

# For your Health and Wellness!

## What is the most dangerous food additive?

A new study concludes additional consequences associated with artificial sugar substitutes-including a much higher risk of strokes. These latest findings have not yet been published however the research was recently presented at the American Stroke Association's International Stroke Conference.

This is the first time diet soda consumption has been linked to an increased risk of strokes and other vascular events. Aspartame accounts for over 75% of the adverse reactions to food additives reported to the FDA!

Long-term and acute adverse effects of aspartame as reported to the FDA include:

- headaches/migraines
- nausea
- abdominal pains
- fatigue (blocks glucose entry to the brain)
- sleep problems
- vision problems
- anxiety attacks
- depression
- asthma/chest tightness
- emotional disorders
- epilepsy/seizures
- fibromyalgia and chronic fatigue syndrome
- Parkinson's disease
- memory loss and Alzheimer's disease
- cancer
- premature birth and birth defects



What makes aspartame so dangerous? It is made up of a combination of phenylalanine and methanol which is wood alcohol. It causes excessive firing of brain neurons and potential cell death. Yes, aspartame is a neurotoxin. At body temperature aspartame will actually turn into acetone which is nail polish remover. Aspartame can be stored in fat tissue. The aspartame can pass the placental barrier and effect unborn babies. Preterm delivery can increase by 78%. And in a cruel ironic twist, aspartame can actually *increase* weight gain. Diet sodas can cause an increase in insulin spikes, leading to sugar cravings. It can also affect the brain serotonin level which further increases the need for sugars. Aspartame has been banned in most forms in Europe and in Japan. Searle & Co. continue to make tons of money providing toxic substances for Americans. You are what you consume. Proper nutrition can be your pathway to better health or your downward spiral into chronic illness.

**Compliments of Dr. Robert Caprile, Chiropractor**  
181 Maple St. E. Longmeadow MA 01028 413-5256293  
[www.eastlongmeadowfamilychiropractic.com](http://www.eastlongmeadowfamilychiropractic.com)  
Chiropractic care and Nutrition Response Testing