

NutraSweet

The NUTRASWEET Syndrome

"NutraSweet ... is a truly insidious product."

"Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; and put bitter for sweet, and sweet for bitter!"

- Old Testament, Isaiah 5:20

Sightings from [*The Catbird Seat*](#)

~ * ~

From: Dr. Louise Jones, ND

The Aspartame Conspiracy

IS THERE ANY ASPARTAME IN WHAT YOU EAT?

In a nutshell aspartame destroys the brain, the optic nerve and the central nervous system and ravages every organ in the body. It triggers an irregular heart rhythm and doctors not realizing aspartame is a drug and not an additive, medicate these patients, the drugs interact and there have been cases of complete heart block and sudden death. The drug also interacts with other drugs - changes brain chemistry and changes the dopamine level of the brain.

It triggers all kinds of neurological diseases including **Parkinson's Disease**.

You probably heard that **Michael Fox** has it, and already has had surgery trying to stop the tremors. He advertised **Diet Pepsi** and was using it. Now, its bad enough to trigger Parkinson's but to continue to use it when it changes the dopamine level of the brain, means it can easily kill him - soon. Several on our list have written him letters and I'm trying to get someone in Hollywood to get to him personally and warn him off.

Another thing people need to know is that aspartame is being put in foods without labeling and this is very serious - and it has been estimated to be present in over 9000 products...

If you are wise, you will stop buying "packaged" food and prepare your own from scratch. This

way you will know what it contains. . . .

* * *

Granitic Believers

by Nancy Markle

G.D. Searle, the pharmaceutical firm that introduced **NutraSweet**, worked symbiotically with federal and congressional officials, **bribed investigators when violations of law were exposed, "anything" to move aspartame to market.**

As far back as 1969, an internal Searle "strategy memo" concluded the company must obtain FDA approval to outpace firms competing for the artificial sweetener market. Another memo in December 1970 urged that FDA officials were to be "brought into a subconscious spirit of participation" with Searle.

To that end, with enormous profits at stake, the pharmaceutical house set out on a long struggle **to transform the Pentagon's biochemical warfare agent into "the taste Mother Nature intended"**.

The official story is that aspartame was discovered in 1966 by a scientist developing an ulcer drug (not a "food additive"). Supposedly he discovered, upon carelessly licking his fingers that they tasted sweet. Thus was the chemicals industry blessed with a successor to saccharine, the coal-tar derivative that foundered eight years later under the pressure of cancer concerns.

Aspartame found early opposition in consumer attorney James Turner, author of *The Chemical Feast* and a former Nader's Raider.

At his own expense, Turner fought approval for ten years, basing his argument on aspartame's potential side effects, particularly on children.

His concern was shared by Dr. John Olney, Professor of neuropathology and psychiatry at Washington School of Medicine in St. Louis.

Dr. Olney found that aspartame, combined with MSG seasoning, increased the odds of brain damage in children.

Other studies have found that children are especially vulnerable to its toxic effects, a measure of the relation between consumption and body weight. The FDA determined in 1981, when the sweetener was approved, that the maximum projected intake of Aspartame is 50 milligrams a day per kilogram of body weight. A child of 66 pounds would consume about 23 milligrams by imbibing four cans of **Diet Coke**. The child might also conceivably down an aspartame-flavored snack or two, nearing the FDA's projected maximum daily intake.

Dr. William Partridge, a professor of neuroendocrine regulation at MIT, told *Common Cause* in August 1984 that it wouldn't be surprising if a child - **"confronted with aspartame contained in iced tea, chocolate milk, milk shakes, chocolate pudding, pie, Jello, ice cream and numerous other products" - consumed 50 milligrams per kilogram in a day.**

Internally, aspartame breaks down into its constituent amino acids and methanol, which degrades into **formaldehyde**. The FDA announced in 1984 that "no evidence" has been found to establish that the methanol byproduct reaches toxic levels, claiming that "many fruit juices contain higher levels of the natural compound."

But the *Medical World News* had already reported in 1978 that ***the methanol content of aspartame is 1,000 times greater than most foods under FDA control.***

NutraSweet, the "good stuff" of sentimental adverts, ***is a truly insidious product.***

According to independent trials, aspartame intake is shown by animal studies to alter brain chemicals affecting behavior. Aspartame's effects on the brain led Richard Wurtman, an MIT neuroscientist, to the discovery, as recorded in *The New England Journal of Medicine* (No. 309, 1983), ***that the sweetener defeats its purpose as a diet aid, since high doses may instill a craving for calorie-laden carbohydrates.***

One of his pilot studies found that the NutraSweet-carbohydrate combination increases the "sweetener's effect on brain composition." Searle officials denigrated Wurtman's findings, but the **American Cancer Society** has since confirmed the irony - after tracking 80,000 women for six years-that ***"among women who gained weight, artificial sweetener users gained more than those who didn't use the products,"*** as reported in *Medical Self-Care*.

(Since his battle with G.D. Searle, Wurtman founded Interneuron Pharmaceuticals, Inc., the producer of a sports drink that enhances athletic performance, and a weight loss drug marketed in over 40 countries. Wurtman's share of the company, established in 1989, was worth \$10 million by 1992).

Even more daunting are the findings of Dr. Paul Spiers, a neuropsychologist at Boston's Beth Israel Hospital, ***that aspartame use can depress intelligence.*** For this reason, he selected experimental subjects with a history of consuming it but unaware that they might be suffering ill effects.

