

Dropping like flies - poisoned by ASPARTAME

Sudden Cardiac Death or SCD, according to the [US Centers for Disease Control](#), is the number one killer, having ended the lives of close to half a million Americans in 1999.

Sudden Cardiac Death is not a "heart attack" or myocardial infarction, caused by clogged arteries. It's an electrical problem in which the cardiac conduction system that generates the impulses regulating the heart suddenly outputs rapid or chaotic electrical impulses, or both. The heart ceases its rhythmic contractions, the brain is starved of oxygen and the victim loses consciousness in seconds, says Betty Martini of Mission Possible, an Aspartame Consumer Awareness group.

ASPARTAME, a sweetening substance that is generally touted as innocuous by our health authorities, **is implicated in the epidemic of unusual sudden deaths.**

This should be a scandal of major proportions, considering how Aspartame was originally approved **over the resistance of the FDA's own scientific panel** examining the evidence, and also considering how every health authority around the world - including the World Health Organization - has since **rubber-stamped the fraudulent approval of Aspartame** as a sweetener to be added in huge quantities to our foods.

"Light" soft drinks and all kinds of "sugar free" foods for diabetics contain the poison. It is increasingly hard to keep Aspartame out of our food by reading the labels. There's hardly a soft drink or chewing gum that does not contain the stuff (ok, I exaggerated a bit).

Many of the smarter consumers know enough to stay away from Aspartame. When will the **health authorities** wake up to the facts? They can't really say that they have not [been told!](#) And as we're asking questions - why **are** the authorities so "fast asleep" by all appearances? Could it be a question of MONEY? Or are they just plain STUPID?

Update December 2003:

see also [CDC reports Sudden Cardiac Death nation's #1 killer](#) - Idaho Observer

[Athletic Youth at Higher Risk of Sudden Death](#)

Might this be connected to the fact that athletes and young people are often consuming soft drinks and mineral drinks sweetened with Aspartame?

(Highlights have been added to the original article)

SUDDEN CARDIAC DEATH AND ASPARTAME

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The CDC reports that Sudden Cardiac Death, the nation's #1 killer [ended the lives of 460,000](#) Americans in 1999. SCD is a catastrophe in which the heart stops abruptly without warning. It kills its victims within minutes. It is estimated that 95% of victims die before reaching the hospital. Often SCD happens to outwardly healthy people with no known heart problems; **high school, college and professional athletes and thousands of children.**

New York State has mandated automatic external defibrillators (AEDs) be provided for all schools and athletic events on campus or off. Illinois passed a similar law. In California they talk of making defibrillators as common as fire extinguishers.

The Philadelphia Trial Lawyers Association donated 73 AEDS so all of their school gyms and playing fields will be equipped to fight this devastation. The Philadelphia School District estimates **7,000-10,000 American children and youths die annually from SCD**. Said Chief of Cardiology Victoria Vetter, M.D. at the Children's Hospital "I diagnose, treat and follow hundreds of children from the Philadelphia region with cardiac issues." On 9/12 came the tragic report of 13 year old Emil Gadjev's collapse and death while playing soccer here in Atlanta.

Sudden Cardiac Death is not a "heart attack" or myocardial infarction, caused by clogged arteries. Its an electrical problem in which the cardiac conduction system that generates the impulses regulating the heart suddenly output rapid or chaotic electrical impulses, or both. The heart ceases its rhythmic contractions, the brain is starved of oxygen and the victim loses consciousness in seconds.

It was only yesterday in a conversation with Dr. James Bowen about aspartame and sudden death in athletes he said findings were pointing a finger at this toxin. **"Both the shock from strenuous athletics in combination with aspartame consumption, and stresses lead to activation of shock mechanism including the elaboration of Arginine vasopressin in the hypothalamus which results in cerebral edema and cardiac congestion and pulmonary edema in combination with severe potassium wastage which is a sure ticket to sudden death, especially in the face of the many damages inflicted by aspartame. Since aspartame is already well known for causing neuroendocrine abnormalities such serotonin elevations and suppression in various areas of the brain, along with depletion of dopamine, due to its phenylalanine isolate poisoning and hypothalamic damage from its extreme neuroexcitotoxin effect and formaldehyde formic acid poisoning especially focused in the hypothalamus, I would expect anyone with expertise in these areas could verify the direct effect of aspartame poisoning in producing the fatal aberrant shock mechanism in those exposed to it. The mere occurrence of severe athletic stress does not do so by itself."**

Aspartame triggers an irregular heart rhythm, and interacts with cardiac medication. It damages the cardiac conduction system and causes sudden death. What Dr. Bowen is saying, of course, is that its not just hitting their hearts but hypothalamus and neuroendocrine system. It exacerbates the damages to the cardiac conduction system - it exacerbates the arrhythmia because of the cardiac conduction system damage, taking down the athletes from both directions and its synergistic.

