

# Diet Foods Can Ruin You

**ALSO IN THIS ISSUE: THE FOLIC ACID LAWSUIT / WHAT DRUGS REALLY COST / BEWARE OF EXCITOTOXINS**

The following article is written by Dr. Betty Martini. I believe you will find it of great interest. Because of the terrible damage and worldwide intake of the substance, this terrible health problem is an immediate crisis. I have added bold face and occasional brackets. Full caps are hers. Each of us has friends who needs this information.

I would like to introduce it with these two facts:

First, there are large numbers of people who are rapidly gaining excess weight from their fast-food and meat diets. These people imagine that “diet” (“sugarless”) foods are a healthful way to help reduce weight.

Second, there is the possibility that aspartame may be added to some products whose labels say “sugar added.” This is because aspartame is cheaper than sugar. In some instances, it is being done.

Thus, we have very serious problem. Here is Dr. Martini’s article:

I have spent several days lecturing at the World Environmental Conference on “*Aspartame: Marketed as ‘NutraSweet,’ ‘Equal,’ and ‘Spoonful.’*” In the keynote address by the EPA [Environmental Protection Agency], they announced that **there was an epidemic of multiple sclerosis and systemic lupus**, and they did not understand what toxin was causing this to be rampant across the United States. I explained I was there to lecture on exactly that subject.

**When the temperature of aspartame exceeds 86° F, the wood alcohol in aspartame converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis.** (Formic acid is the poison found in the sting of fire ants.) **The methanol toxicity mimics multiple sclerosis;** thus, people are being diagnosed as having multiple sclerosis in error. The multiple sclerosis is not a death sentence, but the methanol toxicity is.

**In the case of systemic lupus, we are finding it has become almost as rampant as multiple sclerosis, especially in Diet Coke and Diet Pepsi drinkers.** Also, with methanol toxicity, the victims usually drink three to four 12-oz. cans of them per day, some even more. In the case of **systemic lupus, which is triggered by aspartame**, the victim usually does not know that the aspartame is the culprit. The victim continues its use, aggravating the lupus to such a degree that sometimes it becomes life threatening.

When we get people off the aspartame, those with systemic lupus usually become asymptomatic, but we still cannot reverse this disease. On the other hand, in the case of those diagnosed with multiple sclerosis (when in reality, the disease is methanol toxicity), most of the symptoms disappear. We have seen cases where their vision has returned and even their hearing. This also applies to cases of tinnitus.

During a lecture I said, **“If you are using aspartame (NutraSweet, Equal, Spoonful, etc.) and you suffer from fibromyalgia symptoms, spasms, shooting pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, or memory loss, you probably have ASPARTAME DISEASE!”**

People were jumping up during the lecture saying, “I’ve got this! Is it reversible?” The situation is becoming rampant. Even some of the speakers at my lecture were suffering from these symptoms!

In one lecture attended by the Ambassador of Uganda, he told us that **their sugar industry is adding aspartame to their sugar!** He continued by saying that one of the industry leader’s sons could no longer walk due in part to product usage! We have a very serious problem.

A stranger came up to Dr. Espisto (one of my speakers) and myself and said, “Could you tell me why so many people seem to be coming down with MS?” During a visit to a hospice, a nurse said that six of her friends, who were heavy Diet Coke drinkers, had all been diagnosed with MS. This is beyond coincidence.

Here is the problem. **There were Congressional hearings when aspartame was originally included as a sweetener in 100 different products. Since this initial hearing, there have been two subsequent hearings, but to no avail. Nothing has been done. The drug and chemical lobbies have very deep pockets. Now there are over 5,000 products containing this chemical, and the PATENT HAS EXPIRED** [which means other firms can now market aspartame under different brand names]!

At the time of this first hearing, **people were going blind. The methanol in the aspartame converts to formaldehyde in the retina of the eye. Formaldehyde is grouped in the same class of drugs as cyanide and arsenic—DEADLY POISONS!**

Unfortunately, it just takes longer to quietly kill, but it is killing people, nonetheless, and causing all kinds of neurological problems as it slowly does it.

