

Guillermou

As always, the evidence shows how the WHO and other institutions have supported the agri-food industry by proposing food pyramids that promote the disease. Autoimmune diseases have grown rapidly in recent years, with more than 50 million Americans affected. When the intestine is damaged, undigested food proteins and bacterial endotoxins pass through the lining of the intestine and cause an autoimmune reaction throughout the body. Wheat, stress, artificial sweeteners, sugar, toxins from processed foods, environmental pollution, genetics, etc.

are triggers. www.sciencedirect.com/.../S1568997215000245 (2015).----

hero.epa.gov/hero/index.cfm/reference/details/reference_id/6268261 (2018).----

www.researchgate.net/profile/Adekunle-Sanyaolu/publication/354820981_E.. (2019).-----

www.mdpi.com/.../1862 (2020).--- www.frontiersin.org/.../full (2022).---

www.proquest.com/openview/80b95b24dbab5893c1a3f69f04fa3cfa/1?pq-origsi.. (2023).--- Stress along with artificial sweeteners can enhance changes in the microbiota and lining of the intestine, in addition to further increasing intestinal inflammation. Maternal serum aspartame levels were positively associated with insulin resistance, and LDL cholesterol during pregnancy caused by energy imbalance, alteration of intestinal microbiota, alteration of neuroendocrine balance and oxidant/antioxidant activities.

As aspartame is a chemical stressor of brain HPA, aspartame supplementation can elevate corticosterone levels, increase muscarinic receptor density, and inhibit serotonin, norepinephrine, and dopamine in the brain, consequently resulting in an abnormal glucose metabolism.

Posted On 04/24/2024

Guillermou

Furthermore, ingestion of aspartame in rodents caused liver damage through antioxidant status. It has been reported that aspartame consumption could cause neurological and behavioral disorders. Ingestion of aspartame results in a craving for carbohydrates, which will eventually result in weight gain, especially since formaldehyde is stored in fat cells and causes problems in diabetes control. www.scirp.org/.../13-8204292_84959.htm .----pagespeed=noscript&ref=ourbrew.ph (2018) .--- www.mdpi.com/.../5001 (2022).--- This systematic review sheds light on how excessive consumption of artificially sweetened beverages can affect multiple organ systems, and associations have been made with mental health burden, delays in childhood neurodevelopment, cardiac remodeling, worsening of retinopathy in diabetics, incidental end-stage renal disease, non-Hodgkin lymphoma and multiple myeloma in men, rheumatoid arthritis in women, hip fractures, dental erosion, increases in breath alcohol concentration when used in alcoholic beverages, and cellular aging accelerated. www.ncbi.nlm.nih.gov/.../PMC9891650 (2023)

Posted On 04/24/2024

Gui, aspartame, just one more chemical, synthetic thing polluting us from the inside out adding to all the other things polluting us from the outside in. Yet, one chicken in a chicken warehouse, thousands stacked on top of thousands more, sneezes & the push is to kill millions all in the name of protecting us. Then one or two cows gets a snotty nose, & how can they tell - all cows have snotty noses, & more of the same. Kill em' to protect us. One worker who is drowning in the chicken prison refuse is said to catch the Bird Flu & here we go again, Jabs for everyone in the whole World.

Another Panic-Demic. All against a backdrop of one state following another with attempts to engage scores of Bull Spit Rules & Regulation to prevent everything we can do on our own to create healthy clean Synthetic Chemical Free, (as much as possible these days,) Victory Gardens, Smaller Cleaner Local Operations. Aspartame along with the other synthetic Sugar Freees are a no go on a personal level.

Years ago, found out, no need for anyone to validate it for me, Sugar Freees caused massive headaches, triggered migraines. An experiment as a young adult took as much sugar out of the diet as possible. After a short while it was discovered previously sour things, such as grapefruit became as sweet as the sweetish orange. Flavors exploded & many subtle flavors discovered. Much as Almond expresses in her post today, most supermarket fare pales in so many ways. The difference between home grown in a living soil & produce in appearance is huge.

