

Chemical/Manmade Sugar Symptoms

(Aspartame, NutraSweet, Equal, High Fructose Corn Syrup, etc.)

People who use chemical or manmade sugars are starting to report allergic reactions such as hives; others say eating these sweeteners causes them to be overly emotional and display symptoms of mental illness. Recently, I saw a client who began having intense stomach pains right after she began using Splenda. Consider the following list of possible symptoms resulting from manmade sweetener consumption, adapted from Dr. Joseph Mercola's website at www.mercola.com:

- Flushing, redness, and/or burning feeling of the skin
- Rash and/or itching
- Swelling
- Blisters or welts
- Nausea
- Stomach cramps
- Dry heaves
- Feelings of food poisoning
- Bloating abdomen
- Diarrhea
- Vomiting
- Pain (body, chest)
- Headache
- Seeing spots
- Dulled senses
- Becoming withdrawn and/or losing interest in usual activities
- Feeling forgetful
- Moodiness
- Unexplained crying
- Feeling depressed
- Altered emotional state such as feeling irate, impatient, hypersensitive
- Trouble concentrating/staying in focus
- Seizures
- Shaking
- Feeling faint
- Anxiety
- A panicky or shaky feeling
- Panic attacks
- Mental or emotional breakdown

Reference: Elizabeth Lipski, Ph.D., CCN, CHN, CNS

Some facts about Aspartame

- When stored or heated above 85 degrees Fahrenheit, aspartame breaks down into neuro-toxic substances.
 - Methanol (wood alcohol)
 - Formaldehyde (embalming fluid, also found in cosmetics)
 - Formic Acid (ant sting venom)
 - DKP (known brain tumor agent)
- Aspartame is capable of changing the DNA structure of animals in lab tests.
- Aspartame consumption through diet soda has recently been linked to MS, Lupus and Fibromyalgia.
 - Cases of systemic Lupus are becoming almost as rampant as MS, especially in diet soda drinkers. Methanol toxicity mimics MS; thus people are being diagnosed with MS in error. MS is not a death sentence, methanol toxicity is! The victims of methanol toxicity drink 3 to 4-12 ounce cans of diet soda per day; some even more.
 - In cases of Systemic Lupus (the ones triggered by aspartame) the victim usually does not know that the aspartame is the culprit. Continued use of aspartame aggravates the Lupus to such a degree that it becomes life threatening.
 - When people stop using aspartame, those with Systemic Lupus usually become asymptomatic. Unfortunately, the disease cannot be reversed.

- Methanol converts to formaldehyde in the retina of the eye, which leads to blindness.
- Formaldehyde is grouped in the same class of drugs as cyanide and arsenic—**deadly poisons**. Unfortunately, it just takes longer to quietly kill your cells.
- Aspartame changes the brain's chemistry, which can lead to severe seizures, memory loss, confusion, and an escalation of Alzheimer's disease.
- And the ironic twist is that aspartame is **NOT** a diet product! It makes people crave carbohydrates more, which leads to overeating and weight gain. This is especially deadly for diabetics. Aspartame leads to blood sugar levels being out of control, which could cause some patients to go into a diabetic coma.
- According to the Conference of the American College of Physicians, "We are talking about a plague of neurological diseases caused by this deadly poison."