Of interest is the report of the Telegraph in the UK having to do with an investigation of why children having mild seizures that normally don't cause death die before they can get to a hospital. Dr. Bowen responded: **"Sudden death during seizures is almost always from cardiac standstill due to arrhythmias. There are several ways that this is due to aspartame damage. Aspartame and methyl alcohol poisoning are noted for damaging myocardium and the specialized form of myocardium called the cardiac conduction system. This kind of damage leads to susceptibility to arrhythmias. The aspartame and methyl alcohol poisoning cause immense damage to the mitochondria and to MtDNA which perpetuates the mitochondria damage. The myocardium and cardiac conduction system never get to rest. They are constantly at work pumping blood, therefore they are very highly concentrated in mitochondria to accommodate the metabolic needs of this tremendous work load. Therefore, mitochondrial damage is more highly reflected in the heart. Damaged mitochondria produce increased amounts of free radicals and other abnormal metabolites that produce arrhythmias. The person using NutraSweet may have a markedly decreased intake of mineral and vitamin co-enzyme factors which also sensitizes the heart to arrhythmias. Seizures always put unusual demands on the cardiorespiratory system and seizures due to NutraSweet occur more frequently and in spite of otherwise adequate antiseizure medication. Aspartame creates unusual medical toxicity from the antiseizure medication. It should be no surprise then that people are dropping dead from this aspect of aspartame toxicity."**

In Nov 1984 the Center for Disease Control reviewed 213 of 592 cases of aspartame complaints. Some of these included cardiac arrest, seizures, disorientation, hyperactivity, extreme numbness, excitability, memory loss, loss of depth perception, liver impairment, severe mood swings and even DEATH. Frederick L. Trowbridge added an executive summary to the report which conflicted with the information in the report and said that the complaints were generally of a mild nature. Obviously experts would disagree that such things as seizures, cardiac arrest and DEATH are "mild" problems. Then the CDC put the summary on their web site which is where you will find it, and left off the investigation so the public would not get the real facts. But it is on www.dorway.com for anyone who wants to read the 146 page investigation. When I asked the CDC why they allowed this phony summary, their only excuse was "Dr. Trowbridge is now retired". **It would save a lot of lives if government agencies like the FDA and CDC would give the public the facts. When those responsible to solve the problem ARE the problem its a sad commentary. They have become simply branch offices of the manufacturers of this neurotoxin.**

The sudden death of John Ritter on Sept 12 stunned the nation. It was discussed on the news by Roy Flood, M.D., that he died from an undiagnosed dissection of the aorta. While we don't even know if Ritter used aspartame, Dr. Flood mentioned this is usually triggered by having hypertension for several years and aspartame causes this "big time."

H. J. Roberts, M.D., F.A.C.P., F.C.C.P. is a world renowned Board Certified and Recertified Internist **who declared Aspartame Disease to be a global plague** and published the medical text, **Aspartame Disease: An Ignored Epidemic**. He is an internationally known medical consultant and independent researcher. He is the Director of the Palm Beach Institute for Medical Research since 1964 and a member of prestigious medical and scientific organizations. They include the American College of Physicians, the Endocrine Society and the American Academy of Neurology. The editors of a national medical publication selected Dr. Roberts as "The Best Doctor in the U.S." He has been knighted by the Order of St. George for his professional and humanitarian effort. His first text, *Difficult Diagnosis*, was used by 60,000 doctors, especially to prepare for their Board examinations.

Dr. Roberts says in *Aspartame Disease: An Ignored Epidemic* about aspartame and hypertension: "Increased brain phenylalanine can elevate norepinephrine levels becoming clinically manifest as hypertension. A comparable phenomenon has been demonstrated in spontaneously hypertensive rats. Another plausible mechanism involves increased phenylalanine metabolites, especially dopamine, in the presence of excess insulin. Tourian (1985) demonstrated that insulin potentiates the synthesis of phenylalanine hydroxylase in tissue cultures."

