

# *Warning! NutraSweet is a Neurotoxin*

In May 1992, the official U.S. Air Force Magazine, *Flying Safety* explained: "In pregnancy the effects of aspartame can be passed directly to the fetus, even in very small doses. People have suffered aspartame-related disorders with doses as small as that carried in a single stick of chewing gum. This could mean a *pilot who drinks diet sodas is more susceptible to flicker vertigo or to flicker-induced epileptic activity. It also means that all pilots are potential victims of sudden memory loss, dizziness during instrument flight and gradual loss of vision.*" Aspartame is sold by Monsanto Chemical Co. as NutraSweet and EQUAL, and now under other names by other producers.

Pilots have experienced grand mal seizures in the cockpits of commercial airline flights and have lost their medical certification to fly, and three have died this year from aspartame. The US Food and Drug Administration (FDA) has received more than 10,000 consumer complaints on NutraPoison, that's 80% of all complaints about food additives. Still FDA remains comatose and has done nothing to alert the public, who assume that since it's so highly advertised, it must be as safe as mother's milk. The FDA consistently approves killer drugs as OMNI Magazine reported: "51% of FDA approved drugs have serious risks and could cause adverse reactions that lead to severe or permanent disability of death" [MAY '94]

The CDC, Johns Hopkins University and the New Jersey School of Medicine estimates that 80-120,000 Americans die from prescription drugs each year. This atrocity has everything to do with money and nothing to do with public health. Monsanto reaps at least a billion annually from its Aspartame toxic bonanza. This can and does buy a lot of bureaucrats! Does FDA mean **FATAL DRUGS ALLOWED?** FDA works for industry, not citizens. Ronald Reagan's FDA head Arthur Hayes overruled his own board of inquiry to approve NutraSweet, then hired on with their public relations firm. Federal attorney Sam Skinner was assigned to prosecute the G. D. Searle Co. for the fraudulent tests they used get this poison approved, but Sam switched sides and went to work for Searle's lawyers and the case died when the feds let the statute of limitations run out. Later we found Sam working for George Bush. [Monsanto acquired Searle, original producer of NutraSweet]

***If you are using aspartame and have headaches, depression, slurred speech, loss of memory, fibromyalgia, loss of sensation or shooting pains in lower legs, loss of equilibrium, vertigo, anxiety attacks, chronic fatigue, vision loss, floaters, retinal detachment, seizures or heart palpitations, you may have ASPARTAME DISEASE! Many physicians diagnose multiple sclerosis what is simply methanol poisoning from aspartame, mimicking MS. Get off this killer drug now! MS is not a death sentence but methanol poisoning is! CARDIAC ALERT: aspartame triggers abnormal heart action and can lead to complete heart failure, sudden death!***

An honest FDA toxicologist, the late Dr. Adrian Gross wrote to Senator Howard Metzenbaum: "The views of the FDA's Center for Food Safety read like a script written for Abbott & Costello in the sense of their having perceptions inside-out and upside-down. FDA may have gone through the motions...such a "process" or dance represented a farce and a mockery." Aspartame is a molecule composed of three components: aspartic acid, phenylalanine and methanol. Once ingested, the methanol (wood alcohol that has killed or blinded thousands of skid row drunks) converts to formaldehyde, then formic acid [ant sting poison]. Formaldehyde is deadly embalming fluid, a Class A Carcinogen. Phenylalanine and aspartic acid are toxic when unaccompanied by the other amino acids in proteins. Aspartic acid caused brain lesions in experimental animals. The FDA report listed 92 documented symptoms, including:

<b>Numbness</b>	<b>Headaches</b>	<b>Fatigue</b>	<b>Vertigo</b>	<b>Nausea</b>	<b>Palpitations</b>
<b>Weight Gain</b>	<b>Dizziness</b>	<b>Irritability</b>	<b>Anxiety</b>	<b>Memory Loss</b>	<b>Blurry Vision</b>
<b>Rashes</b>	<b>Seizures</b>	<b>Blindness</b>	<b>Tinnitus</b>	<b>Joint Pain</b>	<b>Depression</b>
<b>Hearing Loss</b>	<b>Spasms</b>	<b>Addiction</b>	<b>Loss of Taste</b>	<b>Insomnia</b>	<b>Weakness</b>

NutraSweet is found in thousands of foods and on every restaurant table for the same reasons tobacco is everywhere: **Greed, Addiction and Profit.** If you take other medicine consider possible reactions aspartame may cause. One Pivotal Study submitted for aspartame approval was a 52-week oral toxicity infant monkey study (SC18862). "All animals in the medium and high dosage groups exhibited seizures. The seizures were of the Grand Mal type. One monkey, M38, died after 30 days." The report makes this conclusion: "The convulsions in the monkeys are correlated with and can be attributed to high serum phenylalanine levels." This research proved aspartame triggers seizures in monkeys. The seizures stopped when it was discontinued. They took the "no aspartame test" and got well. ***Don't let your family be their next monkeys!***

