

# WHAT HAPPENED TO ME WHEN I STARTED INGESTING ASPARTAME



By Ramona Xuchan

Before I started consuming aspartame, I had never been ill in my life, apart from colds and flu. After I had been ingesting for a while, I became like a zombie, the walking dead.

**H**ere is my story. I started using aspartame in the mid 1980s as a sweetener in the form of 'Candarel.' I admit I had no idea what it was made from, but assumed it was safe since it was my dentist who recommended it. In any case, I had never heard of aspartame, therefore the word would have meant nothing to me at the time, even had I been aware that it was what 'Candarel' really was.

At first, I did not use 'Candarel' constantly but nevertheless suffered from some side effects at the time. Two predominant ones were:

- A bright ziz-zag light, which marred my vision. It was more noticeable when I closed my eyes.
- Sudden overwhelming feelings of fear as I walked along the street - these feelings would strike without warning and were totally unpredictable.

I visited the doctor about the zig-zag light, but he could find no cause for it. As both these effects were not constant, I could live with them.

Things got really bad around the year 2000, when it was suggested I take calcium tablets. I was given a prescription for chewable calcium, which I later discovered, was

sweetened with aspartame. I was unaware at the time, as I said, I had never heard of this lethal stuff. I was to take 800 mg a day. I don't know what level of aspartame is used in these tablets (they are still on the market, so this could easily be clarified).

## EMERGENCY

At this time, I had also started chewing gum and had decided to start using 'Candarel' fully, instead of sugar. I used to take about three teaspoons of sugar in my tea/coffee. I had been ingesting this increased amount of aspartame for about six months when the following happened:

One day I bent my head down to pick up something and felt a searing pain in my left eye. That was the start of it. This pain got worse over the next few days. As I had to go to hospital for a breast scan, I decided at the same time to go to emergency. There I was told I had neuralgia, as the pain had now spread to the left side of my face. I was prescribed painkillers - **I now know this is the worst thing to take whilst consuming aspartame.**

Once I started taking painkillers, the pain grew worse. It got so bad that I decided to see my GP. I happened to see the locum. (He also had a practise in Harley Street).

By this time my symptom was not only the pain in the face but also a terrible pain in my left eye. The panic attacks had increased and I started having headaches, especially on the left side of my head, toward the front.

I was seen at the emergency department of a well-known London eye hospital. After a lot of tests, (for they could find nothing wrong - a typical result of aspartame poisoning) I was told I had inflammation of the

inner, upper eyelid. Steroid drops were prescribed. (As an aside, through visiting this hospital, I twice developed eye infections, which could have blinded me as it left a scar right next to my iris.)

No sooner than my eye problem was being treated when my headaches became so bad that I had to be on pain killers constantly, strong ones: about 40 a day.

- The panic attacks grew worse.
- I started having palpitations. My heart was beating very fast, all the time, I felt it could have 'crashed' at any time.
- Then my heart started missing beats - a terrifying experience as I never knew if it would catch the next one. I could drop dead at any moment. This symptom went on all the time, day and night.
- I was terrified (frightened is too weak a word) all the time.
- I became very depressed - I did not suffer from depression before consuming aspartame.
- I started sweating profusely at night, so much so, that I had to sleep naked wrapped in a towel, which I had to change constantly.

**All the above symptoms continued until I was thoroughly detoxed.**

My doctor said the only way to control the above symptoms, was to be put on a drug for the remainder of my life. (I didn't bother to find out what the drug was, as I had no intention of taking it.)

As I knew the cause of my symptoms was something I was consuming, I started trying to find out

what this was. From being a healthy person, I had become a wreck who looked like death warmed up. I lost so much weight I looked as if I was starving. I had great black circles under my eyes. My face was drawn and pale. All this was nothing to what was to follow:

### **I started having terrible dreams**

As soon as I fell into the dream state, I would wake up petrified from indescribable dreams. Nightmare is too kind a word for what I was experiencing. I could never get past, or indeed, into the dream state properly without being awoken by these horrific nightmares.

It got so bad, I was afraid to go to sleep; yet I had to. The dreams continued relentlessly until my doctor said, if I did not get properly into the dream state, I would go mad. While I was consuming aspartame, I never did get into the dream state properly once this symptom started.

By this time my blood pressure was almost 200 over around 150. It is only by the grace of God that I am still alive to tell the tale.

I was going from my GP, to the eye hospital, to the heart hospital, to a nutritionist. Going around in circles trying to find out what was wrong. I was getting worse all the time. (No one had better ever tell me that hell does not exist - for I have been there.)