The subjects were given **NutraSweet** in capsules of the FDA's allowable limit. Spiers was alarmed to discover that they developed ***"cognitive deficits."***

One of the tests required recall of square patterns and alphabetical sequences, becoming increasingly more difficult. The test is challenging, but most people improve as they learn how it is done. The aspartame users, however, did not improve.

"Some frankly showed a reverse pattern," said Spiers."

Aspartame has been shown to erode short-term memory.

At the May, 1985 hearings on **NutraSweet**, Louisiana Senator Russell Long related a bizarre anecdote:

SENATOR LONG: I have received a letter recently from a person who is well known to me and whose word is impeccable, as far as I am concerned. This person told me that she had been dieting and she had been using diet drinks with aspartame in it. She said she found her memory was going. She seemed to be completely losing her memory. When she would meet

people whom she knew intimately, she could not recall what their name was, or even who they were. She could not recall a good bit of that which was going on about her to the extent that she was afraid she was losing her mind. . .

In due course, someone suggested that it might be this **NutraSweet**, so she stopped using it and her memory came back and her mind was restored.

Senator Howard Metzenbaum replied that he had received ***"a number of letters from doctors reporting similar developments. . . There have been hundreds of incidents of people who have suffered loss of memory, headaches, dizziness, and other neurological symptoms which they feel are related to aspartame."***

Senator Orrin Hatch, a hidebound archconservative and **NutraSweet** advocate, downplayed criticism of the sugar substitute.

"Some people have lost their memory after drinking a variety of things," he argued. "The bottom line is this: The studies supporting aspartame's approval have been examined and reexamined. More than enough sound, valid studies exist to demonstrate aspartame's safety."

Hatch of Utah, reports the *Wall Street Journal*, has "given his strong support of the pharmaceutical industries."

So have the "**Hatchlings**."

David Kessler, FDA Commissioner under presidents Bush and Clinton, was once an aide to Orrin Hatch. Hatch's former campaign manager and aide, **C. McClain Haddow**, ***was sentenced to prison for conflict-of-interest charges arising from his work as a Reagan administration health official.***

And **Thomas Parry**, Hatch's former chief of staff, has carved a sumptuous life for himself as a Republican fund-raiser and lobbyist with clients in the pharmaceutical industry. All told, Parry represents 30 clients, including **Eli Lilly**, **Warner-Lambert**, and **Johnson & Johnson**, not to mention ranking **defense firms** and the **Bahamas** government.

Parry's pharmaceutical clients have enriched Senator Hatch's campaign coffers, and in turn Hatch lavishes his attentions on them.

By the time **Orrin Hatch** was stumping for **NutraSweet** in the U.S. Senate, the **Center for Disease Control** in Atlanta had received **600 letters complaining of NutraSweet's adverse effects**. The **National Soft Drink Association (NSDA)** had them too.

"There have been hundreds of reports from around the country suggesting a possible relationship between their consumption of **NutraSweet** and subsequent symptoms including headaches, aberrational behavior, slurred speech, etc."

FDA Commissioner Arthur Hull Hayes, appointed by **Ronald Reagan** in April, 1981 (moving the *New York Times* to observe that "some industry officials consider Dr. Hayes more sympathetic to their viewpoints than past holders of the office"), considered such complaints "anecdotal."

Of course, like scores of other conservatives roaming the executive branch in the 1980s, the **ethics of Arthur Hull Hayes** were entirely malleable-not only did he approve a product based on studies that were "scientifically lacking in design and execution," according to a report issued by *Science Times* in February 1985, but upon leaving the FDA **he took the post of senior medical consultant for Burson-Marsteller, the public relations firm retained by G.D. Searle.**

Burson-Marsteller, a huge public relations conglomerate, swelled in the 1980s by leveraging smaller competitors -including Black, Manafort, Stone & Kelley, a lobbying firm best known for influence peddling along the Beltway-presently outsizing even the Hill & Knowlton empire.

Typical in the aspartame story are Burson-Marsteller's links to the intelligence community and rightwing operatives of the GOP. **Thomas Devereaux Bell, Jr.**, an executive officer of the firm, is the former chairman of the **Center for Naval Analysis** in Alexandria, Virginia.

Bell was also the executive director of **Ronald Reagan's** Inaugural Ball Committee (in which capacity he ushered in the likes of **Licio Gelli**, head of P2, the notorious Italian secret society).

Bell's career in Washington began in 1971 as a deputy director of **Richard Nixon's Committee to ReElect the President (CREEP)**. He went on to serve as an administrative aide to **Senator William Brock** and the Reagan transition team.

At the **FDA**, Hayes used **aspartame** as a political statement that the Reagan administration was embarking on a grand voyage of conservative "regulatory reform," sluicing through treasonous liberal constraints on "free enterprise."

Despite what one FDA scientist described as 'very serious' questions concerning pivotal brain tumor tests, Hayes eagerly approved aspartame for use in dry foods in July 1981.

Three FDA scientists advised against the approval of aspartame, citing G.D. Searle's own brain tumor tests, because there was no proof that "aspartame is safe for use as a food additive under its intended conditions of use. "

Hayes has since declined to answer any questions about his decision, which ignored the recommendations of the FDA's own board of inquiry. **He relied instead on a study conducted by Japan's Ajinomoto, Inc.-a licensee of G.D. Searle.**

Hayes acknowledged in his 1981 decision that he had only consulted a preliminary report of the Japanese evaluation, and only "skimmed" it. More serious, **Hayes violated federal law by basing approval on the test, as it had not been reviewed by the FDA board.**

Who is **Arthur Hull Hayes**? He was no disinterested bureaucrat. True to the biochemical theme of the aspartame story, Dr. Hayes served in the Army Medical Corps in the 1960s.