Dividends of quality food extends way beyond flavor. There are uncounted positive health measures leading to not needing medical care, med's, \$. Along with this, careful purchasing products with a mindset how durable is this if taken care of properly? How may this be reused? This slows down being captured in the Rat Race pursuing rigged system dollars constantly losing purchasing power. Built in, Inflation can't beat the Debt capturing & controlling all.

Posted On 04/24/2024

stoneharbor

Thanks for even more negative consequences that we can expect to encounter from aspartame, Gui. None of these issues can be considered minor threats to our health. It is best for us to learn a way to eat foods that don't taste sweet. One trick is to realize that when your tongue tastes something bitter, sour or astringent, you are probably eating something rich in vital phytonutrients.

Posted On 04/24/2024

juststeve

Stoneharbor, when the sugar pollution and flavor addicting enhancers of Processed Foods are removed from the diet, the bitters, sours or astringents drop down in the intensity on the tongue. They become more welcomed, and the body may well be able to 'read' positive health signals of Real Food. There is a larger range of flavor and blending of them. Even at times to taste an earthiness. Especially in the root crops. Standard mass produced is often waterier, and they don't store well either.

childrenshealthdefense.org/defender/who-media-fear-bird-flu-spreading-..

Posted On 04/24/2024

Guillermou

Your assessments are very real, Just. CHD remembers attorney James Turner, who died January 25 at age 81, who was a consumer advocate and champion in the fight against chemical sweeteners who began his public advocacy career as one of Ralph Nader's Raiders. In 1970, Turner wrote "The Chemical Feast," a bestseller that exposed the food industry's failure to protect the food supply. Their fight to remove cyclamate from the US Food and Drug Administration's (FDA) Generally Recognized as Safe list led to the book being withdrawn from the market, but Penguin Books republished it in 1976.

In Representing a Washington, D.C., public interest group, the Consumer Nutrition Institute, Turner and Olney filed formal objections to the FDA, questioning the validity of some of the key safety evidence for aspartame that the manufacturer, Searle, had submitted. to the FDA. Turner and Olney highlighted evidence that aspartame was causing brain damage, brain tumors, seizures and changes in animal brain chemistry and therefore may have the potential to affect pregnant women and young children. childrenshealthdefense.org/defender/chd-remembers-james-turner-food-sa.. (2022) Humanity is immersed in a consumption of ultra-processed foods (UPF) that are widely consumed in the food chain and epidemiological studies indicate an increased risk of intestinal diseases, including inflammatory bowel disease, colorectal cancer and possibly irritable bowel syndrome.

Food additives commonly added to UPFs, including emulsifiers, sweeteners, colorants, and micro- and nanoparticles, have been shown in preclinical studies to affect the gut, including the microbiome, intestinal permeability, and intestinal inflammation. www.nature.com/.../s41575-024-00893-5 (2024).--

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Guillermou

The results demonstrate that consumers are motivated by both personal factors and environmental concerns when purchasing organic foods. Most respondents expressed a willingness to pay a premium for organic foods with additional environmental benefits, indicating their recognition of the positive value associated with organic production methods that incorporate more environmentally friendly practices. Statistical analysis reveals that while gender and income level do not significantly predict willingness to pay for organic foods, income level is associated with willingness to pay more for organic foods with additional environmental benefits.

Other findings from this study highlight the growing demand for sustainable practices in the food and organic food industry. Consumer preferences go beyond health benefits and reflect greater awareness of the environmental impact of conventional agriculture. Businesses and policymakers can use this knowledge to promote sustainable food options and contribute to the development of a bioeconomy. repositorio-aberto.up.pt/.../635333.pdf (2023)

Posted On 04/24/2024

Guillermou

Thanks stoneharbor, we must also consider the satiety index. There are a few common characteristics of highly satiating foods. Foods that are more filling (i.e., have a high satiety index) tend to have more protein. Protein is considered to be more filling than either carbohydrates or fats. They also tend to have more fiber. Because fiber is not digested, it provides bulk. This bulk tends to help you feel full longer because it slows down emptying of the stomach and digestion time. Highly satiating foods tend to have more volume for the same amount of calories; this means they tend to take up more space with water or air.

