

## ASPARTAME RESOURCE GUIDE

Aspartame medical text, *Aspartame Disease: An Ignored Epidemic*, <http://www.amazon.com> by H. J. Roberts, M.D., over 1000 pages He also has other books on aspartame and "A Manifesto for American Medicine"

"What To Do If You Have Used Aspartame" by neurosurgeon Russell Blaylock, M.D., <http://www.who.net/wtdaspartame.htm> Dr. Blaylock is author of *Excitotoxins: The Taste That Kills*, <http://www.russellblaylockmd.com> He has an excellent CD titled: "*The Truth About Aspartame*", All info is on [http://www.mpwhi.com/blaylock\\_wellness\\_center.htm](http://www.mpwhi.com/blaylock_wellness_center.htm)

Aspartame documentary: Sweet Misery: A Poisoned World, Cori Brackett [cori@sweetremedyradio.com](mailto:cori@sweetremedyradio.com)

*While Science Sleeps*" by Dr. Woodrow Monte. Goes into the deadly free methyl alcohol in aspartame that converts to formaldehyde. You can get it at [http://www.amazon.com/While-Science-Sleeps-Woodrow-Monte/dp/1452893675/ref=sr\\_1\\_11?ie=UTF8&qid=1325287403&sr=8-11](http://www.amazon.com/While-Science-Sleeps-Woodrow-Monte/dp/1452893675/ref=sr_1_11?ie=UTF8&qid=1325287403&sr=8-11) Discusses diseases caused by the methanol like MS, blindness and birth defects. Tells how FDA made a deal with G. D. Searle to hide the studies that showed aspartame causes birth defects, so the public would never know. Explains autism epidemic.

Aspartame Information List, you can subscribe on <http://www.mpwhi.com> scroll down to banners.

Aspartame Video:

<http://www.brasschecktv.com/videos/health-and-medical/aspartame-gmo-bacteria-excretions-causing-blindness.html>

How to get aspartame out of your state: [http://www.thenhf.com/press\\_releases/pr\\_24\\_feb\\_2009.html](http://www.thenhf.com/press_releases/pr_24_feb_2009.html)

Information on how aspartame blinds: [http://www.mpwhi.com/nfb\\_aspartame\\_and\\_vision.htm](http://www.mpwhi.com/nfb_aspartame_and_vision.htm)

Killing and disabling pilots, and causing crashes

[http://www.mpwhi.com/pilot\\_aspartame\\_alert\\_with\\_letters.htm](http://www.mpwhi.com/pilot_aspartame_alert_with_letters.htm)

Safe Sweetener: Just Like Sugar, <http://www.justlikesugarinc.com> Can be found in places like Whole Foods. Made of chicory and orange peel, Calcium and Vitamin C. Chicory has been used for 70 years to improve the health of diabetics. Dr. Russell Blaylock wrote in his newsletter, The Blaylock Wellness Report, <http://www.russellblaylockmd.com> "Finally a safe sweetener".

Special warning for diabetics: Aspartame can precipitate diabetes, simulates and aggravates diabetic retinopathy and neuropathy, destroys the optic nerve, causes diabetics to go into convulsions, and even interacts with insulin. The free methyl alcohol causes diabetics to lose limbs. Jeanette Soto, Mission Possible Brookville, Florida who wrote "Blinded Sight" when her husband lost his sight from aspartame was unable to get her father-in-law, diabetic off aspartame because of the addiction. The free methyl alcohol is classified as a narcotic. It causes chronic methanol poisoning which affects the dopamine system of the brain and causes the addiction. When Jeanette's father-in-law, Santiago Echiverria died it had to be a closed casket, the formaldehyde from the free methyl alcohol was oozing out of his skin. The American Diabetes Assn was sued in 2004 for racketeering for pushing aspartame on diabetics, but because of their power got out of it.

