

Because of the epidemic rise in the incidence and diagnosis of MS, lupus, fibromyalgia, other autoimmune, degenerative and nervous system disorders and the continued use of Nutra-Sweet in numerous processed foods and beverages, we are moved to share the following article by Nancy Markle. We salute her in her efforts to share this crucial information.

**AN INFORMATIVE ARTICLE ON THE DANGERS OF  
ASPARTAME/NUTRASWEET  
by Nancy Markle**

At the WORLD ENVIRONMENTAL CONFERENCE, I (Nancy Markle) lectured on "ASPARTAME marketed as 'NutraSweet', 'Equal' and 'Spoonful'. In the keynote address by the EPA, they announced that there was an epidemic of multiple sclerosis and systemic lupus, and they did not understand what toxin was causing this to be rampant across the United States.

When the temperature of Aspartame exceeds 86 degrees F, the wood alcohol in ASPARTAME converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. (Formic acid is the poison found in the sting of fire ants). The methanol toxicity mimics multiple sclerosis; thus people were being diagnosed with having multiple sclerosis in error. The multiple sclerosis is not a death sentence, where methanol toxicity is.

In the case of systemic lupus, we are finding it has become almost as rampant as multiple sclerosis, especially Diet Coke and Diet Pepsi drinkers. Also, with methanol toxicity, the victims usually drink 3 to 4 12 oz cans of soda per day, some even more. In the cases of systemic lupus, which is triggered by ASPARTAME, the victim continues its use, aggravating the lupus to such a degree, that sometimes it becomes life threatening. When we get people off the aspartame, those with systemic lupus usually become asymptomatic. Unfortunately we can not reverse the disease.

On the other hand, in the case of those diagnosed with multiple sclerosis, (when in reality, the disease is methanol toxicity), most of the symptoms disappear. We have seen cases where their vision has returned and even their hearing has returned. This also applies to cases of tinnitus.

During a lecture I said, "If you are using ASPARTAME (NutraSweet, Equal, Spoonful, etc.) and you suffer from fibromyalgia symptoms, spasms, shooting pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, or memory loss, you probably have ASPARTAME DISEASE!"

People were jumping up during the lecture saying, "I've got this, is it reversible?" It is rampant. Some of the speakers at my lecture even were suffering from

these symptoms. In one lecture attended by the ambassador of Uganda, he told us that their sugar industry is adding aspartame! He continued by saying that one of the industry leader's sons could no longer walk - due in part by product usage!

We have a very serious problem. Even a stranger came up to Dr. Esposito (one of my speakers) and myself and said, "Could you tell me why so many people seem to be coming down with MS?" During a visit to a hospice, a nurse said that six of her friends, who were heavy Diet Coke addicts, had all been diagnosed with MS. This is beyond coincidence.

Here is the problem. There were Congressional Hearings when aspartame was included in 100 different products. Since this initial hearing, there have been two subsequent hearings, but to no avail. Nothing has been done. The drug and chemical lobbies have very deep pockets. Now there are over 5,000 products containing this chemical, and the PATENT HAS EXPIRED!!! At the time of the first hearing people were going blind. The methanol in the aspartame converts to formaldehyde in the retina of the eye. Formaldehyde is grouped in the same class of drugs as cyanide and arsenic: DEADLY POISONS. Unfortunately, it just takes longer to quietly kill, but it is killing people and causing all kinds of neurological problems.

Aspartame changes the brain's chemistry. It is the reason for severe seizures. This drug changes the dopamine level in the brain. Imagine what this drug does to patients suffering from Parkinson's Disease. This drug also causes birth defects.

There is absolutely no reason to take this product. It is NOT A DIET PRODUCT. The Congressional record said, "It makes you crave carbohydrates and will make you FAT". Dr. Roberts stated that when he got patients off Apspartame, their average weight loss was 19 pounds per person. The formaldehyde stores in the fat cells, particularly in the hips and thighs.

Aspartame is especially deadly for diabetics. All physicians know what wood alcohol will do to a diabetic. We find that physicians believe that they have patients with retinopathy, when in fact it is caused by the aspartame. The aspartame keeps the blood sugar level out of control, causing many patients to go into a coma. Unfortunately, many have died. People were telling us at the Conference of the American College of Physicians, that they had relatives that switched from saccharin to an aspartame product and how that relative had eventually gone into a coma.