Highly satiating foods are also generally whole and less processed. The satiety index is a classification of foods whose satiating effect has been proven. The scale rates foods based on whether people feel extremely hungry, hungry, semi-hungry, unfeeling, semi-satisfied, satisfied, or extremely satisfied. There are a few common characteristics of highly satiating foods. -----1)Foods that are more filling (i.e., have a high satiety index) tend to have more protein. Protein is considered to be more filling than either carbohydrates or fats. -----2)They also tend to have more fiber. Because fiber is not digested, it provides bulk.

This bulk tends to help you feel full longer because it slows down emptying of the stomach and digestion time. -----3)Highly satiating foods tend to have more volume for the same amount of calories; this means they tend to take up more space with water or air. -----4)Highly satiating foods are also generally whole and less processed. www.nolimitsfitnessfl.com/what-is-the-satiety-index .---
- optimisingnutrition.com/satiety-index .---
ernaehrungsdenkwerkstatt.de/fileadmin/user_upload/EDWText/TextElemente..
www.healthline.com/nutrition/15-incredibly-filling-foods#TOC_TITLE_HDR..

Posted On 04/24/2024

Gui: One of the side effects I didn't see mentioned was the incidence of aspartame affecting the vision. In the mid 1990's I received a notice from the FAA Aeromedical Branch concerning "pilots consuming aspartame in flight"...Supposedly there had been several incidents of pilots who had consumed aspartame(primarily in diet sodas) having vision problems/loss of vision in flight. Apparently, aspartame can affect the optic nerve causing these events. This was found on an FAA circular: Q1.

At 55 years of age, I had two seizures in my sleep, about two months apart, and was put on anti-seizure medication. I believe that aspartame caused my seizures and I have been seizure free and off of medication for four months after eliminating aspartame from my diet. Does the FAA recognize aspartame as an etiology for seizures, and if not, what actions need to be taken to get a special issuance medical? A1. The FAA has strict guidelines and policy for airmen with seizures. There is a provision that, in the event of a known, recognized provocateur that can be eliminated, the guidelines for special issuance may vary.

The question you pose is, "will the FAA consider aspartame as a pharmacologic provocateur for seizures?" About 25 years ago there was a good deal of research that proposed in some animal models, aspartame might provoke or facilitate seizures. This research never was well correlated with human studies. Today, the preponderance of the medical literature, and our neurology consultants, would not accept aspartame as the responsible agent.

With that background, if a person has a SINGLE seizure without a known provoked cause, it is possible to regain certification after four years of being completely seizure free, the last two of which must be off anticonvulsants. With two seizures, it is more likely that you will have a diagnosis of epilepsy. In this case it is possible to be certified after 10 years of being seizure-free, the last three of which you must be off all anticonvulsants.

Posted On 04/24/2024

Guillermou

Interesting references, LPM. The objective of this work was to illustrate the effect of dietary supplements of aspartame, glutamate and galactose on the retina of Wistar rat mothers. The retinas of the rats were evaluated at 21 days with transmission electron microscopy. The current findings revealed that the dietary supplements used induced retinal damage assessed by degeneration of ganglion cells, inner and outer nuclear layer, and widespread necrotic patches of the photoreceptor outer segment. Retinal thickness was markedly decreased in experimental groups. especially in those treated with glutamate. The contents of serotonin, dopamine and zinc and iron in the retina were.

It can be concluded that the dietary supplements applied affected the structure and function of the retina of the mother rats.

www.researchgate.net/publication/312145441_Abnormal_Retinal_Structure_.. (2016).-- Food additives comprise amounts of xenobiotics that are known to affect the physiological metabolic pathways of living tissues. Although organic and inorganic chemicals are considered xenobiotics, organic compounds, the basic chemical entity of most constituents, are reported to be responsible for 80-90% of xenobiotic-induced toxicity.