He also says: "The documentation of essential hypertension in an insulin-resistant state associated with hyperinsulinemia (Ferrannini 1987), but independent of obesity, is germane because many aspartame reactors have reactive hypoglycemia. furthermore, phenylalanine increases insulin release. In the face of continued hyperinsulinemia, the down regulation of insulin receptors (and ensuing decreased insulin action), the increased reabsorption of sodium and sympathetic stimulation can exaggerate hypertension."

Dr. Roberts says: "Other clinical observations suggest a relationship between phenylalanine and tyramine. Severe hypertension may occur when increased tyramine (present in certain cheeses and alcoholic beverages) is consumed by persons taking monoamine oxidase inhibitors and cough cold preparation or appetite suppressants that continue ephedrine, phenylephrine or phenylpropanolamine."

Two-thirds of the population is using aspartame and its hard to avoid. So while we don't know at this point if John Ritter was consuming it, Dr. Bowen said: "The death of **John Ritter** highlights another possible ill resulting from the ingestion of aspartame. **Aspartame is well recognized among its victims for causing connective tissue diseases in their body.** Since much of the aorta consists of fibroelastic connective tissue it would only be logical aspartame would also cause degeneration of this vital tissue."

He also said "Aspartame really doesn't spare any structure or system in the body so its not logical to try and mentally isolate it to a few structures or few systems of the body. **In fact, the FDA identified 92 documented symptoms triggered by aspartame including death, the ultimate symptom.**"

The Atlanta Journal Constitution on 9/11 wrote: "Sudden death in high school athletes is a topic that has received a lot of attention recently". It mentioned some children have serious heart conditions that have not been diagnosed. Dr. Bowen remarked, "In many cases aspartame victims may have had pre-existent or congenital undiagnosed cardiac problems. The fatal abnormalities induced by NutraSweet would have quicker and greater effect on these unfortunate individuals."

The article in the AJC discusses accidents that may have been caused by sudden cardiac arrest. It brings to mind the death of Sonny Bono who had an accident while skiing and hit a tree. The newspaper reported Bono was not drinking alcohol, only a "Diet Coke". Aspartame also causes confusion and disorientation, memory loss, etc. One pilot who asked that Mission Possible start an Aviation Div, which we did, said: **"Dumb I'm not but I couldn't make a decision on aspartame and crashed my plane into a tree."** And yes, **there are now defibrillators on planes.** Pilot Neill, American Airlines, was drinking a diet drink and died in flight. The Captain landed the plane for the body to be removed and to get a new co-pilot. An unauthorized autopsy was requested by American but **they refused to allow his widow to see the results.**

The New England Journal of Medicine published the article "Magnitude of Left Ventricular Hypertrophy and Risk of Sudden Death in Hypertrophic Cardiomyopathy." Dr. Bowen said: **"Yes, that is what aspartame does."**

One article on Cardiomyopathy and Its Relation to Exercise: [Sudden Death in Athletes](#) says: **"According to the Center for Disease Control in Atlanta 100,000 young athletes die each year from all cardio-vascular disorders, including cardiomyopathy, as a result of participation in sports.** This is twice as many as due in auto accidents. Of the 100,000 who die annually, 45,000 of them play basketball, not boxing or football.

An article in Science in the last year which was discussed in the Atlanta Journal Constitution said **450,000 people each year are victims of sudden death.** An article back in 2001 by the Journal of Athletic Training reported: "In the US each year, sudden cardiac arrest kills 350,000, **which is approximately 1000 people per day.**" "The exact incidence of sudden cardiac arrest in athletes is unknown because no universal, standard surveillances method is used." So the figures could even be greater.

President Bush had a fainting spell and claimed this was due to a pretzel. Blackouts are common in aspartame victims and President Bush is constantly drinking Diet Coke. An interesting article on Medscape is titled Syncope (fainting) as a predictor of sudden cardiac arrest. Kathy Fulford (now Mission Possible Camilla, Georgia) was certain she was dying and was having blackouts and one day almost hit a car head on. Her friend Darlene wanted to find out what was killing Kathy. Ten doctors were unable to diagnose the cause of her problems, mainly because the FDA, aspartame manufactures and professional organizations funded by the manufacturer push propaganda. She put her symptoms into the Internet and came up on [dorway.com](#) **She got off aspartame and all problems disappeared.** She said her neighbor, a 46 year old beautician, drank Diet Coke from the time she got up until she went to bed and her mind was going. She, too, had blackouts and was found dead on the floor.