**It is because aspartame changes the brain's chemistry, that it is able to produce severe seizures. This drug changes the dopamine level in the brain. Imagine what this drug does to patients suffering from Parkinson's Disease. This drug also causes birth defects.** There is absolutely no reason to take this product.

**It is NOT A DIET PRODUCT! The Congressional record said, "It makes you crave carbohydrates and will make you FAT."** Dr. Roberts stated that **when he got patients off aspartame, their average weight loss was 19 pounds per person.** The formaldehyde stores in the fat cells, particularly in the hips and thighs.

**Aspartame is especially deadly for diabetics. All physicians know what wood alcohol will do to a diabetic.** We find that physicians believe that **they have patients with retinopathy; when, in fact, it is caused by the aspartame.**

**The aspartame keeps the blood sugar level out of control, causing many patients to go into a coma.** Unfortunately, many have died.

People were telling us, at the Conference of the American College of Physicians, that they had relatives that had switched from saccharin to an aspartame product and how that relative had eventually gone into a coma. Their physicians could not get the blood sugar levels under control; thus **the patients suffered acute memory loss and eventually coma and death.**

**Memory loss is due to the fact that aspartic acid and phenylalanine are neurotoxic, when the other amino acids found in protein are not present. Because of this, they go past the blood brain barrier and deteriorate the neurons of the brain.** Dr. Russell Blaylock, a prominent neurosurgeon of Jackson, Mississippi, said, **"The ingredients stimulate the neurons of the brain to death, causing brain damage of varying degrees."** Dr. Blaylock has written a book, entitled *Excitotoxins: The Taste that Kills*.

Dr. H.J. Roberts, diabetic specialist and world expert on aspartame poisoning, has also written a book. It is entitled *Defense Against Alzheimer's Disease*. Dr. Roberts tells how **aspartame poisoning is escalating Alzheimer's Disease**, and indeed it is. As the hospice nurse told me, **women are being admitted at 30 years of age with Alzheimer's Disease.** [This could also be mad cow disease; see our book, *International Meat Crisis*.]

Dr. Blaylock and Dr. Roberts will be writing a position paper with some case histories and will

post it on the internet. According to the Conference of the American College of Physicians, **"We are talking about a plague of neurological diseases caused by this deadly poison."**

Dr. Roberts realized what was happening when aspartame was first marketed. He said, **"My diabetic patients presented memory loss, confusion, and severe vision loss."** At the Conference of the American College of Physicians, doctors admitted that they did not know. **They had wondered why seizures were rampant. But the cause is that the phenylalanine in aspartame breaks down the seizure threshold and depletes serotonin. This results in manic depression, panic attacks, rage, and violence.**

Just before the Conference, I received a fax from Norway asking for a possible antidote for this poison, because they are experiencing so many problems in their country. Fortunately, we had speakers and ambassadors at the Conference from different nations who have pledged their help. We ask that you help too.

**Print this article and warn everyone you know. Take anything that contains aspartame back to the store.** Take the "no aspartame test" [stop using it and see what happens], and send us your case history.

I assure you that Monsanto, the creator of aspartame, knows how deadly it is. They help fund the American Medical Association, American Dietetic Association, Congress, and the Conference of the American College of Physicians. The *New York Times* ran an article on November 15, 1996, about how **the American Dietetic Association takes money from the food industry to endorse their products.** Therefore, they cannot criticize any additives or tell about their link to Monsanto.

How bad is this? We told a mother who had a child on NutraSweet to get off the product. **The child was having grand mal seizures every day.** The mother called her physician, who called the ADA. They told the doctor not to take the child off the NutraSweet. We are still trying to convince the mother that the aspartame is causing the seizures. **Every time we get someone off the aspartame, the seizures stop.** If the baby dies, you know whose fault it is and what we are up against.

