Does aspartame multiply female MS?

Subject: New Study report at Neurology Conference!

Boston, May 1: At the American Academy of Neurology's annual meeting, Dr. Gary Cutter, professor of Biostatistics at the University of Alabama, said women are now four times as likely as men to get multiple sclerosis: "It started at two-to-one and is now four-to-one."

Researchers found the ratio of women-to-men is increasing by about 50 percent each decade. The increase is more pronounced in younger people with young women especially contracting it at an accelerating rate. About 400,000 people in the US are victims of MS, a horrible autoimmune disease that devastates the central nervous system.

"This rapid change suggests that it's not just the disease behaving as usual," Cutter said. "It is unfortunate, but it is an opportunity and we can use this information to learn what directions we ought to pursue." Nicholas LaRocca, a VP at the National MS Society, said: "This is an interesting phenomenon, and I'm not sure anyone knows why it's happening."

MS is going through the roof and nobody knows why! As a statistician Professor Cutter deals with numbers. We thank him for his fine research. But to the victims of this dread plague it's more than "unfortunate", more than "an opportunity" or "an interesting phenomenon".

It's time for somebody to see the GORILLA in the Phone Booth!

Women, especially young women, are the greatest consumers of aspartame laced diet colas. Aspartame is also sold NutraSweet, Equal, Spoonful, Canderel, E951, etc. This toxic chemical has long been recognized by prominent medical authorities as a neurotoxin that both mimics and precipitates multiple sclerosis. But it's not politically correct to identify such a popular, profitable and addictive product. The producers will fight like wildcats to discredit you.

It takes guts to blow the whistle! But famous MDs have done so, among which are Neurosurgeon Dr. Russell Blaylock and Dr. H. J. Roberts. Dr Louis Elsas, former Emory University Professor of Pediatrics & Genetics, testified to Congress that aspartame, a teratogen, causes birth defects and mental retardation. Now hear the bitter story of Kim Evans, an aspartame/MS victim:

> "In high school I was a big diet soda drinker. In 1983 I became pregnant with conjoined twins, then gave birth to our son and 2 daughters. I drank lots of diet coke during pregnancy with all 3 children. Thinking white sugar was bad for children I pushed sugar-free drinks, Crystal Lite, ice tea with Equal, and sugar free gum to protect their teeth. By the age of about 6 my daughter was diagnosed with colitis, my son at 6 was diagnosed with severe esophogitus and my youngest daughter also developed many abdominal problems. We spent a great deal of time in Children's Hospital of Philadelphia. My son had to have back surgery due to a spontaneous stress fracture and spondylolysis.
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> "We spent time at Mayo clinic, Children's Memorial Hospital in Chicago and Univ of Pennsylvania Hospital trying to get answers. My son has been diagnosed with eosinophilic esophogitus (he is allergic to all food) and cyclic vomiting, but my daughters are still struggling with intermittent abdominal pain. During this entire time artificial sweeteners were given freely to the kids. Who knows how much aspartame has played a part in their health but they were each born healthy and as the years past there health continued to deteriorate. Both of my oldest children have missed years of school and had to be on home education. Of course now, none of the children use artificial sweeteners but they have been on them for a lifetime. They have not experienced the improvements that I have but we are hopeful."

My own history, by Kim Evans:

January 02	My right foot went numb
February	First vision loss, holes in my vision, progressed to losing right field of vision for hours
March	Numbness increased up to waist, health quickly deteriorating unknown cause Went to primary Doctor for Neurological exam: Abnormal, right reflexes hyper. MRI scheduled.
April	2 lesions found on the MRI. Memory loss became significant problem Numbness spread to entire right side of body. Told I did have MS and needed to be followed at hospital of U. of Pennsylvania Told my friends and family that I had MS

“May-March 03 MANY tests run at HUP and Presbyterian Hospital and Sheiy Eye Hospital Symptoms rapidly increased, intermittent field of vision loss, burning in my head, extreme memory loss and fatigue, pain in right arm, joint pain, leg pain, depression, numbness began on left side, eye pain, red eyes, extreme thirst, chest pain, rapid heart beat, hives.