Probably the worst case is that of **Charles Fleming**, who drank 10 diet drinks a day and other aspartame products. He became ill after playing basketball and died. His autopsy was classic of death by aspartame. It showed the pulmonary edema that is often evident. Dr. H. J. Roberts wrote an article published in Townsend Letter for Doctors on this. It also showed the chronic methanol

poisoning and it is this that affects the dopamine system of the brain and causes the addiction. Methanol is classified as a narcotic, and is one of the three components of aspartame. It also showed the fatty liver. The Trocho Study in Spain in 1998 showed that **the formaldehyde converted from the methanol accumulates in the cells and damages DNA with most toxicity in the liver.** It also showed the usual cardiac damage. **The police did not know that aspartame causes chronic methanol poisoning** (one of the reason it mimics MS - destroys the central nervous system) **and thought his wife murdered him** even though she passed their polygraph test which was not admitted in court. **She was sentenced to 50 years in prison** where she remains in Troy, Virginia, so frightened, a woman who was a Sunday School and helped the homeless. **Aspartame caused her to lose her husband, her home, her children and her freedom.** A film production company making an aspartame documentary recently interviewed her.

Dr. Bowen wrote: **"The death of Charles Flemming, an athlete who died after consuming very large amounts of aspartame and creatine both of which lead to the formation and release of large amounts of methanol in the body upon their consumption has led me to review the medical literature in related topics because his wife was falsely imprisoned for poisoning him with methanol, which she never had any access to, nor were any proper forensics applied, to really identify the source of the methanol poisoning from which he apparently died.** Charles had used large amounts of **Gatorade** and dumped in lots of creatine, three times the recommended dose. **Aspartame and Creatine are both N methyl esters.** They are both substrates from which the body by obligatory mechanism forms methanol and thus **they are additive in their effect of producing the highly destructive methanol - formaldehyde - formic acid - carbon monoxide toxic axis in the human body.** Charles had engaged in vigorous athletics - basketball. My more complete review of this, and the topics essential to the biochemical comprehension of the issues that his death thereupon hinged, and in fact occurred are posted on my web page at www.bowendrjim.com

"There have been a lot of similar deaths of well known athletes after consuming creatine and sports drinks and then engaging in forced/competitive athletic activities. **My article on aspartame and sudden death gives a good foundation for understanding the condition your heart and cardiac conduction system are left in if you consume aspartame.** The acute activation of the methanol-formaldehyde-formic acid-carbon monoxide toxic axis from concurrent use of creatine and aspartame is, of course, a final blow to the already decomposed/compromised heart, and its conduction system. We, however, need sources to come forward and identify the fact that all or most of the other mentioned suddenly demised athletes were indeed aspartame consumers."

Charles Fleming was also using Ephedra which got a bad rap. **It is not the ephedra but the aspartame,** and there is an article about this on the web site of the Idaho Observer, **"Government attack on ephedra cover for aspartame poisoning."** Of course, **aspartame interacts with most every drug used to treat the problems it causes** and is also a chemical hypersensitization agent so it interacts with vaccines, toxins, etc. And it will interact with ephedra having to do with catecholamines. These are biologically active amines, epinephrine and norepinephrine. derived from the amino acid tyrosine. They have marked effect on the nervous and cardiovascular systems, metabolic rate, temperature and smooth muscle. Tyrosine is another breakdown product of aspartame. The phenylalanine is converted to tyrosine by the enzyme phenylalanine hydroxylase. Tyrosine undergoes a change to dihydroxyphenylalanine (levodopa) which then is transformed to dopamine. If a product is going to be taken off the market because it interacts with aspartame, then the FDA needs to immediately remove all cardiac medication, insulin, antidepressants, anti-seizure medication, hormones, Lidocaine and even Coumadin. It doesn't end. And pharmaceutical companies have been alerted and refuse to even remove aspartame such as Pfizer making the Listerine Strips which contain aspartame. Over 50 people have called about having seizures from these strips and Pfizer refuses to even now answer a note. Maxalt is a treatment for headaches by Merck, and headache is number one on the FDA list of 92 symptoms from four types of seizures to coma and death. **The problem is that Maxalt has aspartame in it.** They have been written to and about for years, yet appear not to care what they are doing to these victims. As one lady said yesterday who suffered from Migraines and other horrendous problems triggered by aspartame, "I

use Maxalt but I always have headaches." Benadryl chewable for children has aspartame in it. The toxin triggers urticaria or hives big time, then they use Benadryl which gives them more of the poison. **Aspartame is escalating asthma and some of the asthma sprays have aspartame in it.** Nobody has a chance. **Yet they remove ephedra which has been used for thousands of years so it can take the rap for what aspartame is doing.**

