

# Aspartame Information

Thank you for requesting this important information. The following concerns aspartame (Equal/Nutrasweet) and packs a real a surprise! Please read it all... and feel free to pass it around/Email it to others.

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For those who consume aspartame-laced products and have medical problems that their doctors can't seem to cure... getting well for FREE may be a simple 60-day no-aspartame at-home self-test away. Awareness that aspartame is NOT a diet aid, and that it was never proven safe is our only real "message", and our only "product" is the suggestion to do a free self-test. For this, we spend our own time and money... because it is the right thing to do. (Especially when someone else's doing it saved my life and returned a much better but -shortened- life to me-)

The pros of aspartame come from the manufacturers (Equal, NutraSweet, Spoonful, etc) and they have pulled out all the stops in an effort to bury any negative information concerning this fake sweetener. Monsanto and the FDA, as parroted by the AMA, ADA and a whole lot of BUSINESSES that have a VESTED INTEREST in this huge cash-cow product remaining on the market, would like you, the clueless user, to consider aspartame as the "most tested" and "safe" lilly-white, pure and clean substance it can never be.

If aspartame consumers decide to eliminate it from their diets, those who sell and promote aspartame stand to lose billions of dollars

1 billion in Monsanto aspartame sales leads to  
10's of billions in media adds hawking over 9000 aspartame-laced products

leading to

100's of billions in expensive but inconclusive medical tests  
which then leads to  
100's of billions in expensive but ineffective DRUGS,  
that may make the victim worse!

The cons consist of a growing number of victims/volunteers who have the FDA's own proof that aspartame was never proven safe, and lots of other proof that it is NOT an effective diet aid. The FDA broke all the rules and trashed all common sense to approve aspartame... and they still support it against all reason.

What is "OUR" stake? Those who try to inform gain nothing but a sense of joy knowing that someone has removed aspartame from their diets and their health has improved. Momentarily we get nothing, NADA, ZERO. Actually, less than that, because each of us DONATES our own resources (WEB sites, mailings, time) simply to inform others that they may qualify for a simple abstinence test where they may be able to wake up well.

WWW.DORWAY.COM is a WEB site by a victim FOR victims (over 200 million of them.) There should be ample proof on this web site, with links to more, to convince any user that the three primary components of aspartame (10% methanol, 40% aspartic acid, and 50% phenylalanine) are, by themselves, NOT natural (as provided in aspartame). The many breakdown components are also "not natural" in any other substance. DORway.com has proof from the FDA, CDC, Congressional and sworn testimony, respected doctors and scientist, and more.

I will let you, the visitor, read and decide who the liars are, and why.

Want to know the WHOLE story about "Nancy Markle" and aspartame? See <http://www.dorway.com/nomarkle.html> proving that the WEC did take place, and that Mrs. Betty Martini was invited to speak (and did) and the REAL Email

article is at <http://www.dorway.com/betty/environ.txt> (and has been there for over two years)

A shining example of the industry "disinformation express" is the National Soft Drink Association (NSDA), originally a strong voice AGAINST the approval of aspartame in beverages, that now sides with Monsanto and the FDA!

Their OLD TRUTHS! <http://www.dorway.com/nsda.html> 1983 NSDA Protest against aspartame!

Their NEW "TRUTHS"! <http://www.nsda.org/softdrinks/aspartm.html> Current pro-aspartame "Nancy Markle" rebuttal!

Aspartame (a.k.a. Equal, Nutrasweet) is not an effective diet aid, nor was it ever proven to be safe. Is it poison? You bet your sweet asspartame (<http://www.dorway.com/icons/betyoura.jpg> ... a good graphic for a T-shirt).

Discover what they say, and why it is not the truth at <http://www.dorway.com/liars.html>

Please suggest that folks send a blank Email to [help@dorway.com](mailto:help@dorway.com) ... or get the flyer from <http://www.dorway.com/mpflyer.txt> and pass it around.

