

"There is never enough time to do everything, but there is always enough time to do the most important thing."

- Brian Tracy

This is a great quote because when you have a bunch of things on your "to-do list", it's easy to get overwhelmed and not know where to start. But as I told someone recently, "Start with just one thing." It really is as simple as that. But for some people, it's not that easy. Remember, you can really accomplish ANYTHING as long as you get started. So begin with what's most important to you and go from there. I promise, you'll ultimately get done what you need to do. You just have to remember to take one day (and one thing) at a time and don't give up. If you need help getting started, please reach out to me.

Yours in health,



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The Truth About Aspartame



A lot of people won't like this newsletter. But my goal is make sure you have the facts and know what you're consuming. You won't get the truth from the mainstream media. Aspartame (AKA NutraSweet or Equal) is one of the most widely used artificial sweeteners. But it has really dark side. In fact, it's probably the most controversial and dangerous food additive ever approved by my least favorite governmental agency, the FDA. Aspartame is found in more than 100 diet and sugar-free products, as well as in unlikely places such as multivitamins, supplements and prescription drugs. We've been led to believe it's completely safe, but it can actually change brain chemistry and cause multiple chronic illnesses. It was once on the Pentagon's list of bio warfare chemicals submitted to Congress.

Just about everyone I know drinks diet soda or adds Equal to their tea, but they have no idea its toxicity. If you don't want to know the truth, stop reading now. But if you're curious (or brave) enough to continue, it'll be worth your time.

Aspartame contains 3 ingredients: it's 50% phenylalanine, 40% aspartic acid and 10% methanol, which is wood alcohol. All 3 chemicals individually have been shown to stimulate brain cells to death, upset brain hormone balances and act as a nerve poison. But here's the most important part. When the temperature of aspartame is greater than 86 degrees Fahrenheit, the methanol converts to formic acid and formaldehyde (embalming fluid). Since the body's normal temperature is 98.6, the moment you consume aspartame, the methanol turns into formaldehyde. So you're basically embalming your own body! Methanol is toxic. Chronic, low-level exposure can cause headaches, dizziness, nausea and a multitude of other health problems. The maximum "safe" level per day, as determined by the EPA is 7.8mg. One liter of diet soda has 56mg. Think about how hot it gets inside the trucks that transport it!

Many fruits and vegetables contain methanol. But the difference is they contain ethanol, which acts as a buffer, neutralizing the methanol. This prevents it from converting to formaldehyde. Aspartame doesn't have this buffer, so it can damage your brain cells. It's shocking this toxic product ever got into the market, but here's the timeline:

