas fumes and cooking smells.

Twenty three patients had gone to emergency rooms for treatment, with nine being hospitalized. Several reported experiencing asthma attacks at home or at work and then finding out later that someone had been wearing heavy perfume. The odors that caused asthma were not necessarily unpleasant and many noxious odors failed to produce asthma. The researchers wrote, "Pure noxiousness, evidently, is not the issue. Nevertheless, you'd never want to stand next to an asthmatic if you are wearing perfume, at least that's what the nation's ten million asthmatics might wish".

A Long Island woman who suffered severe headaches, a stiff neck, fainting spells and tingling sensations in her hands for seven years had been tested and unsuccessfully treated by neurologists, psychiatrists, neck and back specialists and blood specialists heard about a pediatrician who recommended avoidance of certain common products. "After spending thousands of dollars on doctors and tests" she figured, "What could it hurt to buy new soaps and deodorants?" She threw out all of her personal care products, washed her linens and clothes several times and stopped using perfumes. This was the cure for her years of suffering. The damage to her health was reversible - as long as she avoids exposures.

In 1989 a New York woman spent eleven days in a hospital in critical condition with an asthma attack after a Bloomingdale's employee spritzed her with perfume without her permission. Though she heard a voice behind her in the store, she was sprayed before she had a chance to respond. Winning \$75,000 from her law suite against the store, she nevertheless feels she is still not back to normal. "Getting sprayed turned my whole life upside down", she said.

From "Staying Healthy in a Toxic World" By C. Lawson

These guidelines for removing toxic fragrances from your environment include Glade plug ins, traditional spray air fresheners, scented candles & most commercially sold incense and bath products. Retailers like CrabTree & Evelyn and The Body Shop are NOT selling healthy fragrances.

HEALTHY FRAGRANCES:

Healthy fragrances are available at most health food stores!
Made with pure essential oils and no artificial ingredients or coal tar carrier oils.
Look for the brand names "Auric Blends", "Ecco Bella", "Aura Cacia", and others...
Begin to use naturally fragranced body care products, such as 'Jason' brand shampoos, conditioners and moisturizers. Dr. Bronner's Castile soap. Healthy deodorants and toothpastes as well.

What's In Your Flu Shot?

First, A combination of three different viral strains of flu, which are suspected will cause epidemics this year (there are hundreds of different strains of flu virus that could affect you). Next, A combination of ingredients are used to keep the formula stable, and to (hopefully) prevent the different strains in it from getting together to form new strains (we believe this doesn't work, which is partially why we have worse flus now than a few decades ago).

Here they are, you decide:

Ethylene glycol (anti-freeze)
Phenol (carbolic acid, a disinfectant and dye) Formaldehyde (a known cancer causing agent) Aluminum (associated with Alzheimer's, seizures, used as an additive to promote antibody response) Thimerosal (a mercury based disinfectant

and preservative, can injure the brain & autoimmune system.) Neomycin & Streptomycin (antibiotics) According to an insert I received from Aventis, makers of vaccines, FluZone, as well as all other vaccinations, contain 49.5% Mercury.

How Effective Are Flu Shots?

Many people who receive flu vaccines still get the flu. Often times after receiving the vaccine, people report having 'flulike' symptoms, but regain health in a few days, only to contract the full blown virus within the next three weeks. The immune system works in three week cycles, so this makes sense.

What Other Options Are There To Avoid The Flu?

Take hot baths (pathogens cannot survive in elevated temperatures), wash hands frequently, do not touch public handrails and doorknobs, breathe through your nose, drink hot green tea.

Get to the health food store for :

Arabinogalactin, a substance from the Larch tree which is an immune booster, stronger than Echinacea (Echinacea leaves the system every two hours. Doses should be around 500mgs. every two hours to be effective). Eclectic Institute makes it in a powder or tablet, called Atomic Echinacea. Nature's Plus has a product called ARA-6. Using this substance (3-6 grams daily) at the first symptom, mixed with Alacer Corporation's product, 'E-Mergen-C' will stave off colds, sore throat and flu. If you don't feel better after a couple of doses, use the Homeopathic remedy called 'Oscillocochinum'. Directions on the box. Homeopathy must be dissolved in the mouth when you haven't had anything to eat or drink for 15 minutes. Wait 15 minutes after the pellets dissolve before eating or drinking.

DANGERS OF CONVENTIONAL SANITARY PRODUCTS

An American woman uses as many as 11,000 tampons in her lifetime. Most tampons sold by companies such as Tampax, OB, Playtex and Kotex are made of Rayon or Rayon-Cotton blends. Rayon is a wood bleached derivative commonly bleached with Chlorine. It also contains Dioxin, an organochloride formed during the bleaching process. Dioxin is potentially carcinogenic and is toxic to the immune and reproductive systems. Women who are exposed to Dioxin related compounds are at risk for endometriosis, a disease that causes the cells that line the uterus to go out into the abdomen and attach themselves to the ovaries, tubes, abdominal lining or intestines. These "lesions" bleed every month but the blood has nowhere to go. This causes scarring and intense pain.

Dioxin is better known as Agent Orange and was used during the Vietnam War to defoliate plants. Last September the Environmental Protection Agency (EPA) reported that there really is no set "acceptable" level of exposure to Dioxin - given that it is cumulative and slow to disintegrate. The real danger comes from repeated contact. Menstruating women spend approximately 5-10 days a month (12.5 - 30% of their reproductive lives) in contact with Dioxin as a result of using standard commercial sanitary products.

Tampons are especially hazardous because they are in direct contact with the mucous membranes of the vagina. These fragile tissues absorb drugs and chemicals even more easily than the outer skin. As if that weren't bad enough, fibers from tampons are usually left behind, prolonging exposure to Dioxin.

Tampons containing rayon instead of pure cotton are more dangerous. Rayon is a highly absorbent substance and increases the potency and length of exposure to Dioxin. This factor is also what increases the risk of toxic shock syndrome (TSS). A New York University School of Medicine study, published in the July 1994 issue of "Infectious Diseases in Obstetrics and Gynecology", suggested that rayon contains the Staphylococcus aureus bacteria, which causes TSS. When researchers tested 20 varieties of tampons for their ability to induce TSS toxins, the bacteria were detected in all U.S. brands.

It is absolutely crucial to your health to stop using products that are bleached and contain rayon. The good news is that there are a few alternative products also on the market that are free of bleaches, chemical absorbency enhancers, waxes, perfumes, surfactants and rayon. Natracare, a British company, makes tampons and panty-liners that are bleached with hydrogen peroxide. Hydrogen peroxide has no negative affect on human health or the environment. Natracare products are found in health food stores. In addition, Seventh Generation is a company that makes many natural alternatives to toxic household products, including tampons. Call 1-800-456-1177 to order a catalog.