**There are 92 documented symptoms of aspartame, from coma to death. The majority of them are all neurological, because the aspartame destroys the nervous system.**

**Aspartame Disease is partially the cause of what is behind some of the mystery of the Desert Storm health problems.** The burning tongue and other problems, discussed in over 60 cases, can be

directly related to the consumption of aspartame products. **Several thousand pallets of diet drinks were shipped to the Desert Storm troops.** Remember that **heat can liberate the methanol from the aspartame at 86° F. Diet drinks sat in the 120° F. Arabian sun for weeks** at a time on pallets. The servicemen and women drank them all day long. **Many of their symptoms are identical to aspartame poisoning.**

Dr. Roberts says, **“Consuming aspartame at the time of conception can cause birth defects.”** According to Dr. Louise Elsas, Pediatrician and Professor of Genetics at Emory University, in his testimony before Congress said, **“The phenylalanine concentrates in the placenta are causing mental retardation.** In the original lab tests, **animals developed brain tumors, phenylalanine breaks down into DXP (a brain tumor agent).** When Dr. Espisto was lecturing on aspartame, one physician in the audience, a neurosurgeon, said, **“When they remove brain tumors, they have found high levels of aspartame in them.”**

Although Stevia, a sweet food, NOT AN ADDITIVE, which helps in the metabolism of sugar and would be ideal for diabetics, has been approved as a dietary supplement by the FDA for years, **the FDA**

**has now outlawed this sweet food because of their loyalty to Monsanto. If it says “SUGAR FREE” on the label, do not even think about it!**

**Senator Howard Metzenbaum wrote a bill that would have warned all pregnant mothers, and mothers of children, of the dangers of aspartame.** The bill would have also instituted independent studies on the problems existing in the population (seizures, changes in brain chemistry, changes in neurological and behavioral symptoms). **But it was killed by the powerful drug and chemical lobbies,** letting loose the hounds of disease and death on an unsuspecting public. Since the Conference of the American College of Physicians, we hope to have the help of several world leaders.

Again, please help us, too. There are a lot of people out there who must be warned. Please let them know this information.

—Released by Women’s Cancer Resource Center, Laurie Moser, Assistant Director, 1815 East 41st Street, Suite C, Minneapolis, MN 55407-3425 / 800-908-8544

—Other sources: Russell Blaylock, M.D., *Excitotoxins: The Taste that Kills*; H.J. Roberts, M.D., *Defense Against Alzheimer’s Disease*.

**THE FOLIC ACID LAWSUIT**

A legal battle which spanned nearly a decade, centered around a health claim which the natural food industry wanted the FDA to authorize as acceptable on supplement labels. Originally, four claims were requested:

1. Consumption of antioxidant vitamins may reduce the risk of certain cancers.

2. Consumption of fiber may reduce the risk of colon cancer.

3. Consumption of omega-3 fatty acids may reduce the risk of coronary heart disease.

4. 800 mcg. of folic acid in a dietary supplement is more effective in reducing the risk of neural tube defects than a lower amount in common food form.

Each claim was considered separately and the FDA rejected each one. A lawsuit was filed on January 28, 1994, to require the FDA to authorize the folic acid claim on the labels of folic acid supplements.

One study presented to the court showed that pregnant women who were given 800 mcg. of folic acid in multivitamin supplements experienced a 100% reduction in neural tube defects, compared with a 40% to 80% reduction resulting from a 400 mcg. dosage.

According to a recent survey, only 30% of women of childbearing age know that folic acid reduces birth defects. By censoring this information about folic acid, the FDA was condemning tens of thousands of babies to crippling and irreversible birth defects.

The suit charged that the FDA was violating the *Nutrition Labeling and Cosmetic Act*, passed by Congress on November 8, 1990, which prevented dietary supplements and foods that make health claims from becoming subject to the FDA’s strict drug approval and drug labeling requirements.

The FDA recently lost the case. An estimated 350,000 birth defects occurred in America during the time the folic acid lawsuit was in progress.

**WHAT DRUGS REALLY COST**

**Brand name** and size of tablet/capsule / **Consumer price** for 100 tabs/caps / **Cost** of generic active ingredient for 100 tabs/caps / **Percent of markup**

