

# Artificial Sweeteners

Artificial sweeteners are touted as promoting weight loss, but since consuming them, have you gained or lost weight? They tend to impair your appetite regulation, increasing hunger for real sugar, and weight gain.<sup>1</sup>

**History:** Saccharin was introduced about 1884 and cyclamate about 1950, which ironically seem to be the least harmful. Then came aspartame in the 1970s, which has resulted in more health complaints to the FDA than any other substance.<sup>2</sup> Later came alitame, sucralose, acesulfame K, neotame, etc.<sup>3</sup> About the time aspartame was being evaluated, questions about the safety of saccharin and cyclamate arose, a remarkable coincidence, or a deliberate campaign to discredit them? The allegations against them appear minor or contrived, in contrast to copious evidence against aspartame.<sup>4</sup> But for billions in revenue, *minor* problems can be ignored.

First, the approval process for aspartame was replete with questionable actions. The safety data submitted by Searle was seriously flawed, to the point that the FDA initiated the first-ever criminal investigation. Due to “bungling”, the statute of limitations ran out before any charges were acted on.

At the time, the well-connected Donald Rumsfeld was CEO of G. D. Searle. President Reagan had just been inaugurated, and the next day he limited the authority of the

FDA commissioner, until a new commissioner, Dr. Arthur Hull Hayes, could be appointed about 30 days later. FDA scientists voted 3-2 against approval, but Dr. Hayes appointed a sixth scientist, who tied the vote, and then Dr. Hayes broke the tie. It was first approved for dry foods, and about two years later for carbonated drinks. A few years later, it was approved for all foods.

**The list of problems with aspartame reported to the FDA include:**<sup>5</sup> Headache, Dizziness or problems with balance, Change in mood quality or level, Vomiting and nausea, Abdominal pain and cramps, Change in vision, Diarrhea seizures and convulsions, Memory loss, Fatigue, Weakness, Other neurological, Rash, Sleep problems, Hives, Change in heart rate, Itching, Change in sensation (numbness, tingling), Grand mal, Local swelling, Change in activity level, Difficulty breathing, Oral sensory changes, Change in menstrual pattern, Other skin, Other localized pain and tenderness, Other urogenital, Change in body temperature, Difficulty swallowing, Other Metabolic joint and bone pain, Speech impairment, Other gastrointestinal, Chest Pain, Other Musculo-Skeletal, Fainting, Sore throat, Other cardiovascular, Change in taste, Difficulty with urination, Other respiratory, Edema, Change in hearing, Abdominal swelling, Change in saliva output, Change in urine volume, Change in perspiration pattern, Eye irritation, Unspecified, Muscle tremors, Petit mal, Change in appetite, Change in body weight, Nocturnal, Change in thirst or water intake, Unconsciousness and coma, Wheezing, Constipation, Other extremity, Pain, Problems with bleeding, Unsteady gait, Coughing blood, Glucose disorders, Blood pressure changes, Changes in skin and nail coloration, Change in hair or nails, Excessive phlegm production, Sinus problems simple, Partial seizures, Hallucinations, Any lumps present, Shortness of breath on exertion, Evidence of blood in stool or vomit, Dysmenorrhea, Dental problems, Change in smell, Death, Other blood and lymphatic, Eczema, Complex partial seizures, Swollen lymph nodes, Hematuria, Shortness of breath due to position, Difficulties with pregnancy, (Children only) Developmental retardation, Change in breast size or tenderness, Anemia, Change in sexual function, Shock, Conjunctivitis, Dilating eyes, Febrile.

**In view of the multitude of problems reported for aspartame,** probably not all of them, do you want to consume it? **Sucralose** is also under a cloud, with many reported problems.<sup>6</sup> **Neotame** is reported to be more

dangerous even than aspartame.<sup>7</sup>

The Georgia Guidestones<sup>8</sup> are ten commandments for modern man, the first being: “Maintain humanity under 500,000,000 in perpetual balance with nature.” **Reducing the earth’s population by over 90% will only happen by design.** They also probably understand that treating the resultant problems will bring in much more revenue than just the sales of the products. Some alternative health authorities recommend only natural sweeteners in moderation.

A suggestion by [mercola.com](http://mercola.com): If you suffer unaccounted for health issues, try abstaining from all for two weeks, and then resume them one by one, noting how you feel in each case.

Most important of all, the **salvation of your soul** is personal between you and God and does not depend on rites, clerics, traditions, good works, or belonging to any church or religion: “*For it is by grace you have been saved, through faith, and this is not from yourselves, it is the gift of God, not by works...*” [Eph 2:8-9](#) No matter what kind of person you are or what you have done: “*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*” [1 John 1:9](#) Pray today to put your faith in Jesus Christ alone: “*For God so loved the world that he gave his one and only Son, that whoever believes in him*

*shall not perish but have eternal life.*” [John 3:16](#) Then study the Bible to live pleasing to God: “...*if anyone is in Christ, the new creation has come: The old has gone, the new is here!*” [2 Cor 5:17](#)

**Please pray like this with all sincerity:** “Dear Lord Jesus, I confess I am a sinner, and I ask for your forgiveness. I believe you died to forgive my sins and rose from the dead. I trust and follow you as my Lord and Savior. Please guide my life and help me to do your will. In the name of my Lord Jesus Christ, Amen.”

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- 1 [globalhealingcenter.com/natural-health/aspartame-makes-you-gain-weight/](http://globalhealingcenter.com/natural-health/aspartame-makes-you-gain-weight/)
- 2 [sott.net/article/300007-Adverse-reactions-to-Aspartame-comprises-75-of-complaints-to-FDA-each-year](http://sott.net/article/300007-Adverse-reactions-to-Aspartame-comprises-75-of-complaints-to-FDA-each-year)
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- 8 [en.wikipedia.org/wiki/Georgia\\_Guidestones](http://en.wikipedia.org/wiki/Georgia_Guidestones)