I sell nothing and have no vested interest in any sweetener. I promote the same simple, straightforward, common sense idea that got me mostly well

"If one has medical problems that their doctors cannot seem to cure (or they are too young to have old-age related problems) \*AND\* they consume products laced with aspartame, then try the FREE at-home 60-day NO-aspartame self-test... and simply observe the results".

\*\*\*\*\* On aspartame

\*\*\*\*\* Very important! DON'T THROW ANYTHING AWAY!

Tell people to PLEASE DO NOT TRASH ANYTHING WITH ASPARTAME IN IT! Returning it to the original point of sale is the ONLY way to get the message across to those who sell this stuff. VOTE against poisoning-for-profit by giving them an impossible to ignore negative flow of \$\$\$! Besides, too many people are already dumping millions of tons of OTHER chemicals and drugs into our water supply... and aspartame is, in fact, a drug. Some think that it may have been the REAL culprit in the Phen-fen/Redux scandal.

Not sure if aspartame is a problem... try

\*\*\* TAKE THE 60-DAY NO ASPARTAME TEST \*\*\*

\*\*\* TAKE THE 60-DAY NO ASPARTAME TEST \*\*\*

\*\*\* TAKE THE 60-DAY NO ASPARTAME TEST \*\*\* NOW!

If you hurt or have problem that the doctors can't seem to cure... AND you use aspartame (now in over 6000 products), take the FREE 60-day no-aspartame at-home self-test and see what happens.

First... round up all products with aspartame as a sweetener and place them in a box, and then seal it for the duration of the "60-day no-aspartame" test (or until certain of the results of this self-test).

Second, create a log. Enter all the current problems/symptoms along with types and quantities of medication being used to combat those problems and symptoms. Include entries concerning both physical and mental observations for the next 60 days... or until you are convinced that aspartame was (or is not) the cause of one more or all of your problems.

During this test period READ all labels. If it says "sugar free" or "no-calorie" you might consider NOT consuming it... just to be sure. Someone mentioned that they may be teaming aspartame with sugar (yeah... with the real thing), as well as saccharin, acesulfame-k, and who knows what else.

When you have completed as much of the no-aspartame test as you feel necessary... do another inventory of your problems and symptoms... as well as then current levels of medications and their types. Remember to consider mood, vision, perceptions ... everything. If you lost some or all of your problems then you just had a free cure for them.

Now it will be time to return all the aspartame-laced stuff to the original point of sale for a FULL refund... even (and especially) on opened/partly consumed stuff because it cannot be resold.

Then, please obtain some literature and pass this information on to others. This is the time to write letters, file a complaint with the FDA, tell your doctor(s), ask the media why they don't cover this poisoning-for-profit subject and help get this toxic poison out of the human food chain... etc. There are still almost 200 million clueless victims who need a fair shake.

VERY IMPORTANT \*\*\* REPORT IT! See below for instructions on several methods.

\*\*\*\*\* For an abundance of information...

There are a number of files available to those people who are interested in more info...

\*\*\*\*\* Listing of text files available by Email

help.txt	gets a good overview of the situation
more.txt	gets DORway standard information Email and road map
coke.txt	gets Jennifer's complete diet coke report (p/o help)
symptoms.txt	gets Mark Golds bad-news page of symptoms (p/o help)
flyer.txt	gets Mission Possible flyer
nmintro.txt	gets Robert Cohen's one-page introduction to milk
products.txt	gets a small list of aspartame-laced products
test.txt	gets a brief on how to test... and then what to do
doctors.txt	gets listing of documents by many doctors
drlydon.txt	gets excellent 1999 article by an aware doctor
nomsg.txt	gets info on another bad substance MSG (flavor enhancer)
report.txt	gets victim complaint form to mail to the FDA
poisnkid.txt	gets a flyer on "their poisoning our kids"

(p/o means "part of")

The 50kb "help" info reply (~22 printed pages) has a fairly complete list of aspartame breakdown/conversion products, the complete diet coke report (that shows what happens to aspartame in ANY solution), most of the FDA's 92 acknowledged symptoms of aspartame poisoning (the list I credit with saving my life), and LOTS of commented links that serve as a good "menu" of the DORway aspartame information WEB site.