According to the *Washington Post* Hayes was assigned to **Edgewood Arsenal** at Fort Detrick, Maryland, **the Army's chemical warfare base of operations, "one of a number of doctors who conducted drug tests for the Army on volunteers . . . to determine the effect of a mind-disorienting drug called CAR 301,060."**

According to a declassified 1976 report prepared by the Army Inspector General, Hayes had planned a research study to develop the mind-altering **CAR 301,060** as a **"crowd control agent."**

In 1972, Hayes left Edgewood Arsenal, and a new plan for the experiments was drawn up by Edgewood physicians. The 1976 report notes that similar tests had been conducted before Hayes took charge.

Also at the center of the effort to land FDA approval of **NutraSweet** stood **Donald Rumsfeld** - **"Rummy"** to his friends - **chairman of G.D. Searle upon leaving the Ford administration in 1977.**

Rumsfeld, the product of a wealthy Chicago suburb, was a Princeton graduate and a Navy pilot during the Korean conflict. He entered politics as a Congressional House aide attending night classes at Georgetown University Law School, which is closely aligned with the **CIA.**

Rumsfeld campaigned ambitiously for **Richard Nixon**, who drafted him to direct the Office of Equal Opportunity on May 26, 1969. He quickly established an office to spy on his employees in a holy crusade to flush out "revolutionaries" said to be granting federal funds to politically subversive organizations-a throwback to McCarthy's tantrums.

Rumsfeld also figured in Nixon's notorious Power Control Group, spearheaded by Charles Colson and John Ehrlichman.

Gerald Ford named **Rumsfeld** executive chief of staff upon the resignation of **Al Haig.**

In 1986 he was named chairman of the **Institute for Contemporary Studies**, a neoconservative "think tank" (read: propaganda mill) established in 1972 by **Edwin Meese** and **Caspar Weinberger.**

ICS has sponsored such opinion-shaping projects as a study of expansions in "entitlement programs" and their erosive effects on the economy, and a book on the uses of coercion by Communist regimes.

Rumsfeld, at 43, became the county's youngest secretary of defense.

For many years **he has been a vocal proponent of chemical weapons.** He is chairman of the **Rand Corp.**

In 1988, he dropped a presidential bid, and was named a v.p. of **Westmark Systems**, led by past NSA Director **Bobby Ray Inman.**

Rumsfeld was one of Westmark's founding directors, sharing the board with **Joseph Amato**, a former vice president at **TRW** (and a colleague of Inman's at the **National Security Agency**), and **Dale Frey**, chairman of the **General Electric Investment Corp.**

Rumsfeld, a veteran political operative, was an adept at the vulgar art of public relations. He was recruited by G.D. Searle because he had "a Boy Scout image," according to one company official.

A house politician was precisely what **Searle** needed to compensate for the damage done by independent researchers concerned about the toxic effects of **aspartame**. In March 1976, an FDA task force brought into question **ALL** of the company's testing procedures between 1967 and 1975.

The task force described "**serious deficiencies in Searle's operations and practices which undermine the basis for reliance on Searle's integrity.**"

The final report of the FDA task force noted faulty and fraudulent product testing, knowingly misrepresented findings, and instances of "irrelevant or unproductive animal research where experiments have been poorly conceived, carelessly executed or inaccurately analyzed."

Richard Merrill, the FDA's chief counsel, petitioned Samuel K. Skinner U.S. Attorney for the northern district of Illinois, for a grand jury investigation of **Searle's "willful and knowing failure"** to submit required test reports, and for "concealing material facts and making false statements" in reports on aspartame submitted to the agency.

Yet industry analysts, interviewed by the *Wall Street Journal* six months after **Rumsfeld's** appointment as chairman, noted a rapid turnabout in Searle's fortunes as a result of his direction.

Searle denies that **Chairman Rumsfeld** ever had any contact with the FDA, or the Carter and Reagan administrations, to lobby for aspartame.

But the *Wall Street Journal* article reported in 1977 that **Rumsfeld "keenly understands the importance of a public image. So he has been mending fences with the FDA by personally asking top agency officials what Searle should do to straighten out its reputation."**

Westley M. Dixon, Searle's vice chairman, told the *Journal* that without **Rumsfeld "we wouldn't have gotten approval for Norpace,"** a drug investigated by the FDA in 1975.

The grand jury investigation of Searle disintegrated in January, 1977 when the FDA formally requested that **Samuel Skinner**, U.S. attorney and a protege of **Illinois Governor James Thompson**, investigate the firm for falsifying and withholding aspartame test data.

A month later, Skinner met with attorneys from Searle's Chicago law firm, **Sidley & Austin**.

Jimmy Carter ascended to the presidency a few weeks later. He announced that Skinner would not be asked to remain in office, but the outgoing Republican wasn't found wanting for employment. He informed reporters that he had already begun "preliminary discussions" with **Sidley & Austin**.

G.D. Searle and **Sidley & Austin** are Siamese Twins. **Edwin Austin**, a senior partner in the law firm, was appointed to the Illinois Supreme Court in 1969. The Searle family drew upon his services extensively, and he taught Sunday school in Wilmette, a Chicago suburb, as did **Dr. Claude Howard Searle**, whose father cofounded the pharmaceutical house.