Food additives have been the main source of generation of these harmful toxins in the human population. Exposure to xenobiotics through dietary habits, the environment or medication is inexorable in living beings. The sporadic cause of neurodegenerative diseases and their epidemiological distribution. Xenobiotics, including food additives such as glutamate and aspartame, impair cognition. It has been highlighted that aspartame indicates alterations in cognition, depression, mood,journals.ansfoundation.org/.../5238 (2024).--

Posted On 04/24/2024

Guillermou

In this review, the current evidence on the associated physiological and cognitive effects of aspartame (APM) consumption and Parkinson's disease (PD) was evaluated. Methods: A total of 32 studies demonstrating the effects of APM on monoamine deficiencies, oxidative stress, and cognitive changes were reviewed. Results: Multiple studies demonstrated decreased brain dopamine, decreased brain norepinephrine, increased oxidative stress, increased lipid peroxidation, and decreased memory function in rodents after APM use. Furthermore, animal models of PD have been found to be more sensitive to the effects of APM. [www.tandfonline.com/.../1028415X.2023.2228561](https://doi.org/10.22285/1028415X.2023.2228561) (2023).-- Aspartame produces intestinal damage and is associated with metabolic diseases; on the contrary, intragastric administration of xylitol suppressed diabetes-induced increases in myeloperoxidase, eosinophil peroxidase, IL-6 and TNF-.

These results suggest that xylitol reduces inflammatory mucosal lesions and improves the intestinal barrier in diabetic rats by maintaining the structural integrity of the mucosal layer, inhibiting the expression of inflammatory mediators, and improving the expression of tight junction proteins associated with permeability. [www.tandfonline.com/.../19476337.2024.2303447](https://doi.org/10.22285/19476337.2024.2303447) (2024).---

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Posted On 04/24/2024

Almond

This is not just about aspartame which I scrupulously try to avoid. I am one of the "canaries". No matter how hard I try, if I eat away from home, I usually end up getting ill. Restaurants have no way of knowing what is actually in most of the food they serve, how it was raised or produced. The irony is that I am extremely healthy as long as I eat homegrown food. Most of the food in supermarkets is now unfit for human consumption. You used to be told to eat plenty of fruits and vegetables, but most of these can no longer be trusted due to the introduction of Apeel.

One produce manager for a large supermarket chain told me it is "on (in?) everything". In other foods, lead, herbi/pesti-cides, etc. One of the major reasons for people struggling in this economy is dependency. Being dependent on others to produce many of the basic things they need--esp. food. The more of your own food you can provide, the better off you will be--whether it is a garden, foraging, gleaning or hunting and fishing.

Each homegrown meal you put on your family table is that many fewer dollars that go to support the food corporatocracy. It is about health, liberty and voting with your dollars. Inflated grocery costs are a leading reason for people struggling to budget. Look for ways to escape the system. Consider the return on your investment for even a \$2.99 packet of 25-30 tomato seeds. (Maybe only 20 seeds will germinate to produce hardy seedlings for transplanting?) Each seed that germinates will produce a tomato plant loaded with tomatoes that produce more seeds.

It will be easy to save several years' worth of seeds for replanting from a single plant. Where else can you get a return on your investment like that? The fed reserve has lost control of inflation. It will have to burn itself out. Meanwhile, many kinds of farms and food processing facilities burn. It is unrealistic to believe that the govt or grocer is responsible for feeding you. This simply isn't possible in the long run.

Posted On 04/24/2024

stoneharbor

Thanks for all the great advice. it's nice to see there are a few people in the world who know how to get their food in a really healthy condition. You are an inspiration to the rest of us. One thing I will add is that Apeel is apparently approved for use on organic foods also.

Posted On 04/24/2024

ragus

The safest and simplest control for food safety: Did the method or process exist in 1865, then it's probably all right to eat, otherwise steer clear. I philosophized myself into an "I am allergic to restaurant and preprocessed food"-state of mind the other day, which felt extreme. But it's probably true.

