

Special alert on aspartame, a genetically engineered sweetener

The sweetener aspartame, (also known as NutraSweet, Equal, Spoonful, Canderel, Benevia, and E951) is genetically engineered.² The amino acids are grown using GM *E. coli* bacteria. Although numerous studies and thousands of consumer complaints have linked this controversial sweetener to serious illnesses, it is unclear if the genetic engineering contributes to the problems.

Aspartame is a molecule composed of three sub-units. The first is methyl ester, which, according to food science professor Woodrow Monte, immediately converts to methyl (wood) alcohol, a deadly poison that can bioaccumulate in the body. A single ounce can be fatal. Monte, who is the author of "Aspartame: Methanol and the Public Health" in the *Journal of Applied Nutrition*,³ says, "Methyl alcohol then converts to two other known toxins—formaldehyde and formic acid."

The other two sub-units are amino acids (aspartic acid and phenylalanine). These may be harmless when part of protein, but according to physician H. J. Roberts, author of the medical text, *Aspartame Disease: An Ignored Epidemic*, in aspartame the amino acids are isolated and in a dangerous configuration (*L. stereoisomer*). In addition, they interact with free methyl alcohol. These factors make the amino acids particularly harmful. Roberts says the isolated phenylalanine lowers the seizure threshold and triggers psychiatric and behavioral problems, as well as other symptoms and diseases. Neuroscientist John Olney, who founded the field of neuroscience called excitotoxicity, says that aspartic acid is an excitotoxin that stimulates neurons into hyperactivity until they exhaust and die.

Psychiatrist Ralph G. Walton, medical director of Safe Harbor Behavioral Health, had to abruptly stop his own human clinical trial on aspartame when some of the subjects had serious reactions. One participant, the hospital's administrator, suffered a detached retina and went blind in one eye. Another had bleeding of the eye and others reported being poisoned.⁴ Walton says that "Aspartame is a multipotential toxin and carcinogen," which also lowers seizure thresholds, produces "carbohydrate craving," and in vulnerable individuals, can cause "panic, depressive, and cognitive symptoms."⁵

There are up to 10 breakdown products of aspartame.⁶ The largest (diketopiperazine) appears to be the cause for brain tumors in animal feeding studies. Olney says when it is processed (nitrosated) by the gut it produces a compound closely resembling a powerful chemical (N-nitrosourea)⁷ that causes brain tumors. Author and neurosurgeon Russell Blaylock, suggests that a jump in brain tumors in the US population in the 1980s is linked to the introduction of aspartame.⁸ Blaylock refers to an Italian rat study⁹ in which "they fed animals aspartame throughout their lives and let them die a natural death. They found a dramatic and statistically significant increase in the related

cancers of lymphoma and leukemia, along with several histological types of lymphomas.” He said, “What the Italian study found is that if you take these same animals and expose them to formaldehyde in the same doses, they developed the same leukemias and lymphomas.”¹⁰

The FDA compiled a list of 92 symptoms from the more than 10,000 consumer complaints they received about aspartame. These included four kinds of seizures, blindness, memory loss, fatigue, change in heart rate, difficulty breathing, joint, bone, and chest pain, speech impairment, tremors, change in body weight, lumps, blood and lymphatic problems, developmental retardation and problems with pregnancy, anemia, conjunctivitis, male sexual dysfunction, and death. Roberts’ medical text also identifies neurodegenerative disease, cancer, diabetes, obesity, and sudden cardiac death, among others.

To Learn More

Consult the following resources for information about the efforts around the world to recall Aspartame--as well as the health issues, rigged research, and political maneuvering that got it approved:

Organizations

- [Mission Possible International](#), Betty Martini, Bettym19@mindspring.com
- [World Natural Health Organization](#),
- [DORway to Discovery](#),
- [Aspartame Information Group](#),
- [Aspartame Toxicity Center](#),

Books and DVDs

- *Aspartame Disease: An Ignored Epidemic* by H. J. Roberts, M.D.,
- *Excitotoxins: The Taste That Kills*, by Russell Blaylock, M.D.
- *Sweet Misery: A Poisoned World*, DVD available at www.seedsofdeception.com