\*\*\*\*\* Alternative sweeteners

Check out <http://www.dorway.com/stevia.html> (many are listed there) or <http://www.holisticmed.com/sweet/> ... and two other pages.

\*\*\*\*\* Labels... be Aware.

If it says "sugarfree", "no-calorie", and/or it lists ingredients such as Equal, NutraSweet, Benevia, Equal Measure, Joe Sweet (and there are many others), or it says aspartame... look for something with a safe sweetener. If it bears the MANDATORY FDA warning "PHENYLKETONURICS Contains phenylalanine" or mentions phenylketonuria (PKU), it probably has aspartame in it. Don't switch to another, perhaps similar, improperly tested fake sweetener. EXPECT TO SEE ASPARTAME ANY PLACE THEY WOULD USE SUGAR!

\*\*\*\*\* Victim support/more answers

To subscribe, go to <http://www.onelist.com/subscribe.cgi/aspartame> and please use your REAL NAME!

aspartame-subscribe@onelist.com - Subscribe to the list through email  
aspartame-unsubscribe@onelist.com - Unsubscribe from the list  
aspartame-normal@onelist.com - Switch your subscription to normal  
aspartame-digest@onelist.com - Switch your subscription to digest

\*\*\*\*\* FILE A COMPLAINT! FILE A COMPLAINT! FILE A COMPLAINT!

\*\*\* MOST IMPORTANT! REPORT YOUR PROBLEMS TO THE FDA \*\*\*  
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If you or someone you know quits ALL aspartame and gets better... it is VERY important to file a formal complaint.

#### Best Method

For information on FDA's MEDLINE and THEIR COMPLAINT FORM visit...

<http://www.fda.gov/medwatch/report/consumer/consumer.htm> and download the form or do it on-line:

<https://www.accessdata.fda.gov/scripts/medwatch/>

MedWatch fax number:(800) 332-0178

Second best:

or call (888) 463-6332 and get a postage-paid MedWatch form that will be sent by mail or fax

#### Better than nothing

Obtain a simple form from <http://www.dorway.com/reprtfrm.html> (or <http://www.dorway.com/report.txt>), fill it out and mail it as a \*CERTIFIED\* letter to the FDA, with a proof-copy to Betty Martini! (addresses on the form)

\*\*\*\*\* Please consider sending a copy to your doctor, insurance company, your elected officials, and your state health authority. \*\*\*\*\*

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If you have any questions about the reporting process, call (800) 332-1088 and press "0" or e-mail [medwatch@bangate.fda.gov](mailto:medwatch@bangate.fda.gov) IF THEY ATTEMPT TO STALL OR PERSUADE YOU FROM FILING A COMPLAINT, OR YOU THINK THEIR INFORMATION IS OTHER THEN FORTHRIGHT... PLEASE TELL US ABOUT IT! (at one time they directed complaints to the AIDS hotline).

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DORway.com has logged several million visitors to the main (of 800+) web pages. Monsanto and the FDA have visited thousands of, so there is NO way they can say they "don't know anything about it". Despite the posting of FDA and CDC documents that prove aspartame was never proven to be safe, and despite all of the other information, FDA steadfastly refuses to reconsider the safety issue or to recall this cumulative toxic poison.

And now... dessert! (Made worse by another Monsanto chemical called bovine growth hormone, and approved as "safe" by the SAME FDA.)

\*\*\*\*\* Non-human milk

\*\*\*\*\* MILK (Yes... mother natures "perfect food" ... for a calf!)

For more info go to <http://www.notmilk.com/> and <http://www.notmilk.com/deb/index.html>

Diabetics please read <http://www.notmilk.com/deb/011099.html>

Here is a mini-lesson on milk.

Facts lcc of commercial cow's milk is allowed to have up to 750,000 pus cells and 20,000 live bacteria... before it is kept off the market.

