

Diet Soft Drinks Are **Poison**

What has Medsafe done about this? – Nothing.

Aspartame is a chemical widely used in diet soft drinks and other products as an artificial sweetener. Everyone who drinks (or eats) it assumes it is safe – otherwise it would not be allowed on the market, right?

Wrong.

Aspartame was shown to be a cancer-causing agent more than 30 years ago, and in fact was opposed by a majority of scientists at the US Food and Drug Administration (FDA) – until Donald Rumsfeld, known today as the architect for the invasion of Iraq, pushed it through when he was part of the US Administration in the 1970s.

So what did the experts say back then, and what are they saying now?

1. Aspartame is a neurotoxin. It causes brain damage.

2. Aspartame degrades into methanol and formaldehyde. Both are deadly poisons.

3. Aspartame actually increases the craving for carbohydrates. Far from helping people lose weight, it helps people gain weight, and may be partly responsible for the epidemic of obesity we are seeing now in western countries.

4. Aspartame is highly addictive. It is very hard to get off it. It is like a drug.

5. Aspartame can cause rashes and convulsions. Its effects are cumulative. While you may not immediately experience health problems, over time you probably will.

6. Aspartame is implicated in Parkinson's Disease. (Remember the actor Michael J Fox? Addicted to Diet Pepsi, now he's almost completely disabled.)

7. There are 92 documented symptoms associated with Aspartame – from coma to death. That's right, people actually may die from aspartame poisoning.

8. Other symptoms may include headaches, dizziness, seizures, confusion, visual impairment and joint

The issue is so important that we don't think we should wait for schools to ban this poison in years to come. Rather, we should take responsibility NOW for what we eat and drink, based on the facts – rather than simply accept what is readily available from the tuck shop or the vending machine.

Perhaps if we stop buying products made with aspartame, the message will get through to the schools as well as the suppliers.

Students (and others) need to understand that not everything being sold as food is good or wholesome, and that poisonous "additives" in diet drinks will have an effect on our health and our well-being – sooner or later.

Too many people are dying now from PREVENTABLE cancer, including brain tumours. Boycott diet soft drinks now. You will feel better for it. Check labels on everything you eat. (Aspartame is numbered 951 on the label.) Also look for the warning "contains phenylalanine" on the food/beverage labels. Foods with this warning may also contain aspartame.



pain, cramps, vomiting, memory loss, fatigue and weakness.

So, with what we now know about this harmful chemical, why is it still being sold in schools as a "healthy alternative" to sugar? Why does the NZ Ministry of Health still allow this poison to be put into our food supply? The answer, unfortunately, has to do with corporate profits which often take precedence over public health. Companies now largely dictate to government agencies, rather than the other way round.

A three year Italian study on Aspartame in rats revealed a connection between the artificial sweetener and leukaemia, lymphoma and malignant brain tumours. It conclusively proved that aspartame is a carcinogen, say the study's authors.

Why isn't Medsafe doing its job? Why are these chemical poisons allowed to be sold while vitamins are under attack?

Aspartame Causes Cancer in Rats and Damages DNA

ATLANTA (PRWEB) July 22, 2005

– The European Ramazzini Foundation of Oncology and Environmental Sciences Cancer Research Centre in Bolonga, Italy, just released their three year study confirming the link between aspartame and lymphomas and leukaemias.

The report by Morando Soffritti "Aspartame induces lymphomas and leukemias in rats" is in the *European Journal of Oncology* for July, 2005. Dr. Soffritti and his team carefully set the conditions whereby genetically-uniform test rats were treated equally with the exception of being divided into groups given varying levels of the toxic chemical sweetener.

Rats are deemed appropriate subjects for testing aspartame on humans because both humans and rats metabolise the methyl ester in aspartame into methyl alcohol, then formaldehyde then formic acid – all deadly poisons. The carcinogenicity of substances in rats and mice is a consistent predictor of cancer risk in humans exposed to those substances.

The study commenced with 8 week old rats and continued until the last one died at 159 weeks. Their physical status and behaviour were examined three times daily and detailed records of their growth were kept. Every two weeks each of the 3,600 rats were "clinically examined for gross changes." As each rat died, a complete autopsy was performed. Organs, tissues and bones were preserved for further study.

"In our experimental conditions, it has been demonstrated that APM [aspartame] causes a dose-related statistically significant increase in lymphomas and leukemias in fe-

males at dose levels very near those to which humans can be exposed," the authors wrote in their conclusion. The number of

cancers that developed in rats given zero aspartame was zero.

Increases of lymphomas and leukaemias at the lowest exposure level was 62 percent and "an increase in the incidence of these types of neoplasias was also observed in males exposed to the highest dose," as stated in the study.

Neurosurgeon Russell Blaylock, MD, one of the world's leading authorities on aspartame neurotoxicity, extensively reviewed the Soffritti report. "This study confirmed the previous study by Dr. Trocho and co-workers (1998), which also found the formaldehyde breakdown product of aspartame to be damaging to cellular DNA and that this damage was cumulative. The type of damage was a duplicate of that associated with cancers. These two studies strongly indicate that drinking a single diet cola sweetened with aspartame every day could significantly increase one's risk of developing a lymphoma or leukemia," Blaylock said.

"This study should terrify mothers and all those consuming aspartame sweetened products," he continued.

"This was a carefully done study which clearly demonstrated a statistically significant increase in several types of lymphomas and leukaemias in rats. Both of these malignancies have increased significantly in this country since the widespread use of aspartame."

"They also found an increased incidence of malignant brain tumors, even though it was not statistically significant. This does not mean there is no association to brain tumours, since ONLY the animals exposed to

aspartame developed the tumours. With children and pregnant women drinking the largest amount of diet colas, this puts children at the greatest risk of developing one of these horrible diseases. They found that even lower doses of aspartame could cause these malignancies, yet, the higher the dose, the more cancers that were seen," said Blaylock. "Since aspartame can increase obesity and may even cause the metabolic syndrome that affects 48 million Americans, there is no reason to ever consume this product. At the least, it should be immediately banned from all schools," said Blaylock.

Aspartame was approved for use in dry goods in 1981 under extremely controversial circumstances. The artificial sweetener is currently found in more than 6,000 products—soft drinks, chewing gum, candy, desserts, table sweeteners, some sweetened vitamin products and pharmaceutical drugs and is responsible for more than 80 percent of consumer complaints filed with the FDA each year.

The FDA itself has published a list of 92 potentially adverse reactions to aspartame that includes weight gain, blindness, chronic headaches, insanity and death.

Soffritti *et al* conducted this study because they wanted to determine whether or not the ADI for aspartame (50 and 40 milligrams per kilogram of body weight per day in the U.S. and Europe respectively) was an appropriate limit. Their report concludes with these words: "Results of our study call for urgent re-examination of permissible exposure level of aspartame in both food and beverages, especially to protect children."

Makers and sellers of aspartame tried to rebut this impeccable European research saying: "With billions of man-years of safe use, there is no indication of an association between aspartame and cancer in humans."

<http://www.wnho.net/whopper.htm>