During all this, there was a terrible noise in my head - later I was told this was the blood rushing through my brain. The noise became especially unbearable whenever I passed a building with air-conditioning equipment on the outside of the building. The beat of my heart seemed to pick up and amplify the rhythm of the air-conditioning equipment.

Things got so bad, I KNEW I was going to die. The frightening thing was not knowing what would have caused my demise. It is impossible to describe my feelings during those months of nights spent trying to sleep and then being awoken by those dreams. Together with all the other symptoms, I would not wish this even on my worst enemy. The fear was

<http://www.namastepublishing.co.uk>

terrible - it persisted all the time: day and night.

Once I knew that the cause of all these symptoms was aspartame, I worked out how aspartame affects the body. It destroys ones immune system.

### **IMMUNE SYSTEM FAILS**

As you continue to consume this lethal stuff, more and more symptoms show up as your immune system breaks down even further. I guess those who die, their immune system just totally fails under the onslaught.

The immune system is partly made up of proteins. The way I rebuilt my immune system was to take a lot of protein. I discovered pea protein - a good source, as it does not have any of the ill effects of soya (which can affect your thyroid), or indeed any side effects whatsoever. It does not cause wind because the carbohydrates have been removed. I buy mine from Pulsin <http://pulsin.co.uk>

I also started re-building my body by taking vitamins. However, the vitamins I take are made from food. This means the body can absorb most of them, unlike some other vitamins of which the body absorbs only a small percentage. I buy my vitamins from a company called Nature's Own [www.natures-own.co.uk](http://www.natures-own.co.uk)

In order to lower my blood pressure, I started taking magnesium, then potassium, then sodium. it's advisable to lower salt intake, but I had stopped taking salt altogether, thinking this was the cause of my heart problem. The heart needs some salt, otherwise the effect is just like having too much of it. Each time I visited the hospital, my blood pressure would be lower, until finally I did not have to return - so I know it works.

I wore (and still wear) a silver chain. While I was on aspartame, the silver became black through my sweating. This was no ordinary blacking of silver, which is caused by sulphur in the body. The blackness did not rub off. Also, the necklace had never turned black before I started ingesting aspartame and it

stopped once I had it out of my system. It would be good if someone could do some serious research on this by putting a silver chain in a liquid solution of aspartame and then see what chemical from the solution is responsible for this blacking. Is it poisonous to the system?

### **Namaste Magazine**

*Namaste Magazine* is directly responsible, through my chance seeing a letter published in it from a reader describing my very symptoms and giving the address of Dr Betty Martini's website [www.dorwway.com](http://www.dorwway.com) and [www.wnho.net](http://www.wnho.net) I came upon the magazine on a day's outing on a cold winter's day to visit a waterfall in Wales. It was quite remote, but there was a small rustic hotel/restaurant by the fall. I went in with the friend who had taken me to warm ourselves up. We ordered soup and while we waited for it, I thumbed through some back-dated magazines, which were on the table. They were all back copies of *Namaste*. By 'chance' I flipped to the readers' page and there was a letter thanking Betty Martini for drawing the writer's attention to aspartame. On reading the letter, I saw all the symptoms I was suffering from, which no doctor could identify. I made a note of Dr Martini's website and also of *Namaste's*. The rest, as they say, is history.

To end my story, I looked up Dr Martini's website, realised what was the cause of all my agony and followed the steps for detoxifying. It took about two years for my obvious symptoms to go away. Less obvious ones still remain; for example, I cannot take food or medicine with chemicals in them. I did once have some travel injections and am fortunate to have recovered - after years - from what happened - which is another story. The book I followed on nutrition to get back my health, was *The Encyclopaedia of Nutrition*.

Another obvious side effect, which still occurs, is that the sinuses in the left side of my head get inflamed now and again. I guess my entire body was inflamed in one way or another - this is one way it fights intruders.

I thank both Dr Betty Martini and Namaste Magazine for their part in saving my life. I cannot end without thanking God, especially after all that my body went through I am more or less as well as can be expected. My prayers supported me during this terrible time.

In fact, I would indeed have gone mad as the doctor said, had it not been for my prayers.

## AN ASPARTAME CAMPAIGNER COMMENTS

By Elizabeth Gray

This lady's experience from ingesting aspartame over a prolonged period of time can certainly be described as diverse, but yet not untypical of those suffered by "aspartame reactors." Some reactors have a much more acute reaction time. Some people have an addiction to diet drinks etc. Detoxing does take time, but the good news is that people can reverse their ill health often with dramatic results.