The firm is grafted to the beating heart of the Republican party. **Morris Leibman** of **Sidley &**

Austin was for many years chairman of the American Bar Association's "Standing Committee on Law and National Security," a position that won him Reagan's Medal of Freedom in 1981.

John E. Robson, head of Sidley & Austin's Washington office, was appointed executive vice-president of **Searle & Co.** in 1977, the same year Skinner was named a partner in the law firm.

Robson, too, was active in Republican politics. He was the first General Counsel of the **Department of Transportation**, and at the behest of **Gerald Ford** in 1975, chairman of the **Civil Aeronautics Board**. He moved on to **Searle**, and stayed with the **company until it was bought outright by Monsanto** in 1985.

Howard Trienens, a law clerk to the late **Chief Justice Vinson** in the early 1950s, was a **G.D. Searle** director and worked for **Sidley & Austin** since 1949.

Archconservative California Governor **George Deukmejian** joined **Sidley & Austin's** Los Angeles branch upon leaving office in 1991, and is reportedly making a "very comfortable" living. He has a keen "sense" for bringing in corporate clients, a partner in the firm told the Los Angeles Times, many of them past contributors to his campaign fund.

Deukmejian's business connections have given him a reputation as a Sidley & Austin "rainmaker," but the L.A. City Council has questioned his ethics in promoting a contract with **Sumitomo Corp.** on a metropolitan railway project.

Searle aside, **Sidley & Austin** has served some of the most notorious special interests in the country. The firm lobbied overtime, for instance, on behalf of **Charles Keating's Lincoln Savings & Loan**, and provided counsel on tax issues and dealing with federal authorities.

The firm assisted Keating when Lincoln was foundering, and curried political favor to keep the S&L operating despite massive debts. As a result, the firm was forced to settle with Lincoln depositors in 1991, agreeing to cover an excess of \$40 million in claims.

Sidley & Austin also represented the **AMA** when a group of drugstore chains sued **seven drug makers - including Searle - for price fixing and antitrust violations**. The lawsuit, filed in October 1993, amounts to billions of dollars in compensation.

Skinner recused himself from the Searle prosecution four months before leaving office-asking, in a memo to subordinates, that the matter be kept "confidential to avoid any undo embarrassment"-a stall that nearly allowed the statute of limitations to expire.

William Conlon, a senior U.S. attorney, inherited the case. He eased off, citing case load pressures, and gave a deaf ear to complaints of delays from the Justice Department, **which urged that a grand jury be convened to prosecute Searle for falsifying NutraSweet test data**. In January, 1979, Conlon too joined **Sidley & Austin**.

The 33-page letter from Merrill to Skinner charged Searle with criminal fraud in its animal test results. In 1984 Common Cause asked Dan Reidy of the U. S. attorney's office how the investigation had stalled. Reidy replied that because it was a grand jury investigation, he was **"bound by law to secrecy."**

A Searle spokesman exploited the demise of the grand jury claim that there was "no validity to

the charges, that the company had been "exonerated." Philip Brodsky, an investigator for the FDA, expressed surprise that Searle hadn't been indicted. "I thought surely they would prosecute them," he said.

Eleven years later Senator Metzenbaum issued a press release charging Skinner with stalling the criminal investigation as he prepared to decamp from office. Metzenbaum and his staff demanded an FBI investigation of Skinner's mishandling of the case. In December 1988, the conflict-of-interest bombshell blew up in the face of newly elected **George Bush**, who was about to appoint **Skinner** to the position of **Transportation Secretary**.

Like most of the Machiavellians in the **NutraSweet** story, **Samuel Knox Skinner** kept company with hardright Republicans. He entered politics as a campaign volunteer for **Barry Goldwater** 66. In 1975, he was appointed to Federal Prosecutor in Chicago by **President Ford**.

Sidley & Austin promoted him to senior partner after only one year with the firm.

Skinner was the director of **George Bush's** presidential campaign in Illinois. On occasion he was berated for his involvement with the state's Republican apparatus: In 1987, for instance, the *Chicago SunTimes* linked him with a clutch of lawyers close to **Governor Thompson**, *who were awarded lucrative assignments handling the affairs of financially crippled insurance companies.*

Skinner was a leading light of the Illinois Fraud Prevention Commission - he targeted welfare cheats (as opposed to white-collar criminals in the drug industry) - and President Reagan's Commission on Organized Crime.

In December 1991, he left Transportation to take the position of **President Bush's Chief of Staff**. . . .

- From nancymarkle.com (www.nancymarkle.com/nutrapoison/believers.html)

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From <http://www.change-links.org/Crimie.htm>

NO HOAX, CRIME OF THE CENTURY

The Advent of Artificial Sweeteners

By Carol Guilford

Question: How long can a corporate, organized crime syndicate keep a plague a secret?

Answer: Nineteen years and counting if they own the media and pay off Congress.

There is a plague among us. A man-made epidemic that destroys the central nervous system is caused by aspartame (Equal, NutraSweet), manufactured by **Monsanto** of St. Louis, Mo. U.S.A.

Aspartame (Equal, NutraSweet) is an artificial sweetener added to 9,000 food and drink products around the world. Half the population of the United States, 100 million people 'eat' aspartame.

Aspartame is not just in diet soda and little blue packets, but this poison invades children's vitamins.

