

REAL Health Breakthroughs

from William Campbell Douglass II, M.D.

Escape the aspartame trap

No matter how you look at it, aspartame is bad news in my book. The massive introduction of this neurotoxin into the food supply is nothing less than biological warfare against every single one of us, and the only acceptable solution is to ban it from the food chain.

I wish I could stick to medicine and not get into politics—but the two are attached at the hip—especially in the case of aspartame. So just to make sure we’re all on the same page, let’s go back to the beginning.

The sweet poison even the FDA didn’t want to approve

For years, the GD Searle Corp., the company that manufactures aspartame, tried in vain to get it approved. No one wanted to go near the stuff. The FDA refused to approve it for 16 years. In fact, according to a report I read, Dr. Adrian Gross, the FDA’s own toxicologist, told Congress that “without a shadow of a doubt, aspartame can cause brain tumors and brain cancer...”

But then, in the early 80s, Donald Rumsfeld made his move into the political arena, joining President Reagan’s transition team. One of the first things he did was appoint a new FDA commissioner, Arthur Hull Hays. And in 1981, despite clear evidence that this neurotoxin induced brain tumors in experimental animals, Hays approved the chemical for public consumption.

Did you know it’s against the law to expose people to a drug found to induce cancer in experimental animals? (It’s called the “Delaney Clause.”) Doing so amounts to genocide and treason, both of which, as I understand it, are still illegal.

Anyway, instead of blacklisting the chemical with a “POISON!” sign like they should have, the perps down at the FDA stamped it with their coveted GRAS clearance. In case you’re not familiar with the acronym, it means “generally regarded as safe.” It gets my heart rate up just thinking about applying such a misleading term to something as UNSAFE as aspartame.

And let me tell you, that GRAS clearance has been aspartame’s “get-out-of-jail-free card” on more than one occasion. Now, when a complaint comes in about a neurological disease or other serious reaction that appears to be aspartame-induced, the FDA blows it off as anecdotal and not worthy of further comment. After all, aspartame is a GRAS chemical—the FDA said so themselves.

Things have continued on a downward spiral ever since. Before long it was everywhere, from soda to salad dressing. All thanks to a no-good, know-nothing businessman-turned-politician. With that sordid history of “Rummy the Magnificent” in your memory bank, let’s look at what these artificial sweeteners have done to America’s health.

This is your brain on aspartame

Did you know that 66 percent of adults and 40 percent of children consume products containing

this deadly neurotoxin? (This statistic is from 2000, so I'm sure these percentages are higher by now—especially considering Bill Clinton's Diet Coke push in our public schools.)

For years, doctors and scientists have scratched their heads over the “mysterious” rise in neurological diseases. But there's no mystery about it. Hundreds of diseases can be traced back to one root cause: aspartame. Over the years, various reports have implicated aspartame in headaches, memory loss, seizures, vision loss, coma, and cancer. It also appears to worsen or mimic the symptoms of such conditions as fibromyalgia, MS, lupus, ADD, diabetes, Alzheimer's, chronic fatigue, and depression.

And it makes sense: A toxin like aspartame goes to many different types of cells, but it seems to have a particular liking for the cells of the central and peripheral nervous systems. That means that the damage from aspartame can show up anywhere the nerves are—which, of course, is anywhere in the body. And because it attacks your body at the cellular level, it can cause any number of diseases. The collection of signs and symptoms will vary, but the diseases will still come back to one root cause—aspartame.

Another major problem with aspartame is that it interacts with other chemical substances, including antidepressants, Coumadin, cardiac medications, hormones, insulin, vaccines, and many others. The stuff even interacts with other artificial sweeteners.

These toxins are MAKING US FAT!

Aside from these risks, now there's even more proof that these toxins are helping you pack on the pounds. Some recent research conducted at Purdue University shows that a group of test subjects fed artificial sweeteners subsequently consumed **THREE TIMES THE CALORIES** of those given ordinary sugar (not a good thing to eat, either, by the way).

That means some of the very things most mainstream doctors recommend for weight loss (diet soda, Sweet-N-low, etc.) are causing us to crave calories and binge on unhealthy carbohydrates. No wonder we're all getting fatter!

Financing the sweetest little deception

So you have to wonder: Why haven't you heard about this scandal on the evening news, or read about it in the papers, or even been warned about it by your doctor? I'll tell you why: Professional organizations and their publications continue to suppress the truth about aspartame because they've all been bought off.

In most cases, Big Pharma is behind such under-the-table deals, but in this case, the big food corporations are the culprits. All of the food giants use the inexpensive imposter in huge quantities in their products. How sweet it is—especially for the bottom line. That leaves them plenty of money to buy off anyone who might want to blow the whistle on their deadly little scam—and leaves most doctors as ignorant as their patients about the dangers of aspartame. And it makes even more sense when you find out that most of the studies “proving” the safety of aspartame were financed by—guess who?—the big food industry.

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The use of aspartame is as detrimental to your health as any chemical ever! It's not easy to avoid, either. Aspartame is in hundreds of different colas, desserts, candies, and other junk foods. The only way to avoid it is to shop the supermarket periphery for your food—the meat and fish, dairy, and fresh fruits and vegetables.

There are also many fine foods from Europe and the far East that come in cans and jars that don't contain the poisonous sugar substitute—tuna, meat and fish pates, muscles, clams—you get the idea. Yes, a lot of these foods are expensive, but I can tell you right now, your food is NOT the place to cut budget costs. It'll just drive your healthcare costs up in the future.

How to satisfy that sweet tooth

Some people argue that regular sugar is just as bad for you as sugar substitutes. And in a sense, they're right. In time, taking in too much sugar can lead to diabetes, which will lead to heart disease, renal disease, peripheral vascular disease, diabetic retinitis (blindness), diabetic peripheral neuropathy, and the list goes on and on.

But again, let's look at the big picture. What we're talking about here is a "lesser of evils." The best possible thing you could do for your body would be to eliminate any and all sugar from your diet. If you want to live to a healthy old age (key word here being "healthy"), you should extract your sweet tooth ASAP in order to avoid the laundry list of horrors I just mentioned.

But like I said, we're talking about a lesser of evils here, so if you have a sweet tooth that just won't take "no" for an answer, consider using a sweetener that doesn't contain aspartame—like Stevia, lo han, or xylitol.

The sweetener stevia comes from the stevia plant and is said to be 300 times sweeter than sugar. In other words, it's natural, and you don't need a lot of it to sweeten up your coffee, tea, or what-have-you. Even though it works great as a sweetener, the FDA won't allow it to be labeled as such. Instead, they insist that it be called "dietary supplement." I'm not going to get into the politics of it here. Suffice it to say that this is the sweetest "dietary supplement" you've ever tasted—and you can find it in your local health food store.

Lo han (derived from dried and fresh fruit) and xylitol (found in the fibers of many fruits and vegetables) are two other natural alternatives to sugar. You can find both in your local health food store or from various online sources

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