”I began looking into the possibility of disability through work. In the spring of 2003 was told I had central nervous system Sjogrens and possibly MS as well and needed to begin a 2 year chemo treatment of each immuran or cytoxin and should begin immediately. Told due to the decreased saliva production I should always drink diet sodas to protect my teeth. In May 2003 I informed doctors I wanted to delay my treatment until Sept because I direct a camp in the summers in Va and did not feel I could handle the treatment and face my responsibilities. I also informed the people at camp my health was rapidly deteriorating and that I wasn't sure I would be able to continue at the camp (that I had founded). Doctors strongly encouraged me not to wait for the treatment because the disease was progressing and the damage was irreversible.

”June 2003 While at camp and drinking a diet coke a dear friend, Jack Rosenquist , asked if I knew that diet coke could cause all the problems that I was having. I explained I didn't believe him but had nothing to lose so I wouldn't drink one for another year and see what happened. The only thing I had to lose was a chemo treatment I was dreading and praying to live without. In Sept. 2003 Returned to HUP neurology. Major improvements and asked by the Dr if my improvements were a result of starting my treatment. I explained my only treatment was stopping Diet Coke. My memory loss had dramatically improved, the burning in my head stopped, extreme fatigue was gone, arm pain gone, eye pain gone, loss of vision completely stopped, numbness never progressed since the day I stopped drinking diet coke and many more.....

”The Doctor said the only way to prove it was to reintroduce it and see if the symptoms returned. I said NO WAY. Sept 03 to spring 04 I continued to feel good and decided that I was willing to reintroduce Diet coke for the good of others so the medical field would know the need to promote this FACT. In the spring 2004 I called the Dr and said t I was willing to reintroduce Diet coke and asked how would he like me to do it. He explained it needed to be controlled and I could only have one per day and needed to journal my reactions. After one Diet coke per day for 4 days I already had burning in my head, extreme fatigue, abdominal pain, arm pain, red eyes....the 4th day I left my daughter at school and couldn't even remember I was suppose to pick her up(that had not happened since I had stopped drinking Diet Coke). I told my Dr I cannot continue because it’s not SAFE. I never dreamed all the horrible symptoms would return so quickly.

”In Aug 2004 took my sister Roxanne to meet Betty Martini. Sister was diagnosed with MS 9/11/01. She had tremendous pain in her hand and arm. After meeting Betty took aspartame seriously and within 3 weeks had use of her hand and was pain free. This is a very concise summary. Thank you for all your work and thanks again for taking the time to meet with both Roxanne and I. Keep up the GREAT work!!!!! Love, Kim “

Among the many injuries aspartame visits, it's also a neurotoxin, which destroys the nervous system. To illustrate: Think of your nerves as the electric wiring in your body. Wires in your house are insulated to prevent short circuits. Our nerves are insulated with myelin sheaths. Aspartame dissolves this protection, and the nervous system "shorts out" as do bare wires when they touch.

CONNECTION BETWEEN MS AND ASPARTAME, By Russell Blaylock, M.D.

> Dr. Blaylock is a retired board-certified neurosurgeon with 26 years experience. Visiting Professor of Biology Belhaven College, Jackson, Mississippi. Retired as Clinical Assistant Professor of Neurosurgery at the Medical University of Mississippi. Dr Blaylock is author of three books and thirty scientific papers plus other medical works. He serves on the editorial staff of The Journal of American Physicians and Surgeons, the Journal of the American Nutraceutical Association, and acts as a medical advisor to the American Nutraceutical Association. www.russellblaylockmd.com He has an excellent lecture, The Truth About Aspartame, and a DVD on Nutrition & Behavior www.atavistik.com He also publishes the monthly Blaylock Report.