The comparison of a person's despair and confusion not knowing what is happening to their body, their sanity even, compared to eventually knowing and understanding what has been happening to them is startling. Like others before her, it is usually the chance stumbling across information - a chance listening to a radio programme; someone telling them about what they've found out, how they've suffered - this anecdotal evidence doesn't go away easily.

Usually such people tell their story (as this lady has done), sometimes setting up their own campaign with websites and campaign material to help others. The main cry is - *how come the government allows this? - How come it's legal to sell it?* People report rummaging through kitchen cupboards to find (and throw out) everything containing aspartame.

Conventional medical professionals may be loath to formally concur with their patients' improved and regained health. Though with no other changes in diet and lifestyle, doctors have been able to confirm (sometimes reluctantly) that yes, aspartame must have had some effect on their patient and yes,

eliminating aspartame has been beneficial to the patient.

Amongst the most common complaints relating to aspartame: headaches, vision problems and joint pain - these situations can tend to be treated by a doctor without investigation of diet leading to unnecessary medication, expensive testing and continued suffering. But if a person's GP checked with the Department of Health or the Food Standards Agency they would find assurance that everything's fine with aspartame. No clues there, then!

However, with more time, using a search engine on 'aspartame' and "health" will reveal lots of information countering the official position: the concerns of scientists who have carried out research that have found problems with aspartame; an historical search will bring up government and industry collusion to get aspartame on to the market.

In the meantime, in the UK, as this issue of *Namaste* goes to press, the results of a long overdue pilot study of reactors versus non-reactors is imminently expected.

### Update on the Hull study on aspartame.

The clinical elements of the study have been completed and the contractors are in the process of analysing the results and preparing a final report.

The contractors are expecting to submit the report to the FSA by the end of January 2013.

The European Food Safety Authority (EFSA) is in the process of re-evaluating aspartame and is expected to publish, in January 2013, a draft opinion for consultation and a final opinion by May 2013

### Aspartame Resource Guide

[www.sunsentpress.com](http://www.sunsentpress.com)

Aspartame medical text, Aspartame Disease: An Ignored Epidemic, by Dr H. J. Roberts, MD, over 1000 pages, other books on aspartame  
*A Manifesto for American Medicine*

[www.mpwhi.com/resources-coldwell.htm](http://www.mpwhi.com/resources-coldwell.htm)

Dr Leonard Coldwell's Detox Formula: His new book is  
*The Only Answer to Cancer.*

Details information relating to aspartame

and cancer.

[www.who.net/wtdaspartame.htm](http://www.who.net/wtdaspartame.htm)

Detox formula: *What To Do If You Have Used Aspartame* by Neurosurgeon, Russell Blaylock, MD.

[www.russellblaylockmd.com](http://www.russellblaylockmd.com)

Dr Blaylock, author of *Excitotoxins: The Taste That Kills*,

has an excellent CD entitled:  
*The Truth About Aspartame.*

[www.atavistik.com](http://www.atavistik.com)

All info is on

[www.mpwhi.com/blaylock\\_wellness\\_center.htm](http://www.mpwhi.com/blaylock_wellness_center.htm)

### Aspartame Documentary

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

*While Science Sleeps* by Dr Woodrow Monte, gives details on the deadly free methyl alcohol in aspartame which converts to formaldehyde. You can buy it from: [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) The book discusses diseases caused by the methanol like MS, blindness and birth defects. It reveals how the FDA made a deal with GD Searle to hide the studies that showed aspartame causes birth defects, so the public would never know, it further gives information on the autism epidemic.

If you would like to subscribe to the Aspartame Information List, you can apply at [www.mpwhi.com](http://www.mpwhi.com) scroll down to banners.

### Aspartame Video

[www.brasschecktv.com/videos/health-and-medical/aspartame-gmo-bacteria-excretions-causing-blindness.html](http://www.brasschecktv.com/videos/health-and-medical/aspartame-gmo-bacteria-excretions-causing-blindness.html)

How to get aspartame out of your state:  
[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:  
[www.mpwhi.com/nfb\\_aspartame\\_and\\_vision.htm](http://www.mpwhi.com/nfb_aspartame_and_vision.htm)

Killing and disabling pilots and causing plane crashes:

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

Dr Russell Blaylock wrote in his newsletter, *The Blaylock Wellness Report*.  
[www.russellblaylockmd.com](http://www.russellblaylockmd.com)  
*Finally a safe sweetener.*