Today people are dying of the methanol poisoning. Dr. James Bowen explains:

"Only after longer aspartame usage does liver damage cause blood methanol levels to measurably rise because the liver mitochondria are so damaged that the liver no longer quickly processes either methyl or ethyl (drink) alcohol. Then the acute methanol poisoning is directly measurable from lab results, as the blood methanol level elevates. This entire sequence or "toxic axis" begins with your very first dose of aspartame. Both acute and chronic poisonings from this methanol toxic axis, and other additive and synergistic aspartame poisonings, steadily accumulate in the aspartame consumer." We continue to get reports of people dying of methanol poisoning. Charles Fleming died and his wife, a Sunday School teacher, remains in a prison in Virginia. The detective on the case said, "Diane is innocent but because I was promoted I could not stop the indictment." Be warned no diabetic should ever consume wood alcohol. The FDA did no NOAEL on methanol. Without it you cannot set an ADI, allowable daily intake. It's 44% too high.

Aspartame and MS: [http://www.mpwhi.com/new\\_report\\_at\\_neurology\\_conference.htm](http://www.mpwhi.com/new_report_at_neurology_conference.htm)

Aspartame Warning Flyer for distribution: [http://www.mpwhi.com/warning\\_flyer\\_on\\_aspartame.htm](http://www.mpwhi.com/warning_flyer_on_aspartame.htm)

The Lethal Science of Splenda: [http://www.wnho.net/splenda\\_chlorocarbon.htm](http://www.wnho.net/splenda_chlorocarbon.htm)

Studies have shown that sucralose can:

- \*Cause the thymus to shrink by as much as 40% (the thymus is your immune powerhouse - it produces T cells)
- \*Cause enlargement of the liver and kidneys
- \*Reduce growth rate as much as 20%
- \*Cause enlargement of the large bowel area
- \*Reduce the amount of good bacteria in the intestines by 50%
- \*Increase the pH level in the intestines (a risk factor for colon cancer)
- \*Contribute to weight gain
- \*Cause aborted pregnancy low fetal body weight
- \*Reduce red blood cell count

Particular warning to diabetics: Researchers found that diabetic patients using sucralose showed a statistically significant increase in glycosylated hemoglobin, a marker that is used to assess glycemic control in diabetic patients. According to the FDA, "increases in glycosylation in hemoglobin imply lessening of control of diabetes."

Here is how Splenda is made: [http://www.wnho.net/chemical\\_processing\\_of\\_splenda.htm](http://www.wnho.net/chemical_processing_of_splenda.htm)

Recently, Dr. Morando Soffritti announced a new study on Sucralose which showed it causes cancer.

Ajinomoto announced a new name for aspartame called AminoSweet. Be warned. It goes under many names; NutraSweet, Equal, Spoonful, Naturataste, Canderel, Benevia, E951, etc. Because the patent has expired it can be used in anything. You must read labels. Many times it's hidden in artificial and natural flavors. Remember that aspartame has a synergistic and additive effect with MSG. Stuart Pape of the National Yogurt Assn has petitioned the FDA to allow aspartame unlabeled in yogurt and dairy products. The FDA has ignored my FOIA request asking if they allowed this, which is illegal.

Acesulfame Potassium (Sunett) triggered cancer and leukemia in original studies.

Web sites: <http://www.mpwhi.com>, <http://www.dorway.com> and <http://www.wnho.net>  
Aspartame Toxicity Center, <http://www.holisticmed.com/aspartame>

Also, you may be interested in the history of aspartame reported for Prop 65:

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Office of Environmental Health Hazard Assessment  
Proposition 65 Implementation  
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Dear Ms. Oshita:

In reading available information, I assume you want mostly how aspartame relates to cancer. Indeed it is a carcinogen, proven so by many scientific studies. Aspartame also triggers many other serious diseases, which fill the 1,000+ page medical text, *Aspartame Disease: An Ignored Epidemic*, <http://www.amazon.com> by H. J. Roberts, M.D.