In 1995, the FDA released under the Freedom of Information Act, 92 symptoms caused by aspartame including blindness and death.

What is aspartame? Two synthetic amino acids, phenylalanine (50%) and aspartic acid (40 %) are bound in methanol (10%)

In early testing of phenylalanine (1970), on Rhesus monkeys one died and 5 had grand mal seizures. When the aspartame was stopped, the seizures stopped. Searle Pharmaceuticals, 'discoverers' of NutraSweet hid this study to gain FDA approval.

Twenty years later, in 1992, "Flying Safety" the U.S Air Force official publication formally warned all pilots to abstain from consuming diet drinks. Pilots were having grand mal seizures in the cockpit just like the monkeys in the lab.

Phenylalanine also breaks down into DKP, a tumor-causing agent. Results from a two-year test on experimental rats produced disastrous results for Searle - brain tumors, gross mammary tumors, atrophied testes, birth defects.

Although the tests were sabotaged (tumors were removed and the animals returned to the study), Searle scientists left a tissue trail a mile long, uncovered by a FDA Task Force and recorded in the Bressler Report.

Experimental animals predict human results. In 1998, there were 14,000 astrocytomas (seven hundred children) the exact kind of brain tumor found in the aspartame dosed rats. Since the 1981 approval of NutraSweet, breast cancer has doubled from 90,000 to 180,000, and 300,000 cases of prostate cancer are expected in 1999.

Aspartic acid is an **'excitotoxin'**. Dr. Russell Blaylock explains in *"Excitotoxins: The Taste That Kills"*, that compounds such as aspartame and MSG actually 'excite' the cells to death. So, for lunch a diet coke and a bowl of Campbell Soup is definitely, Hmm, hmm, bad..

The NutraSweet Company circulates misinformation about aspartame, asserting that the methanol in aspartame is less than in a glass of tomato juice. However, in NutraSweet, the methanol is 'free', appearing without ethanol, the antidote for methanol toxicity always present in natural food such as tomato juice.

In addition, the **methanol** breaks down into **formaldehyde** and **formic acid**. The latest studies on formaldehyde show that it accumulates in the cells and causes changes in DNA. Commercially, formic acid is used in paint stripper; in humans, is it any wonder it destroys the optic nerve,

The media, including all major newspapers remains silent. Ramsey Clark in "The Fire This Time" writes:

"The TV networks monopolize public access to the events that make the news. Television's intimate financial relationships with the military and weapons industries, its dependence on major corporate advertising, its political campaign contributions, its close alliances with political parties and leaders, the celebrity status of the major TV news readers . made the American media virtually one with the government. "

Two reporters have a pending lawsuit against a Tampa, Florida Fox affiliate for pulling, at the last minute, a segment critical of **Monsanto's bovine growth hormone**. The station admits that Monsanto lawyers called and promised trouble.

The Pepsi generation is ill. Aspartame poisoning mimics **MS** and **rheumatoid arthritis**. **Fibromyalgia is a catchall term for the excruciating joint pain endured when aspartame dries up the lubricating synovial fluid and turns the joints into plastic.** (Dr. H.J. Roberts, F.A.C.P. and Dr. James Bowen)

45 million Americans tolerate recurrent **headaches**, **the No. 1 complaint about aspartame on the FDA list** - 1,862 out of 10,000 citizen reports.

NutraSweet produces **mood swings, depression** and **anxiety attacks** because the poison suppresses serotonin necessary for good mental health. NutraSweet is also highly addictive because methanol is wood alcohol.

Fetal tissue cannot tolerate methanol. "Aspartame 'babies' have symptoms of autism and attention deficit disorder.

NutraSweet breaks down faster in heat. In 5 years, 280 federally funded scientists have not discovered that **Gulf War veterans** who have offspring with rare diseases (ABDC) drank diet soda metamorphosed by the 120 degree Arabian sun into a 'toxic cocktail'.

The unkindest fact of all is that **NutraSweet makes you fatter**. Dr. Sandra Cabot, author of "The Liver Cleansing Diet," explains that aspartame causes unstable blood sugar levels which increase the appetite and cause a craving for sweets, a puffy, bloated appearance and increased cellulite.

"You got the wrong one, baby, uh huh."

The approval process for NutraSweet unfolds like 'The Invasion of the Body Snatchers.' **Searle pharmaceuticals (bought by Monsanto in 1985)** made pod people of scientists, senators, prosecutors and the FDA.

Prosecutors that were told by the Justice Department to convene a grand jury to investigate Searle crime instead went to work for Searle's own law firm.

A former Congressman and White House Chief of Staff, **Donald Rumsfeld** went to work for Searle and bragged he would **"call in all his markers" to get aspartame approved.**

Orrin Hatch, senator from Utah, **took money from and lobbied for Searle**. The whitewash was complete when President Reagan hired **Dr. Arthur Hull Hayes** as FDA Commissioner. Hayes approved NutraSweet despite the negative findings of three Boards of Inquiry. Soon after the signing, **Hayes went to work as a consultant to Searle's public relations firm.**

David Kessler who approved aspartame for use in hot foods in 1993, and in 1996 authorized blanket approval for NutraSweet is now Dean of the Yale School of Medicine.

The National Soft Drink Association wrote a 30-page protest before the 1983 approval of NutraSweet in carbonated beverages. The soft drink companies knew aspartame was unstable in heat, but they never filed the protest. (dorway.com).