In March, 2003 when the Idaho Observer wrote that article on ephedra as a cover for aspartame poisoning they were writing about another athlete who died, Baltimore Oriole's pitcher, **Steve Bechler**. He died on February 17, 2003 and when Dr. Roberts spoke to Brown county medical examiner, Dr. Joshua Perper, he was told the cause of death was hyperthermia which caused multiple organ failure. Bechler's temperature had reached a high of 108 degrees. When Dr. Perper was asked how many diet drinks Bechler drank a diet, he returned a blank stare indicting he was unaware of the fact aspartame containing diet and sports drinks could have caused this man's untimely death. We have since researched the issue and found that Belcher was concerned about his fluctuating weight, and **drink lots of diet drinks**. Dr. Bowen wrote an indepth report on aspartame raising temperature.

Dr. H. J. Roberts who was nominated for another prestigious award in recognition for "important research accomplishment in the broad field of metabolism, endocrinology, nutrition or for research which contributes to a better understanding of the chemical changes occurring in disease" **has written for years on aspartame and sudden death**. In his medical text, ***Aspartame Disease: An Ignored Epidemic***, www.sunsentpress.com he said having to do with aspartame and abnormal heart action: "190 (16%) reactors experienced detectable changes in their heart rate or rhythm after consuming aspartame - including gum - and products that did not contain caffeine. They consisted of "fluttering" (palpitations), skipped beats and rapid heart action (tachycardia). A number underwent heart monitoring (Holter testing) and other studies, especially when there had been associated weakness and faint."

"One patient developed a slow pulse and complete heart block within hours after consuming an aspartame drink for the first time. His attack spontaneously subsided within one day (without requiring a pacemaker). There has been no recurrence with aspartame avoidance. . This subject has relevance to reports of UNEXPLAINED SUDDEN DEATH in persons who had been consuming considerable aspartame."

Of hypertension he said that "64 aspartame reactors were found to have elevation of their blood pressure - systolic, diastolic, or both. Some were in their twenties. While aspartame products unequivocally cause headache, superimposed hypertension can be a contributing factor. .. Other patients who had been treated for hypertension could not be adequately controlled on their maintenance medication as long as they used aspartame. This reflects its interaction with various drugs." ...

"The rapid heart action and the elevation of blood pressure presumably reflect the effects of phenylalanine (an aspartame component) and its metabolic products - dopamine, norepinephrine and epinephrine." "85 aspartame reactors (7%), experienced unexplained pain in the chest. (Many others have atypical pain elsewhere in the body). A number were subjected to stress tests and angiography for coronary heart disease which proved normal in the majority."

Dr. Roberts was recently published in [Townsend Letter for Doctors](#) an article on "**Aspartame Induced Dyspnea and Pulmonary Hypertension**." "Dyspnea is labored breathing. This is what Charles Fleming suffered with for about 30 days before he died. In Dr. Roberts medical text under Shortness of Breath he says that 110 aspartame reactors (9%) who complained of otherwise unexplained "shortness of breath" promptly improved after avoiding these products. They predictably suffered a recurrence on rechallenge. Had he only known he was killing himself with aspartame and quit, Fleming would be alive today.

Dr. Roberts first text, [Difficult Diagnosis](#), was used by 60,000 doctors, especially to prepare for their Board examinations. It was Dr. Roberts who coined the phrase **Aspartame Disease** because its use is consistent with Hippocratic writings. The symptoms are predictable and there is a pattern. "When a large number of people all catch the same disease at the same time, the cause must be ascribed to something common to all." (Rosenberg 1992). It is appropriate because this affliction fulfills these four Koch-like postulates:

There is an identifiable cause.

Symptoms and signs follow such exposure and are reproducible in a given individual.