When FDA Commissioner Dr. Von Eschenbach took office I wrote him about aspartame and cancer, mainly due to his professed intention to save cancer victims; so much of this has already been done. [http://www.mpwhi.com/project\\_recall\\_aspartame.htm](http://www.mpwhi.com/project_recall_aspartame.htm) Later 12 toxicologists asked the FDA to ban

aspartame because of the long term Ramazzini studies on large rat populations showing aspartame is “a multipotential carcinogen”. [http://www.cspinet.org/new/pdf/aspartame\\_letter\\_to\\_fda.pdf](http://www.cspinet.org/new/pdf/aspartame_letter_to_fda.pdf)

Now I'll go back to the beginning.

Aspartame was not approved by science but thru the political chicanery of Don Rumsfeld. D.C. Attorney James Turner, explains how Rumsfeld did it in the documentary *Sweet Misery, a Poisoned World*. Here is a clip from the movie so you can hear what he said: <http://www.soundandfury.tv/pages/rumsfeld2.html>

Searle's problem was they couldn't get studies to show safety. For example, in the Bressler Report: [http://www.mpwhi.com/aspartame\\_news.htm](http://www.mpwhi.com/aspartame_news.htm) you read where they would excise brain tumors from the rats, put them back in the study and after they died resurrected them back on paper. They even filtered out neoplasms to hide them from the FDA. Repeatedly Searle was caught in this criminal activity.

On January 10, 1977 in a 33 page letter, FDA Chief Counsel Richard Merrill recommended to the Justice Department Attorney Sam Skinner that a grand jury investigate Searle for "apparent violations of the Federal Food, Drug, and Cosmetic Act, 21 USC 331 (e), and the False Reports to the Government Act, 18 U.S.C. 1001, for "their willful and knowing failure to make reports to the Food and Drug Administration required by the Act, 21 U.S.C 355 (i) and making false statements in reports of animal studies conducted to establish the safety of aspartame." The FDA called special attention to studies investigating the effect of NutraSweet on monkeys and hamsters.

Searle was caught dead to rights, so they hired Skinner, made him a deal he couldn't refuse. So the former Justice Department prosecutor became a defender. Next at bat - U. S. Prosecutor William Conlon, promptly switched sides too. By then the statute of limitations had expired. Searle knew they couldn't win the case so they simply hired the prosecutors. The Godfather hired the District Attorneys!

Nevertheless the FDA had no intention of approving aspartame. The fraud was so great that Dr. John Olney (who with James Turner fought against approval of aspartame) told Searle to do studies in his lab so he could see that they were done honestly, with supervision. Dr. Olney believed the FDA wouldn't approve aspartame because the studies showed it produced brain damaged. What he didn't anticipate is that Searle didn't submit these findings to the FDA.

January 30, 1980 the Public Board of Inquiry revoked Searle's petition for approval declaring that they had "not been presented with proof of reasonable certainty that aspartame is safe for use as a food additive." Searle had spent \$17 million on an aspartame factory and had no intention of giving up, poison or no. At this point they hired Donald Rumsfeld who said he would call in his markers and get it approved anyway. What were those markers? President Reagan had told Rumsfeld he would be nominated for vice president, but instead selected Bush number 1.

The day after Reagan took office he appointed Dr. Arthur Hull Hayes as the new FDA Commissioner, to over-rule the Board of Inquiry. Reagan knew it would take 30 days to get Hayes to the FDA, so he wrote an Executive Order making the FDA powerless to do anything about aspartame. At 3 AM that night a member of Reagan's staff called the FDA Commissioner Jere Goyan and fired him. Here is a letter from

his wife who was there when the terminating call came in:  
[http://www.mpwhi.com/letter\\_about\\_jere\\_goyan.pdf](http://www.mpwhi.com/letter_about_jere_goyan.pdf)

Once aspartame was on the market there was outrage as consumers were diagnosed with seizures, multiple sclerosis and blindness from the free methyl alcohol releases. Senator Orrin Hatch, on Monsanto's payroll, obstructed hearings on aspartame for years, but there were 3 Congressional hearings from 1985 to 1987. Hatch was on Monsanto's payroll, and kept the bill in committee that would put a moratorium on aspartame until NIH completed independent studies on the flood of aspartame problems they were seeing: seizures, blindness, headaches, sexual dysfunction, behavioral problems, especially in children, drug interactions and birth defects.

