

Is Aspartame Deadly? 41 Toxicity Effects Right Here

By Rico Connor

I have done a lot of investigation on the dangers of artificial sweeteners such as aspartame, which is the most prevalent in the US. The following information comes from The Aspartame Consumer Safety Network and the Aspartame Toxicity Information Center.

Aspartame is the Formal name for the type names NutraSweet, Equal, Spoonful, and Equal-Measure. Aspartame is by far the most unsafe substance on the bazaar that is added to foods. Despite US FDA consent as a careful food additive, it's a sham compound additive that accounts for over 75 % of the adverse reactions to food additives reported to the U.S. Food and Drug Administration (FDA). Nearly 100 % of independent explore has found harms with aspartame. The unsuspecting community, for the most part, is oblivious of its dangers. Aspartame is made up of three chemicals: aspartic acid, phenylalanine, and methanol. The neural booth hurt that undue aspartate and glutamate use can begin is why they are termed excitotoxins. They excite or stimulate the neural (wits) cells to fall. The danger to infants, children, pregnant women, the elderly, and people with certain constant shape evils from excitotoxins is great.

Methanol breaks down into formic acid and formaldehyde in the body. The formaldehyde exposure from aspartame is significant since it is a deadly neurotoxin that is worn for embalming! Formaldehyde is known to origin gradual harm to the worried and immune systems and has freshly been shown to grounds irreversible genetic wound at long-span, low-stage exposure.

An EPA assessment of methanol states that it "is considered a cumulative poison due to the low ratio of seepage once it is absorbed. In the body, methanol is rusty to formaldehyde and formic acid; both of these metabolites are deadly." The Environmental Protection Agency (EPA) recommends a ceiling of consumption of 7.8 mg./day. A one-liter-about one quart of aspartame-syrupy potion contains about 56 mg. Of methanol. Heavy users of aspartame-containing crop consume as much as 250 mg. Of methanol daily, or thirty two times the EPA handling. The latest independent inquiries shows that the condition allied to aspartame may be more deep than just habitual formaldehyde exposure. This sought on animals demonstrates that the formaldehyde appears to accumulate as adducts (clear to protein molecules) in the organs and tissues of the animals when aspartame is ingested at relatively low doses.

An expansion from an independent examine scientist about this and other topical aspartame explore states "It was a very interesting paper, that demonstrates that formaldehyde formation from aspartame eating is very normal and does actually accumulate within the section, reacting with cellular proteins (commonly enzymes) and DNA (both mitochondrial and nuclear). The actuality that it accumulates with each dose, shows vital consequences among those who consume diet drinks and foodstuffs on a daily base." Russell Blaylock, MD (Neurosurgeon and Neuroscientist)

The injury caused by formaldehyde from **aspartame** may be worsened by other aspartame breakdown chemicals, especially the aspartic acid. In animal researched where formaldehyde is given to the animals to cause scratch and bother, amino acids such as aspartic acid and Glutamic acid are given concurrently to aggravate the outcome. The amino

acids from aspartame are absorbed abruptly disparate the protein-sure amino acids found in food. The methanol found in foods and alcoholic beverages is also absorbed, but there are protective chemicals in these traditionally-ingested foods and beverages that prevent the conversion of methanol to formaldehyde.

The creepy part is the verity that an awfully low percentage of adverse reactions are reported to the FDA. There are millions of known gear of aspartame toxicity reactions, and perhaps many other suitcases, where the self ingesting aspartame is whichever 1) oblivious that their symptoms are caused or contributed to by aspartame or 2) not yet experiencing clinically-apparent symptoms from the breakdown products of aspartame but may eventually experience habitual shape problems from the standard exposure to significant doses of formaldehyde. The components of aspartame can advance to a varied brand of ailments. Some of these problems occur gradually while others are burning acute reactions. Aspartame is an universal pollutant: it affects every organ in the body-even your DNA.

41 Toxicity Effects of Aspartame Use

- seizures and convulsions
- faintness
- tremors
- migraines and unadorned headaches
- recall deficit
- slurring of discourse
- confusion
- numbness or tickly of extremities
- habitual fatigue
- depression
- insomnia
- irritability
- panic attacks
- striking personality changes
- phobias
- express concern beat
- asthma
- chest pains
- hypertension
- nausea or vomitting
- diarrhea
- abdominal nuisance
- swallowing smarting
- eager
- itchiness / urticaria
- other allergic reactions
- blood darling control problems (e.g., hypoglycemia or hyperglycemia)
- menstrual cramps and other menstraul problems or changes
- impotency and sexual problems
- food cravings
- influence collect
- pelt harm/plainness or reduction of fuzz
- burning urination & other urination problems
- extreme thirst or undue need

bloating, edema (fluid custody)
infection susceptibility
locale throbbing
reason menace (pre-esteem studies in animals)
reason, breast, uterine and pancreatic tumors
death

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