Posted On 04/24/2024

grulla

"... most of these can no longer be trusted due to the introduction of Apeel." AND "Stoneharbor, "One thing I will add is that Apeel is apparently approved for use on organic foods also." Apeel??? If avocados drop, (or are totally removed), from their #1 position on EWG's clean 15 list, I'll know why. BTW, FWIW, avocados are about the only fruit I like that are ripened a bit black and soft so that they make a convenient dip for my organic blue corn chips. www.ewg.org/.../clean-fifteen.php

Posted On 04/24/2024

Bet65090

I felt the headache effects of aspartame when I was 18 and drank a diet soda like all my friends did. Never looked back again. Avoided it like the plague. My MIL drank diet soda every day even tho I told her how bad it was and all the various studies. How could it be bad if it's in our foods she rationalized. I threatened her to never give it to my kids. She later suffered from a variety of neurological issues including Parkinson's. Hmmm! The doctors loaded her up with drugs. She's now in hospice and off all meds but cholesterol lol at 90.

Her symptoms are gone and she's healthy again, even survived COVID a month ago that should've killed her by all account. My FIL died in October of acute liver toxicity popping Aleves like candy. Nobody could tell these people anything!!! I'm the witch doctor in our family- addressing ailments with lifestyle, nutrition, vitamins, herbs, and homeopathy. Simple living avoiding trappings of today's need for speed in everything. Made chicken soup yesterday that took ALL DAY for just 1 evenings meal. Who does that anymore!

Posted On 04/24/2024

josephunger

There is a curious tendency in medical research that is not seen elsewhere. This is the obsession with isolating single issues in attempt to determine causality. In this way the research on Aspartame may conclude that it is safe to consume. However, let us consider potential synergistic effects. For example, one can consume a certain amount of alcohol without significant ill effect. One can also consume a pharmaceutical barbiturate safely. When the two are combined the synergistic effects can lead to death. It is probably impossible to perform a research study evaluating the synergistic effects of the 80,000 or so pollutants in the air food and water. It is a valid endeavor to isolate one pollutant and evaluate its effect upon your well-being, but it may be wise to simply eliminate everything you possibly can. Just my two cents worth.

Posted On 04/24/2024

Indeed, that is the biggest problem, the synergy between contaminants in food and also in the environment, many of them have a cumulative effect. An example: Emerging marine biotoxins, such as ciguatoxins and pyrethroid compounds, widely used in agriculture, are treated independently as environmental toxicants. Their maximum residue levels in food components are set without considering their possible synergistic effects as a consequence of their interaction with the same cellular target. There is an absolute lack of data on the possible combined cellular effects that biological and chemical contaminants may have. Nowadays, an increasing presence of ciguatoxins has been reported on European coasts and these toxins can affect human health.

Likewise, the increasing use of phytosanitary products to control food pests has increased exponentially over the last few decades. The lack of data and regulation that evaluates the combined effect of environmental pollutants with the same molecular target led us to analyze their effects in vitro. In this work, the effects of ciguatoxins and pyrethroids on human sodium channels were investigated. The results presented in this study indicate that both types of compounds have a profound synergistic effect on voltage-gated sodium channels.

These food contaminants act by decreasing the maximum sodium entry currents and hyperpolarizing the activation of sodium channels, effects that are enhanced by the simultaneous presence of both compounds. A fact that highlights the need to reevaluate their limits in the raw material, as well as their potential toxicity in vivo, considering that they act on the same cellular target. Furthermore, this work lays the cellular foundations to continue applying this type of studies to other water and food contaminants that can act synergistically. www.sciencedirect.com/.../S0048969722072114 (2023).--

stoneharbor

I worked hard 35 years ago to stop eating refined sugar and all kinds of other sweeteners in order to overcome the addiction to sweet foods. I still don't eat sweets and that includes modern fruits to a very strong degree. What we have now that we call fruits are almost totally human creations deigned to appeal to our palate, in order to increase sales. Modern fruits have a very low percent of beneficial nutrients compared to their content of sugars. Modern fruits are actually an encouragement to your body to continue with an addiction to sweets and therefore not conducive to selecting a proper healthy diet. A good way to experience a naturally evolved fruit is to eat some rose hips, wild persimmons, wild black berries, or wild blueberries.