"Controversy has surrounded a claim that aspartame may produce an MS-like syndrome. A current review of recent peer-reviewed scientific studies has disclosed a pathophysiological mechanism to explain this connection. As far back as 1996 it was shown that the lesions produced in the myelin sheath of axons in cases of multiple sclerosis were related to excitatory receptors on the primary cells involved called oligodendroglia. Recent studies have now confirmed what was suspected back then. The loss of myelin sheath on the nerve fibers characteristic of the disease are due to the death of these oligodendroglial cells at the site of the lesions (called plaques). Further, these studies have shown that the death of these important cells is as a result of excessive exposure to excitotoxins at the site of the lesions.

"Normally, most of these excitotoxins are secreted from microglial immune cells in the central nervous system. This not only destroys these myelin-producing cells it also breaks down the blood-brain barrier (BBB), allowing excitotoxins in the blood stream to enter the site of damage. Aspartame contains the excitotoxin aspartate as 40% of its molecular structure. Numerous studies have shown that consuming aspartame can significantly elevate the excitotoxin level in the blood. There is a common situation during which the excitotoxin exposure is even greater. When aspartate (as aspartame) is combined in the diet with monosodium glutamate (MSG) blood levels are several fold higher than normal. With the BBB damaged, as in MS, these excitotoxins can freely enter the site of injury, greatly magnifying the damage. So, we see that dietary excitotoxins, such as aspartame and MSG, can greatly magnify the damage produced in multiple sclerosis. Likewise, excitotoxins have been shown to breakdown the Blood Brain Barrier as well.

"Of equal concern is observation that we know that about 10% of the population (based on autopsy studies of elderly) have MS lesions without ever developing the full blown disease, a condition called benign MS. A diet high in excitotoxins, such as aspartame, can convert this benign, subclinical condition into full-blown clinical MS. The amount of excitotoxins consumed in the average American diet is considerable, as shown by several studies. In addition, the toxin methanol is also in the aspartame molecule. Methanol is an axon poison. Combined toxicity of the aspartate and the methanol adds up to considerable brain toxicity and can convert benign, subclinical MS into full-blown MS. Once the MS becomes full-blown, further consumption of excitotoxins magnifies the toxicity, increasing disability and death.

"Recent studies have also shown that even single exposures to these food-based excitotoxins can produce prolonged worsening of neurological lesions. In addition, it has been demonstrated that autoimmune reactions (as occurs with MS) greatly magnifies the toxicity of aspartate and glutamate (the excitotoxins). We also know liquid forms of excitotoxins are significantly more toxic because of rapid absorption and higher blood levels. In the face of this connection between excitotoxicity and

the pathophysiology of MS, it would be ludicrous to allow further use of this excitotoxin containing sweetener..

“The possible mechanisms include formaldehyde-induced protein changes and increased leukotrienes, 15-hydroxyeicosatetraenoic acid, and other arachidonic acid metabolites after the exposure of macrophages to aspartame (Hardcastle l997)."

TREATMENT FOR MS: “It is now known the cause for the destruction of the myelin in the lesions is over activation of the microglia in the region of the myelin. An enzyme that converts glutamine to glutamate called glutaminase increases tremendously, thereby greatly increasing excitotoxicity. Mercury also activates microglia, even in subtoxic doses.

”Any dietary excitotoxin can activate the microglia, thereby greatly aggravating the injury. This includes the aspartate in aspartame. The methanol adds to this toxicity as well. Now, the secret to treatment appears to be shutting down, or at least calming down, the microglia.

“It has been found that the antibiotic minocycline powerfully shuts down the microglia. I tried this treatment on a friend of mine who just came down with fulmanant MS. He was confined to a wheelchair. I had him placed on minocycline and now, just a few weeks later, he is walking.

