

The Risks of Aspartame

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The danger of obesity and the obsession for the perfect body image has completely transformed the way individuals' diet. As the market for the latest and greatest dietary supplement or weight loss trick continues to flourish safety is ignored. Artificial sweeteners such as NutraSweet, Equal, and Spoonful are perfect examples of just that. The above sweeteners all contain a deadly poison known as Aspartame.

Aspartame is a chemical combination of wood alcohol (methanol), aspartic acid and phenylalanine. Methanol breaks down into the poisonous chemicals formaldehyde and formic acid (Wheeler, 2007). Formaldehyde is a dangerous chemical that is grouped in the same class as cyanide and arsenic (Gerson). Remember the wonderful odors of Formaldehyde back in Biology lab? Imagine sipping this dangerous chemical every time you enjoy your daily Diet Coke. Aspartame also includes Phenylalanine which converts to diketopiperazine, a tumor agent and aspartic acid that, when used in excess causes holes in the brain (Wheeler 2007). Methanol also proves to be just as dangerous with evidence indicating its relation to symptoms of multiple sclerosis and systemic lupus. Other effects of Aspartame include fibromyalgia, spasms, numbness in legs, cramps, vertigo, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision and memory loss (Gerson).

Ironically, two of the things aspartame is most marketed for diabetes and weight loss are made worse when this substance is taken (French (2008/09). Diet Coke drinkers be ware! When ingested, Aspartame triggers a craving for carbohydrates (Wheeler,

2007). Artificial sweeteners also produce a sweet taste that includes an insulin response but because blood sugar does not increase with artificial sugars, there is a desire to increase food intake at the next meal (French 2008/09). This can cause diabetes patients to experience a blood sugar level that is out of control (Gerson).

Although aspartame is widely available, there are many healthy and delicious alternatives to this deadly chemical. For example, organic food such as, honey, maple syrup, stevia, and agave nectar are great replacements (Hancock, 2004). The life threatening side effects from aspartame are numerous and should be avoided at all costs.

References

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