

## Unruh Chiropractic, Inc.

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Aspartame (other names: Equal and NutraSweet) is made by Monsanto, the chemical company responsible for Roundup and many other herbicides and pesticides. Monsanto also funds the American Diabetes Association, the American Dietetics Association, and The Conference of The American College of Physicians. All of these organizations in turn downplay any of the problems associated with aspartame.

When one reads of packet of Equal or NutraSweet, emblazoned in red is a warning: Phenylketonurics: Contains Phenylalanine! This is for people with a genetic disorder that makes it unsafe for them to consume phenylalanine, one of the components of aspartame.

BUT, aspartame is dangerous for ANYONE! When placed in liquid and ingested, it breaks down into methanol (wood alcohol), aspartate, and phenylalanine. Methanol is a CUMULATIVE toxin. Body heat causes methanol to further breakdown into formaldehyde and ant venom. Classified as a narcotic, methanol is “a human poison by ingestion”.

Because aspartame changes the brain’s chemistry by going past the blood-brain barrier and deteriorating the neurons of the brain, it is a NEUROTOXIN. It causes brain neurons to become extremely excited and, in large doses, it can cause these cells to die. Hence the term EXCITOTOXIN. Russell L. Blaylock, M.D. goes into this extensively in his book, Excitotoxins, The Taste That Kills.

As a result, aspartame causes memory loss, seizures, vertigo, dizziness, headaches, slurred speech, blurred vision, tinnitus, emotional disorders, learning disorders, anxiety, personality changes, irritability, and depression. It can aggravate or even cause Parkinson’s Disease and Alzheimer’s disease.

Aspartame also disrupts glucose metabolism and lowers blood sugar, which causes people to CRAVE carbohydrates and to OVER EAT, because they feel starved. The formaldehyde component stores in the fat cells, particularly the hips and thighs. Here is another culprit in the obesity epidemic we have today!

Over 1,200 food products contain aspartame and the number is growing. Read labels and avoid any food that is labeled sugar-free with this ingredient.