

## **All Sodas Cause a Chemical Reaction**

This letter came to me from Greenville, NC:

Here in Greenville we have one of the leading eye surgeons in the U.S. This is what he said to me, "All sodas cause a chemical reaction in the body that will cause many problems. It can cause the blood vessels in the eye to constrict which can lead to blindness, hardening of the arteries, kidney failure, all kinds of cancers, and osteoporosis." He said that, "you do less damage to your body by smoking than you do by drinking sodas."

So I told him what had happened to me. The arthritis had been so painful that every night I sat down and everyone waited on me. This is when I put on 50 pounds which did not help the arthritis. Then my doctor put me on Celebrex, and it did very little for my pain. Then I cried out to the Lord to do something and all I got back was, "Quit drinking sodas!"

After my pain got so bad that I couldn't stand it, I quit drinking sodas. And for 45 days nothing changed. On day 46 my pain dropped two-thirds. Six months later, I tried an experiment. I drank one soda a day for a week. I paid dearly - with more pain for another 45 days.

The doctor said my information also confirms his research. He is going to publish his research in the JAMA (Journal of the American Medical Association).

Emily, remember this the next time you have a request to pray for people with some of these painful arthritic problems. Tell them to stop drinking sodas and they can get well.

Dean

Subject: CAUTION! Harm in Diet Soda Drinks

In October of 2001, my sister was very sick, she had stomach spasms. It was difficult for her to get around, to walk was a major chore. It took everything she had just to get out of bed, she was in so much pain.

By March 2002, she had undergone biopsies, and was on 24 various prescription medications. The doctors could not find what was wrong with her. She was in so much pain, that she thought that she was dying.

She put her home, bank account and life insurance all in her oldest daughter's name; she planned her younger children stay with her oldest daughter. She planned her last hooray, which was to be a trip to Florida. It was to have been a trip (basically in a wheelchair) on March 22nd of that year.

On March 19th I called her to ask about how one of her tests went, and she said they didn't find anything on the test, but they believed she had MS. I thought, oh no...then I thought of the article a friend had emailed me and I asked her .....Do you drink diet soda?

She, as a matter of fact, was getting ready to crack one open that moment. I told her not to open it, and stop drinking the diet soda. Then I emailed her the following article. She called me within 32 hours after our phone conversation and told me she stopped drinking the diet soda, and she could walk...she went up the stairs, and muscle spasms left. She said she didn't feel 100% well, but she sure felt a lot better.

She told me she was going to her doctor with this article and would call me back when she got home. She called me, and her doctor was amazed, he was going to call all of his MS patients to find out if they consumed artificial sweetener.

In a nutshell she was being poisoned by the aspartame in the diet soda, dying a slow death! When she got to Florida on March 22nd, all she had to take was one pill, and that was a pill for poisoning...she is well on her way to recovery and she is walking!!! No wheelchair! This article saved her life!

### Life Saving Article

If labeled: "SUGAR FREE," DO NOT EVEN THINK ABOUT IT! I have spent many days lecturing the WORLD ENVIRONMENTAL CONFERENCE on ASPARTAME, 'NutraSweet,' 'Equal,' and 'Spoonful.' In keynote marketed: Address by EPA, it was announced that in the United States in 2001-there is an epidemic of multiple sclerosis and systemic lupus, that it's hard to understand what toxin causes this to be rampant. I said, "I'm here to do a lecture on that."

Now, I will explain why Aspartame is so dangerous: When the temperature of Aspartame exceeds 86 degrees F,...Wood Alcohol in ASPARTAME converts to Formaldehyde, and on to Formic Acid, which in turn then causes Metabolic Acidosis. Because, Formic Acid is the Poison found in the sting of Fire Ants.

The Methanol Toxicity mimics, among other conditions, Multiple Sclerosis. People were being diagnosed as having Multiple Sclerosis in error. The Multiple Sclerosis is not a death sentence, where it is Methanol Toxicity.

Systemic Lupus has become almost as rampant as Multiple Sclerosis; especially with Diet Coke and Diet Pepsi drinkers. The victim usually does not know the Aspartame is the culprit. He or she continues its use, irritating the Lupus to such a degree that it may become life-threatening.

Some patients with Systemic Lupus become symptom free once taken off diet sodas. In the case of one diagnosed with Multiple Sclerosis, when in reality, the disease is Methanol Toxicity, most all symptoms disappear. We see cases where vision returned and hearing improved.

This also applies to cases of tinnitus. During the 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 then jumped up during the lecture saying, I have some of these symptoms: Is it reversible? Yes! By not drinking diet sodas and keeping eyes out for aspartame on food labels. We have a very serious problem. A stranger came up to Dr. Espisto (one of my speakers) and me and said: "Could you tell 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! Diet Coke and Diet Pepsi, etc. are NOT A DIET PRODUCT! The Congressional Record states that it makes you crave carbohydrates and will make you FAT. The formaldehyde stores in the fat cells if there is no significant increase in exercise, etc.

Aspartame is especially dangerous to diabetics. We found that physicians believe that they have a patient with retinopathy, when the symptoms are caused by aspartame! The aspartame drives blood sugar out of control. A diabetic may suffer acute memory loss due to the aspartic acid as the Phenylalanine is neurotoxic without the other amino acids found in protein.

Thus it passes blood brain barrier and deteriorates neurons in the brain, causing in diabetics (as well as patients not suffering from diabetes) all kinds of brain damage, seizures, depression, seizures, manic depression, panic attacks, rage, violence. (As Aspartame in thousands of pallets of Diet Coke and Diet Pepsi, consumed by men and women fighting the Gulf War may be partially

to blame for the well-known Gulf War Syndrome.)

Dr. Roberts warns: "It can cause birth defects and mental-retardation if taken at time of conception and early pregnancy. Especially children are at risk for neurological disorders and must NOT be given NutraSweet.

I can relate different case histories of children having mal seizures and other disturbances, being on NutraSweet. Unfortunately it is not always easy to convince a mother that aspartame is to blame for a child's illness. Only by trial and success will she be able to warn other mothers to take their children's health into their own hands.

Stevia, a sweet herb is NOT A MANUFACTURED ADDITIVE, it helps the metabolism of sugar (which is ideal for Diabetics) has been approved as a dietary supplement by the FDA. But for years the FDA outlawed this (sweet food) because of their loyalty to MONSANTO of Aspartame.

Books on subjects are available: EXCITOTOXINS: THE TASTE THAT KILLS written by Dr. Russell Blayblock (Health Press 1-8000-643-2665) and DEFENSE AGAINST ALZHEIMER'S DISEASE by Dr. H. J. Roberts, a diabetic specialist.

These two doctors will be posting a position paper with some case histories on deadly effects of Aspartame on the Internet. According to the Conference of American College of Physicians, "there could be a plague of neurological diseases caused by this deadly poison." Here is the problem: There were Congressional Hearings as aspartame was included in 100 different products.

Since this initial hearing, there have been two subsequent hearing, 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!!!

I know the MONSANTO, the creator of Aspartame knows how deadly it is. They fund 'American Diabetes Association', 'American Dietetic Association', and the 'Conference of the American College of Physicians', and others.

This was exposed in NY Times to no avail. These associations will not criticize their deeds, or will they convey their link to MONSANTO because they take money from the food industry and have to endorse their products.

Senator Howard Hetzenbaum wrote a bill to warn people, infants, pregnant mothers and children of the danger of aspartame. The bill would have instituted independent studies on the problems existing in the population (seizures, brain chemistry changes, neurological changes, behavioral problems). It was killed by powerful drug and chemical lobbies, so it loosed the hounds of disease and death on an unsuspecting public!