In a 1986 letter to Orrin Hatch, former Senator Howard Metzenbaum of Ohio writes: "I urge you, Orrin, to hold oversight hearings. about NutraSweet. How in good conscience can you say, 'no'?" Hatch killed the hearings in committee.

I went to Atlanta to meet Betty Martini; founder of Mission Possible, an international organization dedicated to informing the world population about the dangers of aspartame (Equal, NutraSweet).

I sorted two thousand letters by disease. **My thickest stacks were memory loss and diabetes/vision loss with the return of sight after abstention from NutraSweet.**

Coca-cola wouldn't do this to us. PepsiCo either. Well, they are.

A high hope appeared this year as an uncanny Paul Revere in cyberspace fired an e-mail shot heard 'round the world, heralding the festering facts of NutraSweet poisoning.

An anonymous humanitarian calling herself Nancy Markle cadged from the Web a lecture Betty Martini gave at a World Environmental Conference. NutraSweet users recognized their ailments, as described by Betty. Now, more phone calls and e-mail pour into Mission Possible headquarters.

Truly, it is impossible for thousands of people to make up matching stories of symptoms and descriptions of the rough detox when NutraSweet is discontinued.

The NutraSweet Company assures us aspartame is safe while it wages a molecular holocaust.

An Associated Press release labels anti-aspartame consumer activists, toxic terrorists without even checking their side of the story. What kind of unbiased reporting is that?

Time Magazine's 'health reporter' calls the revealed truth about NutraSweet a hoax and the Internet a "Web of Deceit." In truth, the Web via e-mail is the last refuge of free communication. .

For 1500 years, a natural sweetener from a shrub, **stevia**, has been used safely in South America. Stevia is sold under strict FDA (Monsanto's Storm Troopers) regulation at health food stores as a food supplement, not as a sweetener.

Here is a win/win situation.

The chemical companies give up all interest in the food industry. When the people's court rules, (some suggest the evildoers eat a diet rich in NutraSweet) the guilty may choose to live on farms, work in the fields and return the good earth to **'we the people.'**

Carol Guilford is the author of *The New Cook's Cookbook*; *The Diet Book*; *Carol Guilford's Main Course Cookbook*; *The Easiest Cookbook*; *Artificial Sweetener, Aspartame (Equal, NutraSweet) Linked To Breast Cancer And Gulf War Syndrome*.

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From ICNR <http://www.icnr.com/nutrasw.html>

WARNING!

NutraSweet Is A Neurotoxin

Appeared in May, 1992 *Flying Safety Magazine*:

In pregnancy the effects of **Aspartame** can be passed directly on to the fetus even in very small doses. Some 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."

A pilot's hot-line was set up and over 500 pilots responded, some speaking of **grand mal seizures in the cockpit of commercial airline flights**. Many pilots lost their medical certifications to fly and careers.

Eighty percent of the complaints to the F & DA on food or additives are about this murderous chemical, but comatose they've done nothing to alert or protect you.

Don't be surprised, the **F & DA** regularly approves killer drugs as *OMNI MAGAZINE* reported in February, 1994.

"Fifty-one percent of F & DA approved drugs have serious post-approval risks and could cause adverse reactions that lead to severe or permanent disability or Death."

The Center for Disease Control, John Hopkins University and the New Jersey School of Medicine estimate **that 80 - 120,000 Americans are killed by prescription drugs every year. That's more than all the Americans killed in all the wars of this nation's history.**

That this atrocious holocaust persists has everything to do with **money** and nothing to do with public health.

Monsanto reaps **\$1 billion/year** from the **Aspartame** toxic bonanza. This can buy a lot of bureaucrats! Does FDA mean **Fatal Drugs Allowed?**

And by the way, **your life doesn't really count!**

Aspartame is a molecule composed of three components: aspartic acid, phenylalanine and methanol (wood alcohol). Once ingested, the methanol that has killed or blinded thousands of skid row drunks, converts into **formaldehyde** and **formic acid** (ant sting poison).

Formaldehyde, a deadly **neurotoxin**, is common **embalming fluid**, a class A **Carcinogen**!

There are **90** documented symptoms including:

Headaches, Muscle spasms, Irritability, Heart palpitations, Loss of taste, Joint pain, Dizziness, Weight gain, Tachycardia (heart racing), Breathing difficulty, Tinnitus (ringing in the ears), Blurred vision, Seizures, Rashes, Insomnia, Anxiety attacks, Vertigo, Hearing loss, Nausea, Depression, Blindness, Slurred speech, Memory loss, Fatigue, Numbness.

The **NutraSweet Company** and sister **Searle** are owned by **Monsanto** which discovered Aspartame while testing an ulcer drug. If you're taking other medicine consider possible reactions you may have.

In 1969, Searle approached Dr. Harry Waisman to study the effects of Aspartame on primates. Seven infant monkeys were fed the chemical in milk. One died after 300 days, 5 others had Grand Mal seizures. Searle deleted these findings when they submitted his study to the F & DA! The best way to understand NutraSweet is to think of it as a minute dose of nerve gas that eradicates brain and nerve function.

Some Diseases Triggered By Aspartame:

Brain tumors and other cancers, Multiple sclerosis, Chronic fatigue syndrome (Epstein Barr), Parkinson's, Alzheimers, Mental retardation, Birth defects, Fibromyalgia, Diabetes, Epilepsy, Lymphoma and Death!

