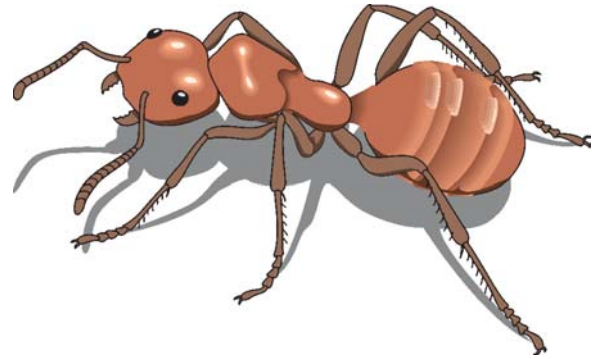


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# Hey! Thirsty for Some Ant Bite Juice?

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What you don't know about the ingredients in diet soft drinks can hurt you plenty

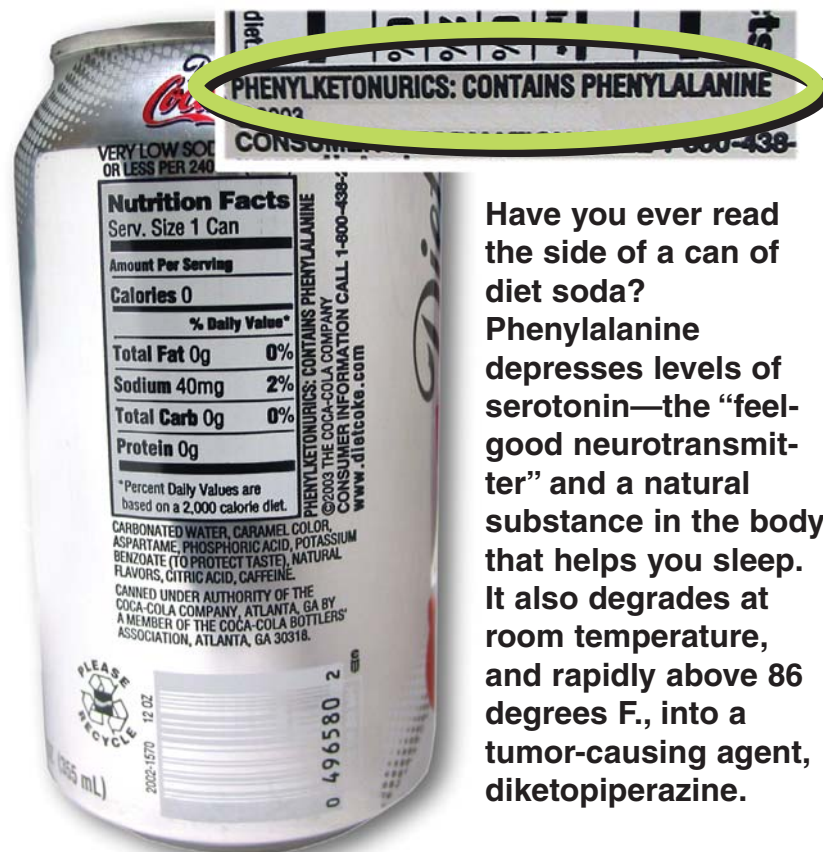
by K. Alexander J.D.

**N**ext time you're thirsty and find yourself reaching for a diet soda, hoping to stay at your fighting weight, consider this information. Your aspartame-loaded drink will likely have you craving carbohydrates and packing on the fat, not to mention setting you up for depression, insomnia and a host of life-wrecking and deadly diseases, once you become addicted. Yes, that's right—addicted. Let's take a look at this stuff, and see why BFS President Dr. Greg Shepard refers to soda as one of the "BFS Five Lethal Foods."

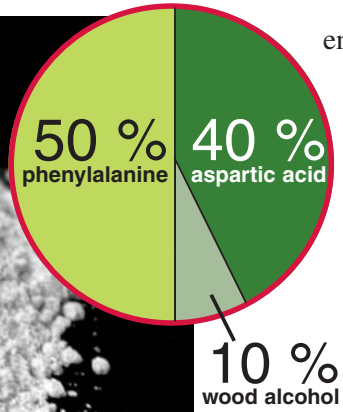
Sure, you've heard many times aspartame is safe and just consists of a combination of two amino acids that are found in your food anyway, right? Not exactly. The artificial sweetener aspartame is a chemical compound consisting of 40 percent aspartic acid, 50 percent phenylalanine and 10 percent methanol or wood alcohol (that stuff coaches used to pour on scrapes that stung like crazy and that ignorant drunks would drink in desperation, causing them to go blind).