1 liter = 1000cc	= 750,000,000	pus cells	~ 20,000,000	bacteria
1 cup = 236.5882cc	177,441,150	pus cells	~ 4,731,600	bacteria
24 oz (3 glasses)	532,323,450	pus cells	~ 14,220,000	bacteria
1 quart = 946.3529cc	709,764,675	pus cells	~ 18,920,000	bacteria
1 gallon= 3785.412cc	2,839,059,000	pus cells	~ 75,708,000	bacteria

Now... milk also has 59 active hormones (perhaps the worst is insulin-like growth factor one [IGF-1]... which is identical between cows and humans, and extra amounts in our bodies might be thought of as cancer "fuel cells"), fat, cholesterol, up to 52 residual antibiotics (which are rapidly becoming useless for us), allergens, herbicides, pesticides, dioxin's, blood, feces, and the above. Check out

<http://www.notmilk.com/> (notmilk) for particulars... and  
<http://www.notmilk.com/deb/index.html> for lots of additional proof.

Calcium? Where do the COWS get it? Yes... from plants! The calcium in cows milk is basically useless (those nations with the highest amount of milk/dairy consumption have the highest rates of osteoporosis... to go along with high rates of heart disease and other fat/allergen related diseases). Proof? How about a controlled study of 78,000 nurses over a period of 12 years? OK? Check out this new information  
at<http://www.notmilk.com/deb/030799.html> ...

MILK 87% of it is water. 80% of the protein in milk is casein... better used as a glue for furniture or to fix labels on beer bottles.. This extra protein may, in fact, LEACH calcium from the person who uses milk and dairy... which would help to explain the high rate of US osteoporosis.

IGF-1 is a normal part of ALL milk... the newborn is SUPPOSED to grow quickly! What makes the 40% of obese American consumers think they need MORE growth? They don't think anything about it because they are not told about it.

Monsanto's Posilac creates additional IGF-1 in milk, almost twice as much per 12 ounce glass. Read <http://www.notmilk.com/deb/100399.html> for a DAIRY study that confirms what the FDA has lied about for years.

Only twice as much you say (of a powerful growth hormone)? Well, that is what could be in a glass of milk. OK... try out some math.

It takes TEN pounds of milk to make one pound of cheese. It takes twenty-one pounds of milk to make one pound of butter.

Now... that means that each slice of cheese from BGH treated milk has 18 times as much of this growth factor... and each pat of butter has 30+ times as much as a simple 12 ounce glass of milk. Pasteurization does NOT destroy IGF-1 and as the 1999 Dairy study notes... neither does the human digestive system. By the way... milk has to be pasteurized more than once before it gets to your table... and it still turns rotten very quickly. Keep in mind that at room temperature the number of bacteria in milk DOUBLE around every 20 minutes.

(check with FEMA or other emergency preparedness folks and find out how long one is supposed to BOIL water... to kill germs. It is certainly MUCH longer than the 15 seconds at 162 degrees "F" they use to pasteurize milk).

How does this impact humans who consume cow's milk and dairy? Obesity (40% of Americans and rising), heart disease, cancer, allergies, digestive problems, diabetes, asthma, desensitization to antibiotics, constant ingestion of dioxin's, herbicides, pesticides (and anything else the cow eats that is not good for any critter) that get stored in OUR fat, behavioral problems... all the way down to commons zits.

Then, of course, there is the simple fact that MOST of the world's population CANNOT tolerate the lactose in cow's milk. Up to 95% of the black population, around 53% of the Hispanics, etc.) So much for cow's milk being "nature's perfect food" for humans!

Common sense question Where was this massive "milk is a must" before refrigeration, pasteurization and mass transportation? Back when cows gave only 1-4 quarts a day (while lactating) it was quickly made into BUTTER and cheese! Now that those same cows have been tweaked and shot-up with Posilac to produce 50 or more quarts a day... almost all year long... it is suddenly (after many thousands of years) a daily "staple". NOT!

