



THE NOT-SO SWEET SWEETENER

ASPARTAME is consumed by over 200 million people around the world and is found in more than 6,000 products.

Everything from soda and chewing gum to desserts, yogurt, and even some vitamins and cough drops contain it.

When you drink a can of diet soda sweetened with aspartame, what are you REALLY consuming?

Here's a breakdown of aspartame's three chemicals: the amino acids aspartic acid and phenylalanine, and methanol.



1. ASPARTIC ACID (40 PERCENT OF ASPARTAME)

Aspartate acts as a neurotransmitter in your brain by facilitating the transmission of information from neuron to neuron. Too much aspartate in your brain kills certain neurons by allowing the influx of too much calcium into your cells. This influx triggers excessive amounts of free radicals, which kill your cells.

The neural cell damage that can be caused by excessive aspartate is why Dr. Russell Blaylock refers to them as "excito-toxins." They "excite" or stimulate your neural cells to death.

Now, when aspartic acid is consumed, it significantly raises your blood level of aspartate, which leads to a high level of those neurotransmitters in certain areas of your brain, where they slowly begin to destroy neurons.

Your brain cells could be dying right now, but you likely would not notice the symptoms until 75 percent or more are gone. Then, chronic illnesses such as the following, which may be caused by long-term exposure to excitatory amino acid damage, may occur:

- Multiple sclerosis, Parkinson's disease and Alzheimer's disease
- Memory and hearing loss
- Hormonal problems
- Epilepsy
- AIDS
- Brain lesions
- Neuro-endocrine disorders

2. PHENYLALANINE (50 PERCENT OF ASPARTAME)

Phenylalanine is an amino acid normally found in your brain, however people with the genetic disorder phenylketonuria (PKU) cannot metabolize phenylalanine. This leads to dangerously high -- and sometimes lethal -- levels of phenylalanine in your brain. It has been shown, though, that ingesting aspartame, especially along with carbohydrates, can lead to excess levels of phenylalanine in your brain even if you do not have PKU.

Even consuming aspartame one time has been found to raise your blood levels of phenylalanine. What's the risk of this?

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Excessive levels of phenylalanine in your brain can cause the levels of serotonin in your brain to decrease, leading to emotional disorders such as depression. It can also cause schizophrenia or make you more susceptible to seizures.

3. METHANOL (AKA WOOD ALCOHOL) (10 PERCENT OF ASPARTAME)

Methanol/wood alcohol is a deadly poison, and the absorption of methanol into your body is sped up considerably when free methanol is ingested. Well, free methanol is created from aspartame when it is heated to above 86 degrees Fahrenheit (30 Centigrade). This would occur when an aspartame-containing product is improperly stored (in the sun, for instance) or when it is heated, such as part of a "food" product like Jello.

Meanwhile, methanol breaks down into formic acid and formaldehyde -- a deadly neurotoxin -- in your body.

Even the U.S. Environmental Protection Agency (EPA) states that methanol "is considered a cumulative poison due to the low rate of excretion once it is absorbed. In the body, methanol is oxidized to formaldehyde and formic acid; both of these metabolites are toxic."

They recommend a limit of consumption of **7.8 mg/day**, but a **1-litre aspartame-sweetened beverage contains about 56 mg of methanol**. Heavy users of aspartame-containing products consume as much as 250 mg of methanol daily, or 32 times the recommended limit!

The symptoms of methanol poisoning are numerous and varied:

- Vision problems
- Headaches, ear buzzing, dizziness
- Nausea and gastrointestinal disturbances
- Weakness, numbness and shooting pains in your extremities
- Behavioural disturbances
- Memory lapses

The list is endless and we could literally go on for days about the many problems that artificial sweeteners pose to your health.

Folks, aspartame is not your friend. It is actually responsible for 80-85 percent of the food complaints registered with the FDA!

Aside from the damage it can do to your brain, aspartame can cause cancer. One well-controlled, peer-reviewed, SEVEN-year study even found that as little as 20 mg per day could cause cancer in humans.

One last note, a 12-ounce diet soda contains about 180 mg of aspartame!
You do the maths!!!