Posted On 04/24/2024

Guillermou

We like blueberries. Tomorrow we receive 4 Kg of wild blueberries from Huelva (southern Spain). Harvesting in Cantabria (northern Spain) is from June to September. They can also be frozen to eat all year round. A study indicates that daily consumption of 250 g of blueberries for 6 weeks increases the count of NK cells, and acute ingestion reduces oxidative stress, increases anti-inflammatory cytokines and reduces IL-12 and TNF-.s. Additionally, research reports that anthocyanins in cranberries demonstrate unique abilities to reduce the risk of cancer, metabolic syndrome, and cardiovascular and neurological disease in men and women.

Blueberries modulate the immune system, very effective for COVID-19 patients. This is because blueberries decrease the expression of the monocytic gene of TNF, IL-6, TLR4.

www.cabdirect.org/.../20123004928 (2011).--- www.sciencedirect.com/.../S0271531714000992 (2016).--- pubs.rsc.org/.../c7fo00815e (2017).--- pubs.rsc.org/.../c7fo00829e (2017).-- journals.ke-i.org/.../985 (2017).--- statics.drvoice.cn/.../20190303023619865.pdf (2019).--- academic.oup.com/.../5321875 (2019).-- www.mdpi.com/.../htm (2019).-- www.tandfonline.com/.../10408398.2018.1518895 (2020).--

Posted On 04/24/2024

Guillermou

Three types of evidence point toward a decline in some nutrients in fruits and vegetables available in the United States and the United Kingdom: 1) early studies on fertilization found inverse relationships between crop yields and mineral concentrations: the widely cited “dilution effect”; 2) three recent studies of historical food composition data found apparent median decreases of 5% to 40% or more in some minerals in vegetable and fruit groups; one study also evaluated vitamins and proteins with similar results; and 3) recent parallel plantings of low- and high-yielding broccoli and cereal cultivars found consistently negative correlations between yield and mineral and protein concentrations, a recently recognized genetic dilution effect.

journals.ashs.org/hortsci/view/journals/hortsci/44/1/article-p15.xml ..----- Most produce loses 30 percent of nutrients three days after harvest, on the conservative side. In fact, studies from the University of California show that vegetables can lose between 15 and 55 percent of vitamin C, for example, in a week. Now, try this: Spinach can lose 90 percent within the first 48 hours after harvesting. www.linkedin.com/pulse/veggies-lose-nutrients-after-getting-harvested-.. .-- When it comes to healthy phenolic compounds in foods, organic clearly beat conventional.

Many studies have compared the total phenolics and individual phenolic compounds of organic and conventional wheat, corn, oats, potatoes, marionberries, strawberries, blueberries, black currant, peach, pear, apple, kiwi, tomatoes, leaf lettuce, cabbage and bok choy. The researchers attributed the higher levels of phenols in organic crops to the soil. Organic soils have higher microbial biomass and activity, greater biodiversity and more biogeochemical processes.. www.tandfonline.com/.../09540105.2021.1874885 (2021) link.springer.com/.../s10341-022-00723-5 (2023)

Posted On 04/24/2024

tallulah3

After eliminating this from your diet, why reintroduce this poison back into your body?

Posted On 04/24/2024

fvomasch

Sucralose is just as bad. Best advice is to check labels carefully. If the product box says less sugar/low sugar/no sugar/zero calories most likely it contains aspartame or sucralose. On labels a few years back usually sucralose was the last ingredient listed. Now I have seen sucralose listed in the middle of a long list not at the end. Be careful for some of the high protein yogurts. The label says less than 1% sucralose so avoid if possible. If you want sugar put it in yourself. High Fructose Corn Syrup is also causes many health problems but it is in many everyday products.