”The good news is that other things also calm the microglia-the most potent are: silymarin, curcumin and ibuprophen. Phosphatidylcholine helps re-myelinate the nerve sheaths that are damaged, as does B12, B6, B1, vitamin D, folate, vitamin C, natural vitamin E (mixed tocopherols) and L-carnitine. DHA plays a major role in repairing the myelin sheath. Vitamin D may even prevent MS, but it acts as an immune modulator, preventing further damage - the dose is 2000 IU a day. Magnesium, as magnesium malate, is needed in a dose of 500 mg 2X a day. They must avoid all excitotoxins, even natural ones in foods-such as soy, red meats, nuts, mushrooms and tomatoes. Avoid all fluoride and especially all vaccinations since these either inhibit antioxidant enzymes or triggers harmful immune reactions.

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DR H. J. ROBERTS in 1984 was recognized as “The Best Doctor in the United States” by the medical journal *Practice 84.* In his files are the case histories of more than 1,200 case histories of aspartame victims, having treated them in the trenches of medical practice. This compelled him to write three books on aspartame toxicity, including the monumental 1,000+ page medical text, *Aspartame Disease, An Ignored Epidemic.* Consider these excerpts from that medical text: www.sunsentpress.com or 1 800 827 7991

"No patient suspected of having multiple sclerosis who consumes aspartame products should have the diagnosis finalized until being observed many months after abstaining from them.

"More than 50 aspartame reactors had *presumed multiple sclerosis*. Dozens of case reports validate the Doctor's notation of what could be called "sham MS". Aspartame disease whole neurologic features are accompanied by visual symptoms.

Roberts' emphasis upon this issue is greatly significant in view of recent consensus statements recommending vigorous drug intervention therapy for early MS including patients with "clinically isolated syndromes" such as an attack of optic neuritis. These agents - including interferon beta 1b, interferon beta 1, and glatiramer acetate - can have serious side effects.

"Several diagnostic pitfalls are emphasized. For example, the finding of minor abnormalities in a few small areas by a CT scan or MRI studies is NOT necessarily diagnostic of multiple sclerosis (see Case IV-19). The engineer-father of a young female aspartame reactor who had been misdiagnosed as having MS carefully scrutinized the available medical and biochemical literature, including the alteration of myelin after injection of synthetic peptides.

"I am identifying aspartame as a possible causal factor of central nervous system problems because of the inexplicable outbreak of MS-like symptoms across the nation. Can aspartame be initiating a chemical process in the body that could subsequently produce some of the same symptoms that would otherwise be attributed to MS?

"Can aspartame cause the body to attack its own myelin, thereby generating CNS lesions and MS-like effects in people that could be mistakenly diagnosed as MS? Perhaps the molecular mimicry premise provides the key to understanding MS."

"The selective localization of lesions in multiple sclerosis requires comment. I have attributed them in large measure to energy (glucose) deprivation and fluid retention within the central nervous system (Roberts l966b,c). Aspartame disease involves both, as well as direct neurotoxicity. Indeed, aspartame-induced dysfunction of nerve cells and their axons may have greater importance than myelin changes.

"Significant biochemical differences are known to exist in various central tracts, even though they may appear identical histologically. The concentration of glucose-6-phosphate dehydrogenase activity, for example, is three to four times greater in the heavily myelinated central tracts than the lightly myelinated ones, whereas the reverse applies for glutamic aspartic transaminase (McDougal l961, l964).

"This orientation is germane because fluid retention is enhanced by the hyperinsulized state (Chapter XIV) and impaired water metabolism (Chapter IX-F). The ingress of water into myelin can disrupt its intermolecular cohesion and functional integrity (Vanderheuvel l964).

"An autoimmune response may be triggered by aspartame
"The possible mechanisms include formaldehyde-induced protein changes and increased leukotrienes, 15-hydroxyeicosatetraenoic acid, and other arachidonic acid metabolites after the exposure of macrophages to aspartame (Hardcastle l997)."