Improvement occurs after avoiding aspartame products (not always an easy feat).

The same complaints usually promptly recur on challenge.

At Dr. Roberts first press conference quoted in his first book on aspartame **in 1990 he said that if something wasn't done then in 5 or 10 years we would have a world plague on our hands.** And this prophecy has come to pass. **People today are literally dropping like flies.** He told Congress that **the current wholesale ingestion of aspartame products by over half the population constitutes an "imminent public health hazard" because of the frequency and severity of reactions. He says this warning should be of particular concern for high risk groups - most notable, patients with diabetes and hypoglycemia, pregnancy women, children, patients with epilepsy, liver, heart, kidney disease and eating disorders, older persons with memory impairment, the relatives of aspartame reactors and patients having phenylketonuria.**

It was the famed Dr. John Olney who founded the field of neuroscience called excitotoxicity when he did studies on aspartic acid, 40% of aspartame, in 1970 and found lesions in the brains of mice. **An excitotoxin is a product that literally stimulates the neurons of the brain to death causing brain damage of varying degrees.** This definition is written across the back of the book [Excitotoxins: The Taste That Kills](#) by neurosurgeon Russell Blaylock, M.D. who wrote on the deadly effects of aspartame and MSG. MSG another excitotoxin has a synergistic and additive effect with aspartame. And you have to consider this when you think of all the products these athletes are using like MSG that interact with aspartame.

I wrote Gatorade which Charles Fleming was using and several of the athletes who dropped dead, and asked what was in the natural flavors, and was it aspartate, L-Cysteine (another excitotoxin) or glutamic acid. They have refused to answer me. See truthinlabeling.org for info on MSG.

Dr. Blaylock is another world expert on aspartame who has written on sudden death. In his article on dorway.com, [Aspartame, MSG and other Excitotoxins and the Hypothalamus](#) he talks about the effect of excitotoxins on the sympathetic nervous system controlling centers in the hypothalamus. "Over stimulation could result in cardiac electrical abnormalities leading to sudden death. This has been demonstrated by hypothalamic stimulation experiments. There have been clinical reports of cardiac related emergency room visits following a meal high in excitotoxin additives. Sudden deaths following such meals have also been reported. Since most hospitals rarely consider this in their differential diagnosis, we have no accurate data as to the number of ER visits and deaths related to this event. I suspect the numbers would be quite high."

He said in conclusion, **"There is compelling evidence to indicate that food additive excitotoxins, such as aspartame, pose a serious danger to our well being, especially so in the case of children and the elderly. It has been demonstrated that excitotoxins in the diet can dramatically elevate free radical generation for prolonged periods of time and that once induced, it triggers a viscous cycle that ends in neurons death. Most authorities now agree that elevated free radical generation is associated with virtually all degenerative diseases as well as most injuries and toxins. It makes little sense to expose the general**

public to a product that we know increases free radical generation so dramatically and is associated with laboratory proven injuries to the nervous system."

Another autopsy report we have is of a woman who ingested so much aspartame she went blind from the wood alcohol or methanol (converts to formaldehyde and formic acid in the retina of the eye and destroys the optic nerve). She went to the ER to find out what she had lost her sight and dropped dead. Her autopsy is very much like others including the pulmonary edema.

You may remember Flo Jo, a Diet Coke drinker who had a seizure and dropped dead, no doubt another victim of aspartame, as **aspartame is a seizure triggering drug**. Elton John drags his 6 pack of diet pop on stage as he staggers with slurred speech from the methanol. Will he be next? Several current athletes are using aspartame and showing severe health problems already. Anna Kournikova, tennis player, is one of them. She always seems to be having injury problems. It's terrible for an athlete to be drinking a slow poison along with the phosphoric acid that leeches calcium from the bones. Another athlete, American's second best cyclist after Lance Armstrong, uses Diet Coke and looks to be in worse and worse health.

Mark Gold of the [Aspartame Toxicity Center](#) wrote: "I always seem to run across articles or TV shows where athletes are using aspartame and having health problems. One female pro athlete is so addicted that in answer to the question, "What one thing would you want with you if stranded on a desert island," she said, "Diet Coke." Unfortunately for her, her health and career has gone down the tubes. Diet Coke still sponsors some sports events. The biggest tennis tournament in the world, Wimbledon (in the UK). This helps addict a lot of people in the U.K. Diet Coke is a sponsor of the WNBA (the women's version of the NBA - National Basketball Association), Etc.