About that time Dr. James Bowen wrote FDA that "aspartame is mass poisoning of the American public and 70 countries" - today over 100. <http://www.dorway.com/drbowen.txt> The good doctor wrote: "For this reason, I am opposed to labeling aspartame content of food and drinks. To do so would imply that the government is taking some sort of responsible action....when the only responsible action would be to immediately take aspartame off the market, fully disclose its toxicities, offer full compensation to the injured, public and criminally prosecute anyone who participated in the fraudulent placement of aspartame on the marketplace."

How was the new FDA Commissioner, Arthur Hayes, rewarded for over-ruling the Board of Inquiry? He was hired as a consultant to NutraSweet's PR Agency on a 10-year contract at \$1,000.00 a day, and nobody's heard a peep from him since, he got lockjaw. Who ever heard of a PR guy who won't talk?

Now they began funding professional organizations, ladies-of-the-evening like the American Diabetes Assn, American Dietetic Assn and numerous others to propagandize the public with touting asparshame. Of course they also threatened scientists whose studies identified the toxicity of this poison. In the UPI Investigation Dr. Wurtman was threatened if he did studies on aspartame and seizures he would lose his funding. He capitulated. Read this report on the 8 month investigation by United Press International: [http://www.mpwhi.com/upi\\_1987\\_aspartame\\_report.pdf](http://www.mpwhi.com/upi_1987_aspartame_report.pdf) Dr. Wurtman, too, got a terrible case of aspartame lockjaw, but MIT still gets the money.

ILSI, the International Life Sciences Institute, was born in 1978 as a "research" front for our favorite poisoners. Its board members are from Coke, Pepsi, Searle, Monsanto and the rest of the usual suspects. If a university won't play their way they get no pay, that is to say, funding for fake "research".

Over the years many independent studies have been done. The manufacturers say 200 studies that aspartame is safe as rain. Some of those were the ones FDA found fraudulent and sought prosecution for, and others were simply bought and paid for quack studies from rubber duck labs.

Consider seizure studies by Monsanto, they bought Searle in 1985:  
<http://www.holisticmed.com/aspartame/abuse/seizures.html> Seizures are listed 5 times on the FDA report of 92 symptoms that range from male sexual dysfunction to death:  
[http://www.mpwhi.com/92\\_aspartame\\_symptoms.pdf](http://www.mpwhi.com/92_aspartame_symptoms.pdf) People are having so many seizures and going

blind on aspartame that the Community Nutrition Institute filed a petition to ban aspartame in 1986. Again the manufacturers put in the fix to prevent it from being banned.

They were so worried someone would have a seizure they actually gave people anti-seizure medication in the Rowan study. ' This impeccable "study" involved one-day consumption of, believe it or not: a single capsule of aspartame. Tantamount to smelling the bottle. They got it peer reviewed with their power. So when consumers complain of seizures they say "we did studies and aspartame doesn't cause seizures".

I smoked a Lucky once and I'm fine, so nicotine doesn't cause cancer!

They have all bases covered. Today front groups like Calorie Control Council, with full knowledge that aspartame causes birth defects and mental retardation actually push the poison:

[http://www.wnho.net/mh\\_aspartame\\_letter.htm](http://www.wnho.net/mh_aspartame_letter.htm)

When 60 Minutes did a story about aspartame and brain tumors the manufactures claimed to have all these studies showing safety. Dr. Ralph Walton who was on the show decided to research who funded the "studies": <http://www.dorway.com/peerrev.html> Note that 92% of independent peer-reviewed studies show problems aspartame causes, while those funded or controlled by industry all say it's safe. If you eliminate 6 studies the FDA, aspartame's branch office in Washington, messed with, and one pro-aspartame sponsored summary, 100% of independent scientific peer reviewed studies show aspartame problems.

