

This is Your Brain on NutraSweet - And It isn't Pretty

By: Carolanne Wright, Natural News

Got milk? A better question would be: Got seizures, migraine headaches, brain tumors or depression? If the dairy industry has its way, a major cause of these disorders in the form of aspartame could soon be a common ingredient in the milk supply. Bear in mind this is the chemical that has been linked with a laundry list of health issues, many of which are neurological. In light of the proposed new FDA rule that would allow artificial sweeteners like aspartame to be covertly included in dairy products, we have to consider: Is this really a chemical we want hidden within a popular food staple?

Legally lace food with poison and profit

As reported in the *Natural News* article, "U.S. dairy industry petitions FDA to approve aspartame as hidden, unlabeled additive in milk, yogurt, eggnog and cream," the dairy industry is up to its old tricks, attempting to alter the definition of milk through the FDA. If the proposed new rule is approved, artificial sweeteners like aspartame can be added to milk without being listed on the label. What this means is that a majority of dairy (including yogurt, cream, eggnog and whipping cream) can secretly harbor aspartame -- and turn a nice profit for artificial sweetener companies in the process. This is great news for the shareholders at *NutraSweet* and other aspartame peddlers, but not so wonderful for the physical and mental health of the U.S. population.

Save a few calories, fry your brain

If you are ever in doubt about the dangers of aspartame, have a look at the following disorders directly connected to the chemical:

- Epileptic seizures
- Headaches and migraines
- Severe depression, including suicidal tendencies
- Dizziness and vertigo
- Aggression
- Anxiety
- Phobias

- Irritability
- Personality disorders
- Confusion
- Memory loss
- Slurring of speech
- Hyperactivity
- Irreversible brain damage
- Mental retardation

As frightening as it is, these are simply the neurological problems associated with the sweetener. Janet Starr Hull, creator of the *Aspartame Detox Program*, believes "aspartame is the common denominator for over 92 different health symptoms at the root of modern disease." Additionally, many scientists are convinced the chemical is also the cause of a dramatic spike in brain tumors. An article in the *Journal of Neuropathology and Experimental Neurology* states:

"Evidence potentially implicating aspartame includes an early animal study revealing an exceedingly high incidence of brain tumors in aspartame-fed rats compared to no brain tumors in concurrent controls, the recent finding that the aspartame molecule has mutagenic potential, and the close temporal association (aspartame was introduced into U.S. food and beverage markets several years prior to the sharp increase in brain tumor incidence and malignancy)."

And the dairy industry would like to add this same chemical willy-nilly to the mainstream milk supply without labeling? The insanity continues.

To submit a comment to the FDA regarding aspartame in dairy, click here before May 21, 2013.

Sources for this article include:

http://www.naturalnews.com/039244_milk_aspartame_fda_petition.html