Don Harkins who owns the Idaho Observer added a supplement, [The Artificially Sweetened Times](#), to the paper, 8 pages, for Aspartame Awareness Weekend. It includes the Sudden Death issue and the Fleming case. He doesn't mince words and says: **"Admittedly, the research we had already conducted on aspartame convinced us that it's devastating to the human body. Since millions of people consume this government approved, carcinogenic, mutagenic, neurotoxic, non-nutritive synthetic sweetener every day, we were also convinced aspartame is helping to DESTROY ENTIRE NATIONS.** This is the real reason this paper had to be published." These papers can be secured by the hundreds for distribution by contacting the Idaho Observer, a newspaper dedicated to truth in journalism. (Idaho Observer, P. O. Box 457, Spirit Lake, Idaho 83869, 208 255 - 2307).

And what about so much of the main stream media who for advertising reasons don't publish so much of this issue like the story of Charles Fleming, even though aspartame experts have written affidavits stating the man died from aspartame without a shadow of a doubt. Are manufacturers like Coke and Pepsi worth their protection? You can read the [protest of the National Soft Drink Association](#), part of the congressional record, where they even quoted the law stating it was illegal to put anything in carbonated beverages that decomposes or adulterates the drink. They stated aspartame decomposes at 86 degrees. And it decomposes into deadly poisons! Yet, they turned around and put it in pop anyway, the reason it was added to the congressional record. They knew the gun was loaded when they sent it to the Persian Gulf to sit in 120 degree Arabian sun for as long as 8 weeks. 40,000 of the troops perished. What aspartame products are they now using in Iraq? We can see them chewing the gum, no doubt sugarfree. Its buccal so it works like nitroglycerin, goes through saliva straight to the brain. [Wrigley](#) has been written for years and [refuses to stop the poisoning](#). Even the Enquirer hasn't written about Fleming.

Rage must rise up in the nostrils of Almighty Jehovah God as these monsters who knowingly poison the population turn their backs on consumers. Aspartame was originally marketed by Searle, and the FDA wanted them indicted for fraud but both U.S. Prosecutors hired on with the defense team and the statute of limitations expired. **The Board of Inquiry of the FDA said aspartame was not safe and to revoke the petition for approval.** [CEO of Searle](#) at the time, [Don Rumsfeld](#),

said he would call in his markers and get it approved. **It didn't matter to him that aspartame was a deadly poison.** He was on President Reagan's transition team and the day after Reagan took office **he appointed Dr. Arthur Hull Hayes as FDA Commissioner because no FDA Commissioner in 16 years would approve aspartame.** **Dr. Hayes over-ruled this Board of Inquiry of the FDA and then went to work for the PR firm of the manufacturer and has refused to talk to the press ever since.**

If you read the 8 month investigation of aspartame by United Press International on www.dorway.com you will see that doctors were threatened about doing research. This will help you understand why 92% of independent peer reviewed research on aspartame shows the problems. And if you remove 6 studies the FDA had something to do with and one pro-industry summary, **100% of independent, peer reviewed research on aspartame shows the problems.** Read Ralph Walton, M.D.'s [report on research and funding.](#) Dr. Walton himself did a study on aspartame which the institution had to stop because of the problems caused by this toxin. You can understand why Monsanto refused to sell him the aspartame. And in the UPI investigation read about ILSE, where research funds are sought. ILSE is funded by Coke, Pepsi, Monsanto and the like putting pressure on Universities not to tell about aspartame or do studies. Cynthia Crossen who wrote the book "***The Tainted Truth***" says the road to hell was paved with research funds. Front groups are paid to call the whole issue a hoax, and vital information that physicians need to diagnose and save the lives of the people is withheld. The propaganda put out on aspartame reads like it was written by Mother Goose. Even physicians themselves who use aspartame and have problems don't know where to turn. Read the story of Richard Sabates, M.D. on web.

And as I write this a sweet, frightened Sunday School teacher, Diane Fleming, remains in prison in Troy, Virginia because her husband Charles killed himself with large amounts of aspartame. It is this chronic methanol poisoning mentioned in the autopsy that also is responsible for the addiction of aspartame because it effects the dopamine system of the brain. **To add insult to injury, prisons will not allow sugar and are serving this deadly toxin to inmates.** Diane herself was using it until we convinced her to go without anything sweet. No wonder she said she had health problems. Her headaches are now gone.

