



Kids First

Are You Poisoning Your Kids?

How many of you have felt uneasy about the amount of diet soft drinks your children are consuming each day? If your intuition has given you internal “warnings,” you are correct.

As a chiropractor with a fellowship in pediatrics and involved with teaching internationally, I am very concerned with the increasing use of artificial sweeteners—especially by children. The most widely used of these is aspartame—marketed as NutraSweet, Equal and Spoonful.

At a recent World Environmental Conference, the Environmental Protection Agency announced that there was an increasing epidemic of multiple sclerosis (MS) and systemic lupus caused by an unknown toxin. It was soon discovered that the toxin in question was aspartame.

When the temperature of aspartame exceeds 30C, the wood alcohol (methanol) in aspartame converts to formaldehyde and then to formic acid, which then causes metabolic acidosis. If you think this is not a problem—think again. Body temperature hovers around 37C—perfect conditions for aspartame to be converted to formaldehyde. This affects the retina of the eye—not a pleasant side effect.

Formaldehyde is in the same drug class as cyanide and arsenic—deadly poisons. It is also used to embalm corpses and as a preservative in vaccines. It has no business being in your child.

Aspartame changes the brain’s chemistry and has been responsible for many neurological problems such as seizures, manic depression, rage and violence. This methanol toxicity mimics multiple sclerosis, so people were being diagnosed with MS in error.

In the case of systemic lupus, it is becoming rampant—especially among diet Coke and diet Pepsi drinkers. It is triggered by aspartame. With con-

tinued use, it can be life-threatening. When kids get off aspartame, those with systemic lupus usually become asymptomatic, but the disease cannot be reversed.

Those diagnosed with MS, when in reality the disease is methanol toxicity, have noticed most of their symptoms disappear.

If your children are suffering from fibromyalgia symptoms, spasms, shooting pains, numbness in the legs, cramping, dizziness, headaches, joint pains, depression, anxiety attacks, slurred speech, blurred vision or memory loss, they may be suffering from aspartame disease.

This product is being promoted to children as a weight-loss sweetener. Nothing could be further from the truth. Aspartame actually makes one crave carbohydrates. Dr Roberts, a diabetic specialist and a world expert on aspartame poisoning, stated at an American Congressional hearing that the average weight loss was nine kilograms in people who stopped taking this chemical. Dr Blaylock, a neurosurgeon, said that it stimulates the brain—causing brain damage of varying degrees.

Why has this chemical not been taken off the market? The manufacturer funds the American Diabetes Association, the American Dietetic Association, the American Congress and the Conference of the American College of Physicians. Need I say more?

For safe and sweet alternatives to aspartame, you can try: fructose, stevia, barley malt, brown rice syrup, honey, dark molasses and demerara sugar. These are all available at your local health food store. Let’s take care of our kids! (See page 122 for more information on sweeteners.) ■

Ogi Ressel is a chiropractor in Burlington, ON. His column appears monthly.