

ARTIFICIAL SWEETENERS
INTRODUCTION TO ARTIFICIAL FOODS
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Of the common artificial sweeteners, we will first consider aspartame, well known by the first common *brand* name, Nutrasweet. But first a little background.

A sweetener formerly meant the *natural* sugars, made from sugarcane and beets, maple sap, dates, honey, including molasses, cane syrups, maple syrup, etc.. These are used in your kitchen recipes and have been for centuries. White sugar is highly refined from cane molasses or from beet-syrup. It is "cleaned up" changing the color from its original state. The refining removes the minerals and enzymes that help you use the sugar efficiently in your body. If it were not for this removal, it would not be bad for you, as your body uses glucose as energy! For the brain, it is the *only* source of energy. In removing the essential nutrients, sugar becomes less easily assimilated in our body and the final effect is that we crave it, always seeking the effect, which is imperfect, and thus always sought.

In the last 40 or so years, agribusiness has refined starch into sugar. Now there are several *processed* sugars, notably high-fructose corn syrup, which are worse for you than white sugar! This is adjudged by the glycemic index, measured by the rate of rise and the height of blood sugar and height of insulin in the blood after eating-- or drinking it, as this is the sweetener found in the colas, and other "soft" drinks. Truly, only alcohol could be worse--- except of course for the infamous aspartame.

Aspartame was the product of a pharmacological search for a new drug for appetite control. It didn't work for appetite, but all who tried it remarked on the sweetness of it! How sweet that was for the drug company, who seized on the opportunity to ameliorate the American consumer's appetite for sweetness, and fear of sugar.

Early on, the clinical trials were problematical. All sorts of bad things happened. The Lab monkeys, which were watched a lot longer than people, had lots of bad things. For example, the baby monkeys were born with holes in their brains, shown on MRI and autopsy. Never mind! The clinical reports could be "doctored". And so they were. When brain tumors occurred, they were surgically removed and the animal put right back into the test batch, and treated as if nothing had occurred of "clinical significance"! This we know from the direct report of lab personal who had a conscience and later told of these irregular, unethical, and illegal research methods. The records were obtained and proved this!

The FDA (Food and Drug Administration) is mandated to investigate food additive reaction reports. In the first few years of marketing aspartame, the FDA work-load rocketed upwards and 85% of the complaints regarded aspartame reactions. They got Congress to pass a few regulations to alleviate their problem: first, they only had to investigate additives, and second, they determined that aspartame was a food and not an additive. Also, somehow, the company got a double-time patent for aspartame! No other company could produce it for 14 years, instead of the usual seven. Friends in high places and big business are not good for the health of America.

The courts were suffering under a weight of law suits against the drug and food companies because of the serious illnesses that were occurring. These were defended by certain attorneys and blocked by certain judges, who in short stead were promoted to grand positions in the drug company and in the US presidential cabinet and even to the supreme court. Again, friends in high places and big business are not good for the health of America.

If you want more history, or much more discussion contact Mary Stoddard in Dallas (214 - for her book on this subject. She became ill from aspartame use and has devoted her life to the exposure of this lunatic "food". She keeps computer records of all reactions phoned in to her from all over the world.

Now all this above must make you very curious about the bad things this stuff does! So, if you are suffering from maladies both "diagnosable" and not so labeled, please consider the following list of symptoms claimed by those who were found to recover once aspartame was eliminated from their diet.

I hand this page out to new patients and ask them to mark with a highlighter the symptoms they have or sometimes have, and mark in the margin on a scale of 0 to 4+ the frequency/severity of the symptom. Many times the page is neon bright and most of the items are marked. Sometimes, just a few are marked, but these few are correlated with the illness for which the person seeks help.

The first step to self help for anyone with a symptom *of any kind*, is to STOP using aspartame.