Note from Dr. Betty Martini, D.Hum:

Cori Brackett, co-owner of Sound and Fury Productions, an MS victim, was a heavy user of diet drinks laced with the addictive excitoneurotoxic carcinogenic drug, aspartame. She was in a wheelchair and could hardly talk, and then began to take responsibility for her own health by doing research. She had a huge lesion in her brain. She went through a lot but eventually off the toxin she walked out of her wheelchair. Eight months later her huge lesion all but disappeared. Because

of what she had endured from aspartame disease she felt a moral obligation to warn others, especially with 70% of the population and 40% of our children using this deadly toxin. Cori Brackett traveled 7000 miles and with 25 hours of footage produced the movie, "Sweet Misery: A Poisoned World." (www.amazon.com) She says it reveals one of the most pervasive, insidious forms of corporate negligence in the history of the industrial revolution. You will get to see the world famous aspartame experts, as well as hear the horror story of the victims. See Diane Fleming who is wilting in a Virginia prison because her athlete husband died of aspartame. Aspartame experts have given affidavits to this effect. She was sentenced to 30 and 20 years for the crime committed by the manufacturer who had the malice to market a poison. Don't miss this film. You can contact Cori at cori@soundandfury.tv

Since the release of Sweet Misery Cori has released a sequel with even more MS victims including Roxanne Armes and Kim Evans.

These type of Aspartame precipitated cases have come in for years:

Joyce Wilson of Stockbridge, Georgia was also diagnosed with MS: Her husband Richard wrote: "No words can describe the agony and horror my sweet Joyce endured. The poison destroyed her brain, ravaged all her organs and blinded her. The manufacturer considered her death an acceptable cost of business. I'm a man without a wife because the NutraSweet Co is a business without a conscience. Take dead serious the warnings you will hear. The life you save may be yours!" Today Richard Wilson is a member of the volunteer force of Mission Possible Intl, carrying the dream and mission of Joyce. It was too late and she lost her life warning the world with her last breath.

Ermelle Martinez was in her last year of medical school when she was diagnosed with MS. She was a heavy user of aspartame. Barely able to walk she was about to use a wheelchair. She was fortunately given Dr. Roberts paper on MS or Aspartame Disease? and referred to us. She had a large lesion in her brain and was seen by neurosurgeon Dr. Russell Blaylock. Today she is fine and her lesion has disappeared. But she lost her medical career and was never able to have children. She did know that aspartame is an endocrine disrupting product that stimulates prolactin, changes the menses and causes infertility. Ermelle lives in California working as a science teacher and is Mission Possible LA.

For years physicians have written the MS Society to alert them about aspartame. Faced with the choice of warning the public or continuing to receive funding from industry, the MS Society has chosen to sacrifice the victims. And when those responsible to solve the problem ARE the problem it is a sad commentary on greed and lack of concern for humanity. How can anyone set aside professional ethics to allow an MS holocaust, when simply alerting those with MS to avoid aspartame and other excitotoxins could save the lives of thousands?

Look at the FDA list of 92 symptoms from 4 types of seizures to coma and death:
http://www.wnho.net/92_aspartame_symptoms.pdf

Read the history of aspartame from the prestigious Ecologist:
http://www.mpwhi.com/ecologist_september_2005.doc

Two studies have been released recently showing aspartame to be a multipotential carcinogen, the last even at low doses, while the FDA now lies to the public:
http://www.laleva.org/eng/2007/04/aspartame_fda_spins_news_on_second_cancer_study.html

Aspartame brain tumor cases are now being taken by New York attorneys for victims in New Jersey and New York.

State and countries continue to try to have aspartame banned from the planet: Current issue of Idaho Observer: http://www.proliberty.com/observer/20070408.htm The Idaho Observer, www.idaho-observer.com publishes the Artificially Sweetened Times, 24 page booklets for distribution on aspartame including MS.

A complete epidemiological study on MS and aspartame should be done. After more than a quarter of a century it's well documented as you see above that aspartame can precipitate MS. Unless victims are warned they can only get worse or lose their life like in the case of Joyce Wilson. When I lectured for the World Environmental Conference, and an email made world news that discussed MS, many of these victims who read the post got off aspartame and walked out of wheelchairs. www.dorway.com/nomarkle.html So please continue to forward this information.

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