Aspartic acid is classified as an excitotoxin, meaning it overstimulates neurons to the point that they die, especially in the memory and L-dopa-producing areas of the

brain. Poisoning your brain cells is what these excitotoxins are doing. When these amino acids are eaten in foods, the many other amino acids and other nutrients also



Have you ever read the side of a can of diet soda? Phenylalanine depresses levels of serotonin—the "feel-good neurotransmitter" and a natural substance in the body that helps you sleep. It also degrades at room temperature, and rapidly above 86 degrees F., into a tumor-causing agent, diketopiperazine.



**Aspartame is a chemical compound consisting of 40 percent aspartic acid, 50 percent phenylalanine and 10 percent methanol or wood alcohol which metabolizes to formic acid and formaldehyde.**

present in the foods protect against this type of damage. Alone, the amino acids are dangerous. Take that destruction to its inevitable conclusion down the road and you're stuck with Alzheimer's, Parkinson's and Lou Gherig's disease (ALS). According to aspartame researcher H. J. Roberts, MD, the incidence of Alzheimer's alone has skyrocketed over the last 15 years.

Phenylalanine degrades at room temperature, and rapidly above 86 degrees F., into a tumor-causing agent, diketopiperazine. A can of Diet Coke in the summer, anyone? According to former US Food and Drug Administration toxicologist Dr. Adrian Gross, "The cancer-causing potential of aspartame is a matter that has been established beyond any reasonable doubt."

Additionally, phenylalanine (and possibly aspartic acid as well) depresses levels of serotonin—the "feel-good neurotransmitter" and a natural substance in the body that helps you sleep. It is circulating levels of this neurotransmitter that SSRI antidepressants seek to

increase. Because these two amino acids affect your brain chemicals, you will find yourself addicted to them and not wanting to accept this as truth because it would mean you have to give up that soda you love. You will crave sugars (even fake sugars, as in more aspartame), as your body tries to increase serotonin levels and balance your insulin levels, which are all over the place trying to balance that quantity of artificial sugar. So, most likely, you will want to eat more, especially Ding Dongs and French fries. And drink more soda, of course.

As for that wood alcohol—it is metabolized into two scary components—formic acid (what ants inject when they bite you) and formaldehyde (what your lab frog was pickled in—yep, that's right). Both of these chemicals are strong metabolic poisons. Your liver will try to keep up with you in metabolizing these dangerous chemicals, but your body will try to protect you from the remaining amounts by stubbornly encasing them in fat. If you don't have

enough for the job, it will make sure to make more. Tiny amounts of methanol can be found in fruit, but the ethanol in them protects you against this damage. The EPA maximum daily intake level is 7.8 mgs. You will ingest around 25 mgs of methanol in that medium combo drink at the local fast food joint. That's just one drink. Many teenagers and young adults drink 4-6 diet sodas per day.

The European Union is now re-evaluating aspartame based on these safety concerns. It's time the FDA did the same. Here are a few examples from the list of 92 symptoms related to aspartame reported by the FDA—muscle spasms, fatigue, depression, seizures, memory loss (trying to pass a test?), vision damage, anxiety attacks, blood sugar problems, multiple sclerosis, Parkinson's, and on and on. Do you really need this processed, acidic, chemical garbage? And we won't even get into what colas do to your bones. **BFS**

*Editor's note: If you decide to quit drinking diet soft drinks, give yourself 60 days to recover from mild problems due to chronic aspartame ingestion and don't expect it to be easy. For more information, see "Excitotoxins: The Taste That Kills" by neurologist Russell L. Blaylock on the Web at [www.dorway.com/offaspirt.html](http://www.dorway.com/offaspirt.html) or [www.presidiotex.com/bressler](http://www.presidiotex.com/bressler)*