Celebrex 100 mg	\$130.27	\$0.60	21,712%
Claritin 10 mg	\$215.17	\$0.71	30,306%
Keflex 250 mg	\$157.39	\$1.88	8,372%
Libitor 20 mg	\$272.37	\$5.80	4,696%
Norvasc 10 mg	\$188.29	\$0.14	134,493%
Paxil 20 mg	\$220.27	\$7.60	2,898%
Prevacid 30 mg	\$344.77	\$1.01	34,136%
Prilosec 20 mg	\$360.97	\$0.52	69,417%
Prozac 20 mg	\$247.47	\$0.11	224,973%
Tenormin 50 mg	\$104.47	\$0.13	80,362%
Vasotec 10 mg	\$102.37	\$0.20	51,185%
Xanax 1 mg	\$136.79	\$0.024	569,958%
Zestril 20 mg	\$89.89	\$3.20	2,809%
Zithromax 600 mg	\$1,482.19	\$18.78	7,892%
Zocor \$40 mg	\$350.27	\$8.63	4,059%
Zolof 50 mg	\$206.87	\$1.75	11,821%

# Beware of Excitotoxins

We surely live in an exciting time in history. If you are not careful, the poisons being put into your food will get you. If you manage to avoid them, the medicinal drugs you are prescribed will do you in. In the chemical age in which we live, the rule must be: "Let the buyer beware."

Russell L. Blaylock, M.D., a neurosurgeon at the University of Mississippi Medical Center, has researched extensively into a little-known set of substances called **excitotoxins**. What you don't know can kill you, by inches if not faster.

**MSG (monosodium glutamate), Aspartame (Nutrasweet, Equal), hydrolyzed vegetable protein, and cysteine**—are all examples of excitotoxin amino acids. **They are added to human foods and drinks in order to enhance the flavor. But careful research on animals reveals that they destroy brain cells.**

These flavor enhancing chemicals are found naturally in very small amounts in plants. But, anxious to get you to buy more of their products, the food companies use man-made, highly concentrated forms of those chemicals. Fearful that their competitors will sell more food than they do, **every (every) major food company uses them to heighten the flavor. The presence of those chemicals in the food causes you to want to eat more of the product than you normally would.** Excitotoxins are especially added to foods that have a bland taste or little flavor.

But when the same amount of these chemicals, that you ingest in a bottle of Flavor Cola or a bowl of Nutty Crisps, is added to the rations of test animals (including mice, cats, and chimpanzees), it produces brain damage. **The excitotoxins stimulate the neuron brain cells so vigorously, that the cells die of exhaustion! This effect is especially seen in the hypothalamus and temporal lobes** which control behavior, emotions, onset of puberty, sleep cycle, hormones, immunity, and a number of other body functions. Short term memory and the ability to learn are also affected.

Several factors determine how much damage occurs at a given meal: **the amount that is eaten and how frequently such foods are eaten.** Some people eat

such food every day or at certain times day after day. Some people drink no water, but derive all their fluids from soft drinks! Guess what is in those soft drinks? Hypoglycemia also makes the brain nerves very sensitive to these chemicals.

Dr. Blaylock recommends that **those with a family history of neurodegenerative diseases should make every effort to avoid foods containing excitotoxins.** These diseases include Alzheimer's disease, Parkinson's disease, Huntington's disease, and Amyotrophic Lateral Sclerosis (Lou Gehrig's disease). They markedly decrease the blood brain barrier, making a person more sensitive than normal to chronic exposure to these dangerous chemicals and consequent brain damage.

**Now, let us consider some doctored foods in which these substances are found:**

**Beware of canned soup, fast foods, junk food, and food found in fast-food or Chinese restaurants.** They will generally contain large amounts of MSG.

A meal of this so-called "food" can, in a child, raise the blood level of excitotoxins six times—which, in primates, destroys brain cells! **A child's brain is four times more sensitive to damage by excitotoxins than an adult's brain.** But the brain damage will not be evident until the child is more mature. Is tasty junk food really worth the damage it is going to bring to you?

**The following food additives contain 30% to 60% MSG:** monosodium glutamate, hydrolyzed vegetable protein, hydrolyzed protein, hydrolyzed plant protein, plant protein extract, sodium caseinate, calcium caseinate, yeast extract, textured protein, autolyzed yeast, hydrolyzed oat flour, Accent.

**The following food additives contain 12% to 40% MSG:** malt extract, malt flavoring, bouillon, broth, stock, flavoring, natural flavoring, natural beef or chicken flavoring, seasoning, spices.

**The following additives may contain MSG:** Carrageenan, enzymes, soy protein concentrate, soy protein isolate, whey protein concentrate, some types of soy milk.

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