- **1965** - Aspartame accidentally discovered by a chemist at pharmaceutical company G.D. Searle. He had a new ulcer drug on his fingers, licked it and discovered a sweet taste. He figured selling it as a food additive to millions of healthy people would be much more profitable than sales to ulcer sufferers.
- **1967** - Searle began safety tests required to apply for FDA approval as a food additive. But early tests showed it produced microscopic holes and tumors in the brains of mice, epileptic seizures in monkeys and was converted by animals into dangerous substances, including formaldehyde.
- **1969** - Searle hired a biochemist at the University of Wisconsin to conduct safety tests on 7 infant monkeys who were fed aspartame mixed with milk. After 300 days, 5 monkeys had grand mal seizures and one died.
- **1971** - Dr. John Olney, a neuroscientist, informed Searle that his studies showed aspartame caused holes in the brains of infant mice. Later that year, one of Searle's own researchers confirmed his findings.
- **1973** - Searle applied for FDA approval and submitted over 100 studies, which they CLAIMED to support its safety. One of the first FDA scientists reviewing the data stated the data provided was inadequate to evaluate potential toxicity. The FDA's own toxicologist, Dr. Adrian Gross, told Congress that aspartame can trigger brain tumors and cancer and violated the Delaney Amendment, which forbids putting anything in food you know will cause cancer. He also stated that Searle took great pains to camouflage the study's shortcomings and filter the information.
- **1974** - FDA approved aspartame for limited use in dry foods. They made the data supporting its decision available to the public. Dr. Olney filed the first objection.
- **1976** - FDA began an investigation into the Searle's lab practices. They found test data had been manipulated and their lab practices were shoddy and full of inaccuracies.
- **1977** - Governmental task force found that Searle had falsified data by submitting incorrect blood tests. Another study revealed many test animals had developed uterine tumors. The FDA then formally requested the US Attorney's office begin a grand jury investigation to determine whether indictments should be filed against Searle for knowingly misrepresenting findings, concealing material facts and making false statements in its safety tests. While this probe was underway, the law firm representing Searle began job negotiations with Samuel Skinner, the US Attorney in charge of the investigation. In July 1977, Skinner resigned and went to work for that law firm. His resignation stalled the grand jury investigation for so long, the statute of limitations lapsed and the investigation was dropped.
- **1979** - FDA established a Public Board of Inquiry to rule on safety issues surrounding aspartame.
- **1980** - They concluded that it should **not** be approved pending further investigations on brain tumors in animals. Unless the FDA commissioner overruled the board, the matter was closed. Ronald Reagan was elected president and his transition team included Donald Rumsfeld, who was the CEO of Searle! A former company salesperson stated that Rumsfeld told his sales force that if he had to, he'd call in all his markers and use them to make sure aspartame was approved that year. The transition team picked Dr. Arthur Hull Hayes Jr. as the new FDA Commissioner.
- **1981** - 3 of 6 in-house FDA scientists responsible for reviewing brain tumor issues advised **against** approval, stating on the record that Searle's tests were unreliable and inadequate to determine its safety. Two months later, in one of his first acts as Commissioner, Dr. Hayes overruled the board and officially approved aspartame for use in all dry products.
- **1982** - Searle filed a petition to have it approved as a sweetener in carbonated beverages and other liquids. Almost immediately, the National Soft Drink Association urged the FDA to delay approval pending further tests because it was proving to be very unstable in liquid form.
- **1983** - Despite public outcry, the FDA approved aspartame use in liquids. Soon after, Hayes left the FDA to go work for (big surprise here) Searle, which is now part of Monsanto. Shortly after its approval in drinks, the FDA was **flooded** with complaints of dizziness, blurred vision, memory loss, headaches and seizures. These complaints were more serious than the agency had ever received on any food additive. In the first few years, they received over 10,000 complaints about aspartame. By the FDA's own admission, less than 1% of consumers actually report reactions. By calculation, this increases the number of complaints from 10,000 to 1 million!

- **Between 1985 and 1995** - Researchers did about 400 aspartame studies. 166 of those had relevance for human safety. 74 were funded by Searle, 85 were independent and 7 were funded by the FDA. The results won't surprise you. Of those funded by Searle, all gave aspartame a clean bill of health. However, 84 of the 85 independent studies found it dangerous.
- **1992** - US Air Force warned its pilots not to fly after ingesting aspartame.
- **1995** - Under the freedom of information act, the FDA was forced to release a list of 92 aspartame symptoms reported by thousands of victims. That was only the tip of the iceberg. Complaints about side effects continued to roll in.
- **2019** - Aspartame STILL continues to be an ingredient in many "sugar-free" and other products.

I hope you now see that although aspartame was FDA-approved as a safe food additive, it's anything but safe. So, when the FDA tells us that aspartame is safe, understand that it's based on fraudulent studies. When the Journal of the American Medical Association examines the FDA findings based on those fraudulent studies and proclaims consuming aspartame poses no health risks for most people, don't believe it. The toxic effects of aspartame are documented by the FDA's own data.

The bottom line is this: like so many things in which the FDA is involved, it's all about the money. It only makes the shareholders and executives of big Pharma rich, but is destroying our health in the process. My advice to you is to stay as far away from aspartame as possible and choose more natural alternatives like stevia, xylitol or blue agave nectar. They cost a little more, but they're worth it. I quit buying products with aspartame at least 20 years ago and I know I'm healthier for it. Read labels.....you'll be shocked by what you find.

Have a wonderful month.