



Are You Poisoning Your Kids?

How many of you have felt uneasy over the amount of "diet" soft drinks your children are consuming each day? If your intuition has given you internal warnings, you are correct. As a chiropractor with a focus in pediatrics, I am very concerned with the increasing use of artificial sweeteners, especially by children. The most widely used of these is **ASPARTAME**, marketed as "NutraSweet", "Equal", and "Spoonful". At a recent World Environmental Conference, the EPA (Environmental Protection Agency) announced that there was an increasing epidemic of Multiple Sclerosis and Systemic Lupus, among others, caused by a then unknown toxin. It was soon discovered that the toxin in question was Aspartame.

When the temperature of Aspartame exceeds 86 degrees F., the wood alcohol (methanol) in Aspartame converts to formaldehyde and then to formic acid which then causes metabolic acidosis.

If you think this is not a problem, think again. Body temperature hovers around 98.6 degrees, perfect conditions for aspartame to be converted to formaldehyde. This then affects the retina of the eye; not a pleasant side effect. Formaldehyde is grouped in the same drug class as cyanide and arsenic - deadly poisons. It is also used to embalm corpses and as a preservative in vaccines. It has no business being in your child.

Aspartame changes the brain's chemistry and has been responsible for many neurological problems such as seizures, manic depression, rage, violence, etc. This methanol toxicity mimics Multiple Sclerosis; thus people were being diagnosed with MS in error.

In the case of Systemic Lupus, it is becoming rampant especially among Diet Coke and Diet Pepsi drinkers. It is triggered by Aspartame. With continued use, it can be life threatening. When kids get off Aspartame, those with Systemic Lupus usually become asymptomatic but the disease cannot be reversed. Those diagnosed with MS (when in reality the disease is methanol toxicity), have noticed that most of their symptoms disappear.

If your children are suffering from fibromyalgia symptoms, spasms, shooting pains, numbness in the legs, cramping, dizziness, headaches, joint pains, depression, anxiety attacks, slurred speech, blurred vision, or memory loss, they may be suffering from **Aspartame Disease**.

This product is being promoted to children as a weight-loss sweetener. Nothing could be further from the truth. Aspartame makes one actually crave carbohydrates. Dr. Roberts, a diabetic specialist and a world expert on aspartame poisoning, stated at a Congressional hearing recently, that the average weight loss was 19 lbs. in people who got off this chemical. Dr. Blaylock, a neurosurgeon, said that it stimulates the brain causing brain damage of varying degrees.

Why has this chemical not been taken off the market? Well...the manufacturer funds the American Diabetes Association, the American Dietetic Association, Congress, and the Conference of the American College of Physicians. Need I say more?

For safe and sweet alternatives to aspartame you can try Fructose, Stevia (I am a big fan of this one), Barley Malt, Honey and Dark Molasses, all available at your local health food store. Let's take care of our kids!

I have run this article before but there are two additional things that have really begun to concern me. My first concern is that according to the New England Journal of Medicine, one way to cut down on obesity is to tax sugared soft drinks. They have proposed that a penny per ounce will decrease obesity by approximately 10%. So will this lead to an increased use of artificial sweeteners?

My second concern is whatever happened to water!! We are the only animals on the planet that drink anything other than water once weaned from their mother's breast milk. Remember the things that we put into our bodies do have an effect on a developing nerve system.



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