Profile of an Aspartame Addict

Aspartame is so very dangerous, regardless of who you are. Yet everyone reacts a little differently, depending on the amount ingested, body type, other health conditions, habits, and so forth. I do not buy the trite words of an extreme aspartame user, who claimed he only ever suffered from a small headache regardless of how much he imbibed. He’s made certain that I know he’s fearful of taking even a single cup of Moringa tea, saying it might interfere with his prescription drugs. I’ve assured this fellow, whom we’ll call Scott, that the amount of methyl wood alcohol from his aspartame indulgence on top of his “social drinking” bad habit is much, much worse than any possible reaction from Moringa. Meanwhile, as of the time of this writing, Moringa has no known side effects. On the other hand, aspartame interferes with all medications, over-the-counter or otherwise, including vaccines.Aspartame, an excitotoxin, not unlike MSG (which I am sure is an equal part of his dietary intake!), creates cravings, especially for starches and sugars.

 Scott’s deluding himself. I’ve never heard so many complaints of physical pain caused by what he thinks is nothing—his back, his hips, his legs, he reports constant aches and pains from the top of his head to the tips of his toes. He can’t stand the word “toxin,” and is confident it has nothing to do with anything. Scott has been in the nursing field for a number of years, and loves to spew off drug titles like he’s a contestant on Jeopardy!. He’s dismissive of aspartame and its side effects.

Scott is easily stressed by the smallest of inconveniences. He is prone to overreacting in anger, and then covering it up with sweet talk. It confuses and angers people in return, especially the ladies. He generates negativity around himself as a result.

He tends to be hunched over with cold hands, symptoms of what Dr. B called adrenal exhaustion. He constantly complains of being tired and admits that his sleeping habits are poor; he’s restless without taking certain of his meds, particularly strong meds that aspartame interferes with. Likewise, his eating habits, aspartame aside, are horrible. His combinations are unhealthy. In his words, he grabs what’s available and hates grocery shopping, and he probably eats too much meat. As far as his sweet tooth goes,he’s been seen to devour a whole box of chocolate.

I’ve tried to suggest things to Scott, but they seemed, as they often do, to be falling on deaf ears. The suggestions included ninety days without aspartame, which got all of a sardonic chuckle from him. Unless something changes and he dethrones the king of toxins in his life, he’ll never know whether it’ll help him or not. He doesn’t consider himself in any danger, even so.

This article would not be complete with only one profile. Let’s take a look at someone of a female persuasion—a poster child for aspartame. We’ll name her Tammy.

Tammy’s in her late teens and loves aspartame in all of its forms, from what I’ve been able to observe. In a gregarious moment, she said she wanted to read everything I’d written. After reading a single article on aspartame, however, she said she no longer had time to read, and that she could not identify herself with the articles. She is different from Scott, insofar as she doesn’t openly complain about aches and pains, but emotionally she’s an utter fiasco, which is why I call her the poster child.

She has an overactive imagination when it comes to people she meets—everyone she talks to is given a title. “He’s lazy,” “she’s weird,” “he doesn’t like me.” She has issues relating to people. Almost from the moment she meets someone she’s finding something to criticize—something that’s usually not true. For Tammy, life is a daily drama, whether it’s someone picking on her, or chronic car problems, or issues with maddening schoolwork. She speaks so very loudly for her diminutive size, and it never decreases in volume.

As far as eating, she tends to be very picky and almost anorexic in a way, the complete opposite of Scott. She moves much too fast, leaving disorganization in her wake and knocking things over left and right. She doesn’t like paying attention to detail. She isn’t keen on keeping commitments. Before it comes across as being overly critical, I can trace it all back to aspartame.

Between my forty years of work and my tutelage under Dr. Bieler (*Food is Your Best Medicine*), my study of toxemia in over 25000 clients showed me that these people, especially those that overcame the toxemia, can change their personality one hundred and eighty degrees—even raising the grades of those in education. Many a person has become less toxic once freed from aspartame and its ilk, and rising from a C to an A.

For more information, consult Dr. Betty Martini ([www.mpwhi.com](http://www.mpwhi.com)). If you’re the studious type you might consider reading Dr. H. J. Robtert’s book *Aspartame Disease*, which is over one thousand pages and loaded with fascinating case histories. I hope people worldwide who indulge in this vile toxin free themselves from its influence and return to their true selves. It is not medically possible to treat aspartame poisoning. It can be suppressed with tranquilizers, but no further. Aspartame’s addictive nature makes it difficult to shake off. It plays a huge role in AIDS, cancer, and other major diseases, and should hardly be worth the few minutes of pleasure it grants. Meanwhile, if you’ve been off it for a while, trying it again is like throwing a stick of dynamite down a mineshaft.

As I stated toward the beginning, people react to aspartame in different ways. I’ve known people whose minds stay sharp even as their body fails. I’d like to wrap up with a brief comment on a dear friend of mine, Harry.

Harry is a very busy man. He runs a ranch, sends a newsletter worldwide, processes orders for an author, and manages eight different websites on the side on top of working with kids in the Special Olympics. He pushes his pituitary to the limit, always working and always thinking. He freely admits and, in a gentlemanly Southern sort of way, laughs off the fact that he’s totally addicted to aspartame and probably will be until the day he dies. His physical discomforts are on the rise, from arthritis to stomach pain to digestive issues, but despite this he continues his indulgence. He loves drive-thrus.

Even so, he is a wonderful, helpful Christian man. He’s got a quick wit and a wonderful sense of humor.

So what is the answer to this dilemma? The bottom line is, we don’t have a perfect garbage disposal. We can’t just take food in willy-nilly and hope to be okay. I would remind you, though, that food and drink only define a small portion of a person. I can only fix the part I’m allowed to. Aspartame is a boost, but only a temporary, hollow boost. It is far more fulfilling and energizing to live without it.

Let me leave you with several lighter thoughts for the day from Mark Twain.

“The secret of getting ahead is getting started.”

“Get your facts first, then you can distort them as you please.”

“It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt.”

“Whenever you find yourself on the side of the majority, it is time to pause and reflect.”

“The first of April is the day we remember what we are the other 364 days of the year.”

“The only way to keep your health is to eat what you don’t want, drink what you don’t like, and do what you’d rather not.”

Thank you for your time!

Reigh Parker-Burch

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