As Dr. Bowen said: this is mass poisoning of the world. Aspartame destroys the brain, the optic nerve, the immune system and central nervous system. It devastates every organ of the body. Epidemic obesity, diabetes, sexual dysfunction, retinopathy and neuropathy, optic nerve destruction, convulsions and insulin reactions, MS, Parkinson's, Alzheimer's, IQ depreciation and dozens of other afflictions have been inflicted upon us by this deadly neurotoxic carcinogenic "sweetener".

According to the prestigious Ecologist, aspartame was listed with the pentagon in an inventory of prospective biochemical warfare weapons submitted to Congress.

[http://www.mpwhi.com/ecologist\\_september\\_2005.pdf](http://www.mpwhi.com/ecologist_september_2005.pdf)

Studies show the horrific damage done to the body. For instance, the Trocho Study shows the formaldehyde converted from the free methyl alcohol actually embalms tissue and damages DNA.

[http://www.mpwhi.com/formaldehyde\\_from\\_aspartame.pdf](http://www.mpwhi.com/formaldehyde_from_aspartame.pdf)

Here are summaries of the two aspartame studies, Ramazzini, that showed aspartame to be a multipotential carcinogen, passed down through the mother:

DR. MORANDO SOFFRITTI, lead researcher on two groundbreaking long-term aspartame studies. He was recently honored at New York's Mt Sinai School of Medicine with the Irving J Selikoff Award For his outstanding contributions to the identification of environmental and industrial carcinogens and his promotion of independent scientific research. Reviewing his two impeccable aspartame studies. Dr. Soffritti explains:

The first ERF study (2005) was conducted on 1800 Sprague-Dawley rats (100-150/per sex/per group) In order to simulate daily human intake, aspartame was added to the standard rat diet in quantities of 5000, 2500, 100, 500, 20, 4, and 0 mg/Kg of body weight. Treatment of the animals began at 8 weeks of age and continued until spontaneous death. The results show that APM causes a statistically significant, dose-related increase of lymphomas/leukemias and malignant tumors of the renal pelvis in females and malignant tumors of peripheral nerves in males. These results demonstrate for the first time that APM is a carcinogenic agent, capable of inducing malignancies at various dose levels, including those lower than the current acceptable daily intake (ADI) for humans (50 mg/kg of body weight in the US, 40 mg/kg of body weight in the EU).

The second ERF study (2007) was conducted on 400 Sprague-Dawley rats (70-95/per sex/per group). In order to simulate daily human intake, aspartame was added to the standard rat diet in quantities of 100, 20, and 0 mg/Kg of body weight. Treatment of the animals began on the 12th day of fetal life until natural death. The results of the second study show an increased incidence of lymphomas/leukemias in female rats with respect to the first study. Moreover, the study shows that when lifespan exposure to APM begins during fetal life, the age at which lymphomas/leukemias develop in females is anticipated. For the first time, a statistically significant increase in mammary cancers in females was also observed in the second study. The results of this transplacental carcinogenicity bioassay not only confirm, but also reinforce the first experimental demonstration of APMs multipotential carcinogenicity.

Another study by Dr. Morando Soffritti, Ramazzini Institute, showed aspartame causes liver and lung cancer.

In 2002 I petitioned the FDA to ban aspartame. The FDA had 180 days to answer it. They refuse, obviously because I'm using their own words, and they don't know how to get around the fact that everything is a matter of record. If it wasn't so criminal one would have to laugh at their propaganda - the idea that someone might even consider believing them. For instance, they will tell you there is just a small amount of methanol, and there is more in oranges. What they don't say is that in oranges that it is accompanied by ethanol, which is the classic antidote for methanol toxicity and takes it out of your body safely. Here is a peer reviewed journal article about it.

