

Sweeteners, Good, Bad, or Something even Worse.

(Part 2)

Aspartame and related aspartame products

These are non-calorie sweeteners (In the [Blue Wrapper](#))

Aspartame (commonly misspelled as aspartame)

Also Labeled as:

APM
AminoSweet (but not in the US)
Aspartyl-phenylalanine-1-methyl ester
Canderel (not in US)
Equal Classic
NutraTaste Blue
NutraSweet

Once even classified as a WMD, Weapon of Mass Destruction, Aspartame is probably the worst dietary sweetener and/or the worst food additive ever developed. It is probably the worst product that is part of the excitotoxin family of products which also includes most flavor enhancers (MSG etc.) and all of the aspartame related sweeteners. My recommendation to all of my patients across the board is to stop the consumption of aspartame immediately and all the aspartame related products. If for no other reason it makes my job as a doctor very easy as that alone relieves many of the symptoms in almost all patients that regularly consume aspartame. However, you don't have to eat aspartame on a regular basis to suffer the toxic effects. So if you have a chronic health issue and consume NutraSweet (aspartame) or any other aspartame derived products, before visiting your doctor, first try not eating aspartame for a couple of weeks. You may find that your health issues self-resolve and other issues that you didn't even know you had also self-resolve.

There are studies that have concluded that Aspartame is safe and other studies that show major dangers on almost everyone that utilizes this product. From personal experience after being in practice for more than 40 years I can attest to the negative studies. Which leads to the conclusion that you can't trust studies that are performed or funded by the manufactures of the product being studied. They do admit the fact that children with autosomal recessive phenylketonuria and homozygotes with strict dietary restrictions should avoid aspartame. But then say that the studies provide no evidence that it does them harm.

They state that headache is the most common adverse side effect along with various neuropsychiatric disorders, including panic attacks, mood changes, visual hallucinations, manic episodes, and isolated dizziness. Tests also reveal symptoms of headache, nervousness, dizziness, memory impairment, nausea, temper outbursts, depression and seizures. But again say that none of these conditions have been rigorously proven to be caused by aspartame. If you want to know if aspartame is causing you any symptoms you don't need a million dollar study to tell you, just stop consuming it for 2 weeks or so and see what symptoms disappear.

Personally I have found almost everyone that consumes aspartame on a regular basis has from mild to severe symptoms directly related to the aspartame consumption and that there was a significant improvement in all the related symptoms upon stopping the consumption of aspartame.

I have also found that most individuals that consume aspartame are in some way addicted to the product. They tell me that they can't stop eating it and really don't want to stop as they love the taste.

I believe we all know by now that the FDA is a business first and a consumer protection agency second. And from what I have heard from very reliable sources the corruption and payoffs to get Aspartame passed was quite ugly. Based on those facts, Aspartame should never have been passed by the FDA to be used in the US. But once again, Monsanto is able to get products passed that a normal company could only dream of.