Research at Massachusetts Institute of Technology surveyed 80 people who suffered brain seizures after eating or drinking products with Aspartame. Said the Community Nutrition Institute: "These 80 cases meet the F & DA's own definition of an imminent hazard to the public health, which requires the F & DA 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. Today our nation is swept by a rage of violence. Researchers attribute this in part to low brain serotonin levels inducing depression, rage and paranoia. So President Clinton, Diet Coke in hand, programs billions of dollars to buy penitentiaries for the paranoid. Isn't that a dainty dish to set before the king?

Fetal tissue cannot tolerate methanol and Dr. James Bowen calls NutraSweet **instant birth control**.

Aspartame tests on animals produced brain tumors and benign mammary tumors. No known substance produces only benign tumors! No wonder breast cancer is exponentiating!

Is Desert Storm syndrome NutraSweet poisoning?

Shiploads of diet drinks cooked in the Arabian sun. At 86 degrees Aspartame liberates methanol **in the can!** So the troops came home with chronic fatigue syndrome and dozens of weird toxicologic symptoms!

On July 28, 1983 the National Soft Drink Association drafted a 30 page protest questioning the

safety of Aspartame in soft drinks. Then they found weight-conscious Americans would sip soda all day if it was sugarless, so they forgot their objections; nor did they tell us that Aspartame makes you crave carbohydrates and so you gain weight. The formaldehyde stores in the fat cells, particularly on the hips and thighs.

Drink diet soda, get fat now , and later develop seizures, diabetes, blindness, Epstein Barr, MS, depression and death.

Similarly, the **American Diabetic Association**, *which receives megafunds from NutraSweet* ignored a 1987 abstract submitted by Dr. H.J Roberts (world expert on Aspartame and diabetic specialist) summarizing 58 diabetic Aspartame reactors. He says: " I now advise ALL patients with diabetes and hypoglycemia to avoid Aspartame products."

Russell Blalock, MD, neurosurgeon in his book: ***Excitotoxins; The Taste That Kills***, says **Aspartame may trigger clinical diabetes**. (Health Press 1 800-643-2665)

NutraSweet/Equal/Spoonful are the deadliest toxins in our society because of their ubiquitous presence in thousands of foods, even children's medicines, Kool Aid and Jello and on every restaurant table. We're dosed with millions of pounds every year!

This warning should be on every **Aspartame/NutraSweet/Equal/Spoonful** product:

Chemical Poison!
Keep Out Of Reach of Humans!
Genocidal!

Authorities:

H.J Roberts, MD, FACP, FCCP: 300 27th Street; West Palm Beach, FL 33407 (407) 832-2408.

Publication: Aspartame, Is It Safe? The Charles Press

Sweet'ner Dearest Is Aspartame Safe? A medical Public Health Legal Overview on Tape

Mary Nash Stoddard: Aspartame Consumer Safety Network; P.O.Box 780634; Dallas TX 75378

Publication: The Deadly Deception: Book order (800) 969-6050.

Barbara Alexander Mullarkey: c/o Nutri Voice; P.O.Box 946; Oak Park, IL 60303

Publication: *Bittersweet Aspartame*: A diet Delusion.

* * *

From : Dave Rietz (www.dorway.com)

TO : Rachel Pelletier

Date : 18, December, 1998

Re: ASPARTAME

I RECENTLY HAD THE OPPORTUNITY TO READ ON THE IMPACT OF ASPARTAME. IT IS VERY INTERESTING. NOW I WONDER IF YOU HAVE A LIST OF THE PRODUCTS OR BRAND THAT CONTAINS ASPARTAME. COULD THIS BE PUBLISHED? I WOULD BE

INTERESTED TO RECEIVE A COPY OF IT.

Unfortunately, Rachel, there is NO complete list. **Monsanto (NutraSweet/Equal)** most likely had a list up until five years ago when the patent expired... but now anyone can both make and sell it, and since June of 1996 it can be used in EVERYTHING (including heated and baked goods where it breaks down faster).

Basically... if it says "sugar free" and does NOT list sodium saccharin... I suggest you consider it suspect as having either aspartame, or an equally poorly tested fake sweetener called acesulfame-K. (the new Pepsi-one has BOTH!)

Even the **FDA** has 92 symptoms of **poisoning** based on **over 10,000 official complaints** (they threw out a bunch, ignored a bunch, misdirect nobody knows how many to an aids hotline, etc.). The FDA recalled **Phen-fen** (which aspartame probably reacted with because it **TOO** affects the serotonin levels in the body) **based on only a few complaints**.

F.D.A. admits that aspartame is **THE MOST COMPLAINED ABOUT SUBSTANCE - EVER -** but still claim it is safe.

The **ONLY** thing that you can do is read all labels and if you see the words **"PHENYLKETONURICS: Contains phenylalanine"**, **aspartame**, **Equal**, **NutraSweet**, and other brand names for **aspartame**... just don't buy nor consume it.

If it says **sugar free** but does not say what the sweetener is... likewise.

If you are in a bakery or snack bar with cakes, cookies, store-mixed drinks... ask what sweetener they use and if it is not sugar... don't buy or consume it.

IF YOU HAVE ANY PRODUCTS WITH ASPARTAME IN IT... RETURN IT TO THE POINT OF SALE FOR A FULL REFUND... AND MAKE SURE THEY KNOW WHY!

The NutraSweet **WEB** site states over 5000 products (probably based on their five-year-old records) and I have seen estimates of over 9000 products ... being distributed in over 100 countries to over 200 million clueless victims.