Posted On 04/24/2024

Guillermou

Very true fvomasch. Artificial sweeteners can potentially convert healthy bacteria in the gut microbiome into harmful microbes and potentially cause serious health problems, such as blood poisoning, the scientists said. UK researchers have found that sugar substitutes such as saccharin, sucralose and aspartame, found in soft drinks and processed foods, can cause beneficial bacteria in the intestines, such as *E. coli* (*Escherichia coli*). and *E. faecalis* (*Enterococcus faecalis*), become pathogenic or disease-causing. Bacteria such as *E. faecalis* can pass through the intestinal wall and enter the bloodstream, which can lead to a life-threatening condition caused by blood poisoning (septicemia) known as sepsis.

These disease-causing microbes can also accumulate in the liver, lymph nodes, and spleen, and cause other infections. "Our study is the first to show that some of the sweeteners most commonly found in foods and beverages (saccharin, sucralose and aspartame) can cause normal, 'healthy' gut bacteria to become pathogenic," said Dr. Havovi Chichger, senior professor of biomedicine. science at Anglia Ruskin University (ARU). www.sciencefocus.com/news/artificial-sweeteners-can-turn-healthy-gut-b.. (2021)

Posted On 04/24/2024

JLeaZee

Two summers in a row I went to the ER and was diagnosed with hyponatremia. I was literally drinking water out of a gallon jug. Both times I was berated by the ER doctor because they thought I was doing this for attention. I had no idea what was happening to me or why. Sometime after the second ER visit I bought a box of popsicles. I was sucking them down so fast that I went to check the ingredients. Aspartame! I checked the water I'd been drinking for two summers. Aspartame!! I told my PCP and she didn't believe me. I've not had aspartame since, and never will. I've had no more issues, of course. IDK what the heck is wrong with Drs blaming me as if I did this for attention. Stay away from this poison!!!

Posted On 04/24/2024

DrLizbeth

I realized a long time ago that aspartame definitely triggered my neurological migraine events (migraine equivalent w/o headache involving both visual fields to one side). I would get a scintillating scotoma. I get them rarely now triggered by fatigue, stress and bright lights. Once it occurred a day after a flu shot and then I stopped getting those shots too.

Posted On 04/24/2024

Guillermou

In this study of the 171 patients who completed the survey, 49.7 percent reported alcohol as a precipitating factor, compared to 8.2 percent who reported aspartame. Patients with migraine were significantly more likely to report alcohol as a trigger and also reported aspartame as a precipitant three times more frequently than those who had other types of headache. Aspartame may be an important dietary trigger of headache in some people. pubmed.ncbi.nlm.nih.gov/2708042 .---- The present study was a thirteen-week, randomized, double-blind, controlled, crossover study that compared the effect of aspartame with that of an equivalent placebo on migraine frequency and intensity. The results of this study indicated that ingestion of aspartame by people with migraine caused a significant increase in the frequency of headaches in some subjects.

link.springer.com/.../978-1-4615-9821-3_38

Posted On 04/24/2024

rcharned

For over 4 years I had back pain, sometimes severe. When I laid down the muscles in my back became so tight they pulled my spine out of joint. Over 1000 nights with 2 good nights of sleep. Big money spent on Drs and Chiropractors. 2 weeks after eliminating aspartame from my diet my pain was gone.

Posted On 04/24/2024

kona04ja

I dropped drinks with aspartame in my early 20's, and lost 10 lb, without anything else changing.

Posted On 04/24/2024

brodiebrock12

Choose what you put into your body. It's always a personal choice. No one forces you to drink a can of mountain dew. It's not rocket science. Just when will the average American take personal responsibility again, and use their GOD given independent thought...just sayin. Read labels IF you choose products that have been tinkered with by man.

Posted On 04/24/2024

iam4healingprotonmail.co

My friend's husband drank a 12 pack of diet Pepsi a day and gained a lot of weight. After being hospitalized he stopped for a while and dropped 30 lbs. It was not long before he was drinking the poison again and the results were predictable. This stuff is addictive and people don't want to hear that. They can't understand that instead of helping them, it packs on the pounds along with a host of other issues. How many people were misdiagnosed with MS and other neurological problems from drinking aspartame laden garbage?