[http://www.mpwhi.com/aspartame\\_methanol\\_and\\_public\\_health.pdf](http://www.mpwhi.com/aspartame_methanol_and_public_health.pdf) Methanol also binds to pectin. In aspartame there is no ethanol. Here is their basic propaganda answered with references:

[http://dorway.com/dorwblog/?page\\_id=606](http://dorway.com/dorwblog/?page_id=606)

A detox formula for aspartame victims endorsed by Dr. Russell Blaylock, Neurosurgeon:

<http://www.wnho.net.wtdaspartame.htm> Available are his excellent books and a CD: "*The Truth About Aspartame*"

There are efforts now in states and countries to rid the planet of aspartame. It is genetically engineered. The manufacturers are get people in high places addicted. When I testified to the Senate in New Mexico, half the senators were sipping Diet Coke. Presidents Clinton and Bush were addicted. Methanol is classified as a narcotic and it causes chronic methanol poisoning. This affects the dopamine system of the brain producing addiction.

I've lectured in other countries and I can tell you people are sick and dying the world over on this poison. It would be great to see it banned from California. First of all it's illegally on the market because it violates the Delaney Amendment. Here are comments from an FDA toxicologist, Dr. Adrian Gross, to Congress on 8/1/85:

Dr. Gross testified that at least one of Searle's studies "has established beyond ANY REASONABLE DOUBT that aspartame is capable of inducing brain tumors in experimental animals and that this predisposition of it is of extremely high significance. ... In view of these indications that the cancer causing potential of aspartame is a matter that had been established WAY BEYOND ANY REASONABLE DOUBT, one can ask: What is the reason for the apparent refusal by the FDA to invoke for this food additive the so-called Delaney Amendment to the Food, Drug and Cosmetic Act?"

The Delaney Amendment makes it illegal to allow any residues of cancer causing chemicals in foods. In his concluding testimony Gross asked, "Given the cancer causing potential of aspartame how would the FDA justify its position that it views a certain amount of aspartame as constituting an allowable daily intake or 'safe' level of it? Is that position in effect not equivalent to setting a 'tolerance' for this food additive and thus a violation of that law? And if the FDA itself elects to violate the law, who is left to protect the health of the public?" Congressional Record SID835:131 (August 1, 1985)

Here is my letter to the Assembly Committee on Health which exposes the fact that it's adulterated: [http://www.mpwhi.com/letter\\_to\\_a\\_n\\_kim\\_california\\_ach.htm](http://www.mpwhi.com/letter_to_a_n_kim_california_ach.htm) The adulteration means it violates interstate commerce laws.

Consumer power is winning the war against this toxin. Holland Sweetener, the largest European aspartame producer closed in 2006. Another European maker also quit. In Japan Tosh stopped making it as well. Merisant, in the USA went bankrupt for \$230,000,000 in January, 2009. 47 members of Parliament signed for a ban in the UK. There is continuing effort to get banned in the Philippines. Romania banned it in the early 90's because it's carcinogenic. And now the European Food Safety Authority is doing a review.

Today no drug is safe if the consumer is using aspartame because of the interaction due to damage to the mitochondria. It's used in hospitals because of the dietitians making patients even sicker.

The Nutratonic hit the iceberg and Coke & Pepsi are in the lifeboats with new sweeteners in the works. Japan's Ajinomoto and the USA NutraSweet Co are still slapping around in the frigid waters of consumer condemnation. [http://www.wnho.net/recipe\\_for\\_death.htm](http://www.wnho.net/recipe_for_death.htm)

If I can provide further data I'll gladly do so. There is no way to show safety on aspartame with honest, unbiased studies. Eliminate industry studies to defend its product and you'll see how deadly is this toxin. Dr. Bill Deagle said it's more deadly than depleted uranium because its ubiquitous in our food.

Dr. Betty Martini, D.Hum, Founder



Mission Possible International (warning the world off aspartame)

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[www.mpwhi.com](http://www.mpwhi.com), [www.dorway.com](http://www.dorway.com) and [www.wnho.net](http://www.wnho.net) Aspartame Toxicity Center,  
[www.holisticmed.com/aspartame](http://www.holisticmed.com/aspartame)

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