SO... PLEASE HELP PASS THE WORD.

There is a **HELP** E-mail available to those people who are interested in more info and it is easy enough for people to pass the links around and get the info themselves.

If you or someone you know quits **ALL** aspartame and gets better... be sure to get a copy of the victim report form at: <http://www.dorway.com/reprfrm.html> and send a copy to the FDA/proof copy to Betty Martini!

~ ~ ~

Now, there is a new, perhaps better alternative. It is an extract from the little green kiwi fruit. IT IS CALLED "SWEET BALANCE"

'SWEET BALANCE' IS A NATURAL ALTERNATIVE TO HARMFUL CHEMICAL SWEETENERS AND FATTENING SUGARS.

Sweet Balance was formulated to replace artificial sweeteners like Aspartame, Nutrasweet, Sweet N'Low, Equal and other like toxic chemical sweeteners, sucrose and also other more natural but fattening sugars.

Sweet Balance is safe for diabetics, hypoglycemics, pregnant and lactating mothers, children and those concerned with body fat. Sweet Balance is low glycemic. It is made from all-natural ingredients developed by Mother Nature, **Made from Fruit**. Sweet Balance can be used just like sugar and never leaves an aftertaste, because it tastes just like sugar. It is a crystalline powder like sugar and disperses like sugar.

Sweet Balance doesn't have any of the "down-side" effects of sugar. It does not stimulate insulin release like sugars does and does not stimulate fat-enzymes like all other sugars do. Sweet Balance is 10 times sweeter than sugar, this way you need use only a very small quantity. **Sweet Balance contains zero "0" calories**. It can be used in tea, coffee, on cereal and in cooking. In a nut shell, for just any sweetening application. Most people do not know that artificial sweeteners like the ones mentioned above contain High Glycemic, fattening ingredients. Their number one ingredients are dextrose and maltodextrins which are known to stimulate fat-storage and elevate insulin level. **Sweet Balance is a Low Glycemic Sweetener**.

Sweet Balance is a "thermogenic" sweetener. Most sweeteners are anti-thermogenic. Table sugar is anti-thermogenic, meaning it slows the fat-burning process in the body. Honey, dextrose and maltodextrins are all anti-thermogenic. **Sweet Balance is just the opposite - It speeds the fat-burning process in the body.**

Because **Sweet Balance** is hygroscopic like all fruit sweeteners, it does absorb moisture from the air. It is best to keep it in the refrigerator which will help reduce, if not eliminate the moisture-absorption that causes it to become hard if left open.

Sweet Balance cannot be compared with **Stevia**. The main ingredient in **Stevia Spoonable** and **Stevia** is **maltodextrin**, a very high glycemic nutritive saccharide polymer.

Neither can it be compared with the newly FDA-approved "**Sucralose**" product. The new **Sucralose** product falls into the same category of the toxic chemicals as **Aspartame, Equal**, and all of the other products in that category that are causing so much human miseries regarding the precious commodity of "health" in our lives. . . .

* * *

January 13, 2002

Fibromyalgia Mystery: If MSG and Sweetener Stop, So Do Symptoms

By Peggy Noonan, USA Weekend

A very small study by the University of Florida offers promise of a dietary treatment for the

chronic fatigue and pain of fibromyalgia.

Four women who had had fibromyalgia for years, plus allergies (such as allergic rhinitis and food allergies, for example), found that their fibromyalgia symptoms were nearly gone within a few months of eliminating from their diets the widely used flavor enhancer **MSG** (monosodium glutamate) and the artificial sweetener **aspartame**.

MSG and aspartame do not cause fibromyalgia, explains a researcher, nor does eliminating those items work for patients who do not suffer from allergies.

But for a disease that has no treatment, no known cause and as many as 6 million (mostly female) sufferers, it's worth a try.

* * *

Catbird Notes:

Many low or no calorie food products that contain **Aspartame** will state prominently on the label **NutraSweet** or other brand name artificial sweetener, so it is easy to avoid these. Many products, however, like **Diet Coke**, **Diet Pepsi**, **Pepsi One** and a host of others will not be so obvious - you will need to check the ingredients on each label for **Aspartame**.

Some products, like **Diet Rite Cola**, are now stating "**NO ASPARTAME**" prominently on the label - which is a step in the right direction. (Diet Rite is sweetened with '**Splenda**' which, they claim, is '**Made from Sugar**'.)

DO NOT BE DECEIVED, however . . . **Splenda** and other artificially sweetened products contain **SUCRALOSE** which, according to Dave Rietz (www.dorway.com) in the previous article, falls into the same category of toxic chemicals as Aspartame, Equal, and products in that category.

So now, what's YOUR choice of sweetener going to be?

Me ... I'm going back to real sugar and becoming a non-partisan, all natural, organic foods vegetarian.

Then, maybe, that constant ringing in my ears will stop.

MORE TO COME

(If I don't forget.)

For more on **Ajinomoto** and **Monsanto**, GO TO > > > [The Biotech Birds](#)

For more on **Carla Hills**, GO TO > > > [HUD](#)

For more on **Charles Keating**, GO TO > > > [Nests Along Wall Street](#)

For more on **Donald Rumsfeld**, GO TO > > > [Nests in the Pentagon](#)

For more on **Sumitomo**, GO TO > > > [Broken Trust](#)

Last update January 14, 2002 by [The Catbird](#)