



The artificial sweetener — Aspartam



Aspartam, also known as *Nutra-Sweet*, *Equal*, *Spoonful*, *Canderel*, *Sanecta*, or simply as *Equal*, is a common sugar substitute. The chemical designation is "L-aspartyl-L-phenyl alanine methylester". Aspartam has **200 times the sweetness of sugar** and is present in **more than 9,000 products** since expiry of the patent held by Monsanto or the subsidiary "Kelco".

However **Aspartam is a sweetener with side effects. It is not as harmless as the studies undertaken by the manufacturer claim.** Dangerous nerve poisons are created during metabolism. These can cause symptoms which no-one connects with the "harmless" sweetener. **Some symptoms lead to false diagnoses** since they are **similar to the features of multiple sclerosis** and thus destroy the life of people **who no-one had informed that consumption of light drinks is responsible for their miserable health.**

The three basic substances in Aspartam are both amino acids phenylalanine (50%) and asparagin acid (10%) as well as methanol (10%). Aspartam disintegrates in the body into its source materials. Products which Aspartam contains must therefore be marked with a **warning sign**: "Contains phenylalanine". These amino acids can be dangerous for human beings who suffer from the inherited metabolic condition phenylketonuria (PKU). These people cannot metabolise phenylalanine so it **accumulates in the brain**. The results are dementia and stunted body growth. It has, however, also been shown that people who definitely do not have PKU but which just very much enjoy consuming **products sweetened with sweeteners** accumulate **large amounts of phenylalanine in the brain**. Thus it was established based upon a large number of investigations conducted at the Medical University of Mississippi that drastically high quantities of free unbound amino acids such as **aspartam acid or glutamic acid** (which monosodium glutamate consists of to 90%) can cause **extreme neurological symptoms**. The so-called blood-brain barrier normally prevents an increased aspartam and glutamic acid level (or other brain and nerve toxins) reaching the brain over the blood. This is not **yet particularly fully developed, however, in childhood** and extreme use of **aspartam and glutamic acid** effectively overwhelms the blood-brain barrier. It also does not protect all parts of the brain. The result is damage to the nerve cells. **More than 75% of brain cells are damaged before clinical symptoms become apparent.** *Anxiety states, asthma, arthritis, nausea and vomiting, breathing difficulties, chronic coughing, hip pain, chronic tiredness, depression, diarrhoea, loss of memory, extreme thirst or hunger, blood circulation disorders, hair loss, migraines, heart rhythm disorders, high blood pressure, impotence, difficulties concentrating, sleep disorders, swellings and muscle cramps, tinnitus, cycle changes, panic attacks, allergic reactions, speech disturbances, changes in personality, visual disorders, weight gain, death.* **This is just a selection of the diseases which can be caused by Aspartam and originates from the Federal Drug and Food Administration. It is particularly dangerous for foetuses and small children!** Incidentally: **Aspartam was one substance on a list drawn up in the mid-70s by the CIA as potential substances to use for waging biochemical warfare.** Enjoy your meal!

Sodium fluoride in toothpaste

Fluorine is twice as poisonous as arsenic and more poisonous than lead. Flourine has been seen for decades now as the panacea for caries prophylaxis. In saying this it is easy to miss the fact that flourine is a dangerous poison which may only be handled in the laboratory when additional safety measures have been taken. Flourine arises in huge quantities as a by-product in the aluminium, steel and fertiliser industries and is a poisonous **special waste**. Despite all of this the majority of people use it, also with their children, in **toothpastes with flourides** and give their children **fluoride tablets** to avoid caries. However flourine not only **hardens** tooth enamel but **also bones and tissue structures** which can lead to problems in elderly people. The same substance which is put into our toothpaste – **sodium flouride** – **is also a very effective insecticide or rat poison.**

Studies undertaken in the USA, Finland, Holland, Germany, Canada and Switzerland demonstrate that **the incidence of damage to teeth in the form of caries dropped after flourine prophylaxis was stopped** (fluoridation of drinking water and use of tablets). Furthermore, it has not been possible until today to produce absolutely clear evidence of the effectiveness of flourine as a caries prophylaxis. A number of field studies undertaken in the USA, in Canada and New Zealand have demonstrated, in fact, that there was even less incidence of caries found when there was no fluoridation of drinking water.

Flouride is also a significant constituent of many psychotropic drugs because it dampens emotions and makes people lacking in will and passive. What is even more alarming, however, is the effect on the human psyche. **Flouride slowly and successively switches off the free will of people.**

The tranquiliser **Rohypnol** sold by a well-known pharmaceutical company has as its main active agent a variation of the well-known sedative diazepam ("valium") flunitrazepam. **According to the manufacturer the effectiveness of the active agent in ten times greater through flouridation of the active agent.**

Already back in 1957 Oliver Kenneth Goff declared that he was trained back in the late 30s in a Communist camp to **poison the whole water supply reserves for a city** with a sack of **sodium flouride** in the water works **in order to produce lethargy amongst the American people.** There was also discussion during his training about how flouridation of water in the Soviet Union was used to calm down prisoners in prisoner camps and gulags.