Drop her a line and let her know people care about this horrible injustice, have not forgotten her and are working to reunite her with her children. This woman had spent one day a week helping the homeless and even buying them clothes. Now lets help Diane Fleming. Diane Fleming #311655
FCCW 3D 207A Box 1000 Troy, Virginia 22974

They will only allow a letter no longer than 5 pages that goes on a 37 cent stamp. You cannot send her stamps to write you back but she can accept a money order made out to her with the number - #311655.

Recently, I had the pleasure of meeting Don Harkins who wrote the *Artificially Sweetened Times* for Aspartame Awareness Weekend at the Atlanta Airport on his way to Austria. I gave out a couple to people waiting for rides who read about Sudden Death and Aspartame, and the Fleming Case. One man said: "And so it's true. I mentioned to my physician that I had friends who just dropped dead. He said he had seen too many cases himself and did a search on the Internet. When he read about aspartame **he decided to get his patients off of it,** especially those suffering with cardiac problems. **He was surprised to find the palpitations and other problems disappeared.** He said: "There is so much controversy on this product but with the thousands of posts about its dangers they have to be keeping something from physicians." **Indeed, what they have kept from physicians is "the truth" about the toxicity of this poison.** Help to get the word out about this toxin, as you let Diane Fleming know she is not forgotten. Prayerfully we work to reunite her with her children.

We are facing what may be one of the largest plagues in world history. **Aspartame has resulted in a blizzard of sudden deaths to the athletes. Our children are falling like snowflakes.**

Forward this to everyone you know, and media, we ask you publish the issue to thousands. **The life you save may just be someone in your family or one of your children.** I have filed with the FDA a Citizens Petition for ban based on the fact their records show aspartame to be a deadly poison and they are lying to the public and physicians. The law requires they answer in 180 days. It has been over a year and they refuse to answer. The front groups have been reported to the Attorney General based on Title 18, Section 1001, that is against the law to knowingly misinform the public. He has done nothing.

Perhaps someone should remind all these government agencies who don't have the courage to act that Henry Clay (1777 - 1852) said: **"Government is a trust, and the offices of the government are trustees, and both the trust and the trustees are created for the benefit of the people."** Even the FDA's own toxicologist, Dr. Adrian Gross, told Congress: **"And if the FDA violates its own laws, who is left to protect the people."**

Mission Possible International is a worldwide, unpaid, volunteer force warning planet earth off aspartame, and forwarding medical facts from the aspartame experts to the medical community who have been lied to. Aspartame Detoxification Centers are now available in some cities. Case histories on brain tumors, seizures, blindness and eye deterioration are now been transferred to class action attorneys. There are four support groups on line to care for the sick and disabled.

Monsanto sold NutraSweet to Michael Dell's Investment Company, Childs in Boston, Ajinomoto, their Siamese twin, another aspartame manufacturer and Monsanto's investment company of Monsanto managers. All these companies are listed on [dorway.com](http://www.dorway.com). In the words of Mohammed Ali, **"They can run, but they can't hide."**

Betty Martini, Founder, Mission Possible Intl, 9270 River Club Parkway, Duluth, Georgia 30097 www.dorway.com.

P.S. There is a large book list on aspartame on the above web site. For Dr. H. J. Roberts' many books on aspartame, go to sunsentpress.com. For Dr. Russell Blaylock's books go to russellblaylockmd.com. His new book Health & Nutrition Secrets to Save Your Life is excellent on what to do if you have used aspartame, and he has written a paper for Aspartame Awareness Weekend on what to take, step by step, if you have used it.

These brilliant and courageous physicians mentioned above have been exposing this deadly neurotoxic drug for years, and the fact that it can take your life. Dr. Bowen told the FDA years ago that aspartame is mass poisoning of the American public and more than 70+ countries of the world. He also said that everyone involved in the marketing of this poison including those who keep it on the market should be criminally prosecuted. Dr. Bowen is a victim himself and suffers from Lou Gehrigs disease like many of those who served in the Persian Gulf. He was working in the desert drinking gallons of Diet Kool Aide.

FOR EVERYTHING THERE IS TO KNOW ABOUT ASPARTAME/NUTRASWEET GO TO:
www.dorway.com

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