## **SOME DISEASES TRIGGERED BY ASPARTAME:**

<b>Brain Tumors</b>	<b>Multiple Sclerosis</b>	<b>Epilepsy</b>	<b>Fibromyalgia</b>	<b>Graves Disease</b>
<b>Chronic Fatigue</b>	<b>Epstein Barr</b>	<b>Parkinson's</b>	<b>Alzheimer's</b>	<b>Diabetes</b>
<b>Mental Retardation</b>	<b>Lymphoma</b>	<b>Birth Defects</b>	<b>Systemic Lupus</b>	<b>DEATH!!</b>

Researchers at the Massachusetts Institute of Technology surveyed 80 people who had brain seizures after consuming aspartame. Said the Community Nutrition Institute: "These 80 cases meet the FDA's definition of an imminent hazard to the public health, which requires the FDA to expeditiously remove a product from the market." America is seeing a tremendous increase in seizures. Phenylalanine in Aspartame lowers the seizure threshold in the brain and blocks serotonin production. Our nation is swept by an epidemic of violence, which researchers attribute, in part, to low brain serotonin levels, including depression, rage and paranoia. NutraSweet isn't food: just sweet chemical poison. The Romans sweetened their wine with lead; recall what it did for Nero!

**MISCARRIAGES and INFERTILITY:** Fetal tissue cannot tolerate methanol or phenylalanine! Dr. James Bowen calls NutraSweet "instant birth control". So sorrowful women sipping diet sodas throng fertility clinics. How sad! Emory University Professor of Pediatrics and Genetics, Dr. Louis Elsas, testified before Congress in 1987: "Aspartame is a well-known neurotoxin and teratogen (causes birth defects). In some as yet undefined dose, aspartame will irreversibly in the developing child or fetal brain produce adverse effects. **THE PLACENTA CONCENTRATES PHENYLALANINE AND THIS CAUSES MENTAL RETARDATION**".

In tests on animals, aspartame produced brain and mammary tumors. So breast cancer is exponentiating! According to the National Soft Drink Association [NSDA], at 86 degrees F, aspartame breakdown gets into high gear. Truckloads of diet soda sat in the Arabian sun during Operation Desert Storm, so for months thousands of healthy American men and women drank formaldehyde cocktails. They came home with Gulf War Syndrome!

The NSDA, representing 95% of the soft drink companies in the U.S. drafted protest, printed in the Congressional Record of May 7, 1985, describing aspartame's instability. After a few weeks in a hot climate, most of the aspartame in a soda can, will be broken down. [Into formaldehyde, methanol, formic acid diketopiperazine, aspartylphenylalanine, beta aspartame, tyrosine, L-Dopa, dopamine, norepinephrine, epinephrine, phenylethylalanine, phenylpyruvate, phenylactic acid, etc.] NSDA wanted aspartame outlawed from soda pop! It didn't happen. The cash registers began to jingle, so they forgot their objections. It also slipped their mind to tell us aspartame makes you crave carbohydrates, due to serotonin depletion, so you gain weight! The formaldehyde stores in fat cells, particularly on the hips and thighs. Since NutraSweet hit the market, obesity has become epidemic! *If you want to be fat, Diet Coke is where it's at!* Later you can have diabetes, blindness, chronic fatigue, MS depression and death.

The American Diabetic Association gets megabucks from NutraSweet, so they ignored a 1987 abstract by diabetic specialist Dr. H. J. Roberts which summarized 58 diabetic aspartame reactors. He says "I now advise ALL patients with diabetes and hypoglycemia to avoid aspartame." NutraSweet pays off the American Dietetic Association also. These world class Jell-O makers actually admit that Monsanto writes their material. Neurosurgeon, Russell Blalock states in his book, *Excitotoxins, the Taste that Kills*, [800-643-2665] "What really concerns me about aspartame is its association with brain tumors as well as pancreatic, uterine and ovarian tumors and that so many develop Alzheimer's-like syndrome."

NutraSweet/Equal/Spoonful are the deadliest toxins in our society because of their ubiquitous presence in thousands of foods like children's vitamins, medicines, Kool Aid, Jell-O and on every restaurant table. We're dosed with millions of pounds per year! The following warning should be on all aspartame products: **CHEMICAL POISON: KEEP OUT OF REACH OF HUMANS! GENOCIDAL!**

## WHAT CAN YOU DO? TELL EVERYBODY!

Mission Possible's only objective is to save lives and health by eliminating aspartame. This flyer has been translated into more than a dozen languages and has reached millions of readers. **PLEASE MAKE COPIES** for your friends, school, workplace, lawmakers, merchants and physicians. For a complete press package, please send \$25 donation to:

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**Aspartame, Is It Safe? Sweetener Dearest, Defense against Alzheimer's Disease**

**Russell Blalock, MD Excitotoxins, The Taste that Kills; available through Health Press at (800) 643-2665**