

# LET HEALTH HAPPEN



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## Are You Being Duped?

It seems that the producers of the artificial sweetener Aspartame, in response to a growing public awareness of the negative effects related to the product, are making some long overdue changes. Due to volumes of negative press, research findings, books, and even a documentary movie warning about this sweet substitute, the manufacturers are responding by re-branding and changing the name of the product most commonly known as NutraSweet to AminoSweet. There we go -- problem solved! Before becoming the most controversial food additive in history, Aspartame was previously listed by the Pentagon as a biochemical war agent. Despite its use in more than 6000 sweet treats and diet foods, Aspartame has claimed more reports of negative reaction by the FDA than all other food additives combined. Almost two-thirds of the symptoms reported by those affected fall into the neurological categories and include symptoms mimicking multiple sclerosis, migraines, Alzheimer's, Parkinson's, fibromyalgia, chronic fatigue, A.D.D., lupus, depression, diabetes, and thyroid problems. Aren't these the very symptoms and conditions that are

plaguing our society? Why has all of this largely been ignored and overlooked? Avoiding obesity and trying to lose weight is big business. Aspartame is still the most common sugar substitute in all diet foods and it is true that it reduces calories of many foods. However, a growing body of research is suggesting that these diet foods may actually stimulate your appetite and even double your risk of obesity. Let's face it, are there that many people losing weight in the last thirty years by drinking diet soda? Obesity is a larger epidemic than ever! If you suffer from any of the above symptoms or if you simply suffer from various joint pains or digestive disturbances sometimes linked to Aspartame reactions, I challenge you to take 30 days off all artificial sweeteners including "AminoSweet" and look for any changes. Feel free to share any results with me at [www.rivertownchiro.com](http://www.rivertownchiro.com).

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