Posted On 04/24/2024

VESYakush

Good Morning: I started reading this article and was immediately perplexed, with a Quick search through my Mind's files brought up the the Question: "What is the connection of Donald Rumsfeld and his association with Aspartame?" & that "I thought Aspartame was exposed! to become an indelible Alert... "No, do not consume ." Further, A Search for that "Connection" took me back to 1980-1981, when it was revealed that Mrr. Rumsfeld /and Monsanto among other contributors "Pushed" the Use of Aspartame. Hmmm?

something to do with Gain-of-function research ?? Not surprising that this topic would stick in my Memory bank... My Grandmother, who was riddled with cancer, died in the mid-70's, After hearing and reading about Mr. Rumsfeld's efforts to help popularize Aspartame, I was sure my Gram's cancer was from her excessive use of the different forms of Saccharin; On and IN everything. Right NOW, Time does not allow that I focus on this controversy. It is an additional controversy and I am grateful to Dr. Mercola that it is brought into the Light. However, IT will have to sit on the 'Shelf' for awhile, WITH the Question..."WHY?

and "How did the Saccharin craze transition to the use of Aspartame happen and How/ Why is Aspartame seemingly still being USED to this day?!! Every day I see Topics resurface... My jaw drops as I sit pondering.. shaking my head... wondering... "WHO dropped the "Ball on this one?" "WHY is this STILL ALIVE!" "Will [perplexing] Wonders never cease?' I have to get Back to my work, BUT for anyone who might be interested...the Rabbit Hole could begin Here: as a quick Start - Reference:

www.hbs.edu/leadership/20th-century-leaders/details?profile=donald_h_r..

Posted On 04/24/2024

Kashi

I believe there will be " discoveries regarding how homosapiens are indeed unique and so studies of other species are not satisfactory. Try browsing thru an medical text on embryology and see where various developmental tissues presented aren't human. But from other species. My point being if one starts at the beginning studies of a species from conception to death it should be concise.

Posted On 04/24/2024

sss7457

Ur comments bring 2mind 2things: 1st a song I wrote yrs ago walking 2a local grocery & sung2 the tune, "Bicycle Built for Two". It's more fun 2sing than jst read the words! Non-food not food, beckons to all who come/To the grocer's Non-Food Emporium./There's hardly a thing worth eating./The facts they bear repeating: /Bright boxes hide brown stuff inside /While the colorful food lies bare.' Until my spouse died 7 yrs ago we wrote 1000s of new lyrics re health & life 2tunes we knew, then shared them @singalongs or 1-on-1 in r home or public places as a fun way 2spur & teach health, self-reliance & self-care in supportive community. I miss them & harmonizing!

2nd as a (musical!) Purdue/Baylor RD now recovered & taught by foraging, personal experiments, gardens & turning my 100% grass city lot into a NWF wood habitat, Arbor Harbor, I took up a serious study of edible plants. Maritally I was lucky 2link up w men who had gardening experience & liked 2sow & weed; my part of r deal was 2harvest (& eat)! Great!! Of course I also learned how 2plant, tend, transplant, compost, etc as my desires, interest & involvement grew. Tho my yd is all shaded now w very lil sun Xcept my driveway! So edibles r native tree blossoms, nuts & seeds; & leaves fr plants lk dandelion (in drive cracks!), poke, violets & hosta.

It took about 10 yrs 2grow a forest & I learned alot along the way fr nature. Going fr full sun 2shade u hv2 let go & quit resisting what is natural 2present conditions. If u hv developed ur inner watcher thru a practice lk meditation/mindfulness u can c the efforts we waste not adapting. I saw dear neighbors H2O grass seed (4sun & then for shade) religiously & heard 6-mo, 0-results frustrations, til they grew gifted shade-loving hostas, etc fr yds of church friends who tk mercy on them. I too work less now that I don't garden per se but am bck2 jst harvesting nature's Eden, incl porch-delivered maple seeds, mulberries dropped on my front steps & life-giving flora CO2!

Posted On 04/24/2024

stoneharbor

Thanks for an enjoyable education and trip into a man-made useful forest!

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