



Aspartame

Aspartame is a commonly used artificial sweeteners found in brands such as Equal, NutraSweet and Splenda. When a person ingests aspartame, it breaks down into methyl alcohol, which breaks down into formaldehyde, which is known to cause cancer. This is found in over 6,000 products worldwide such as diet drinks, sugar-free desserts and tabletop sweeteners. According to the a Data Sheet by the Environmental Health and Safety Management, aspartame is a "strong sensitizer" than can cause "severe abdominal pain, violent vomiting, headache and diarrhea". If swallowed it "may be fatal or cause blindness".

Symptoms of Use:

- thyroid dysfunction
- nausea
- vertigo
- loss of control of limbs
- blurred vision
- blindness
- memory loss
- slurred speech
- depression often reaching suicidal levels
- brain damage
- hyperactivity
- seizures
- skin lesions
- rashes
- anxiety attacks

- muscle and joint pain
- numbness
- mood changes
- loss of energy
- hearing loss or ringing in the ears
- loss or change of taste
- dizziness
- convulsions an symptoms to those in a heart attack

Do you think you're suffering from any symptoms of aspartame? I can help! Give the office a call and schedule for a no-charge consultation.

Yours for health naturally,

Dr B

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