## **MILK What a surprise!**

<http://www.notmilk.com/notmilk.jpg> Milk carton book cover  
<http://www.notmilk.com/dumpit.gif> Dump the milk and get well  
<http://www.notmilk.com/deb.gif> DEB Logo  
<http://www.notmilk.com/deb/sprayit.gif> The spray paint kid

OR get the <http://www.notmilk.com/actflyer.html> flyer to pass around.

Think that this is "overload"? Try a no-use test. Consume NO milk, dairy or pieces/parts of it for seven days. No milk, cheese, ice cream, butter, or

milk protein  
protein concentrate  
Lactose  
Lactoglobulin  
Lactalbumin  
Lactalbumin phosphate  
Sodium lactylate (may or may not contain casein)  
Lacto globulin  
Lactulose (a drug)  
Malt  
Malt Extract  
Malt Syrup  
Casein  
Caseinate  
Sodium Caseinate  
Calcium Caseinate  
Magnesium caseinate  
Whey  
Whey Powder  
Delactosed whey  
Demineralized whey  
"Beverage Whitener" ..generally  
Caramel Colour.. sometimes (O.K. if pure colour & not adulterated)  
A "D" on a label next to "K" or "U" indicates presence of milk protein

Then... on the eighth day have a couple of slices of pizza. Wash it down with perhaps your favorite milk shake or malt. Then, top it off with a scoop or two of your favorite ice cream. The next 48 hours should make a believer of you that cow's milk/dairy is NOT mother nature's nearly perfect food for humans.

The only way to get the word out (and maybe get aspartame and bgh off the market) is to help by telling others and ask that they do the same.

\*\*\*\*\* For the whole truth... visit

For all past newsletters visit with a wealth of information  
<http://www.notmilk.com/deb/column.html> or

<http://groups.yahoo.com/group/notmilk/messages>

and for the Daily Squirts of NOTMILK wisdom...  
<http://www.notmilk.com/deb/squirts.html>

\*\*\*\*\* PLEASE... PASS THIS INFO AROUND TO EVERYONE YOU KNOW! \*\*\*\*\*

Regards...

Dave Rietz, WEBmaster and cancer victim (<http://www.dorway.com/mysympt.txt>)  
fighting for ALL of us on my nickle.

<http://www.notmilk.com> <http://www.dorway.com> <http://www.dorway.org>  
<http://www.notmilk.com/milkinfo.txt> overview on milk/dairy  
<http://www.dorway.com/aspartame.txt> overview on aspartame (Equal/Nutrasweet)  
<http://www.dorway.com/msg.txt> overview on MSG ("flavor enhancer")  
<http://www.dorway.com/topten.txt> leading causes of death in the US

Excellent books

"Aspartame disease - the ignored epidemic" by Dr. H. J. Roberts  
<http://www.aspartameispoison.com> A definitive (huge) reference  
"Excitotoxinthe taste that kills" by Dr. Russell Blaylock  
<http://www.dorway.com/amazon.html#blaylock> covers aspartame and MSG  
"Trust us, we're experts!" by Sheldon Rampton and John Stauber  
<http://www.dorway.com/amazon.html#stauber> How and why we are lied to...  
"MILK A-Z" <http://www.notmilk.com/azbook.html> Milk and dairy... unfit for  
humans

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Perhaps the phrase that best applies is that "ASPARTAME is a Pandora's box  
of chameleon-like toxins and tumor agents that have 92 FDA acknowledged ways  
to ruin your life, death being one of them".

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Do "they" know about DORway.com? Do they know about NOTMILK.com? You bet!  
Monsanto has visited thousands of times, along with PR and law firms in their  
employ, right along with their branch office in Washington D.C. (usually  
referred to as the FDA). DORway and like-minded concerned citizens have taken  
the Nutrasweet Company from a 1996 "billion dollar seller" with "continued  
good growth projections" to DEAD CASH-COW sold to an investment firm in May of  
2000.

There is only one thing they can do about the true documents on DORway.com and  
NOTMILK.com... call the or documentation a "hoax", call in favors to have  
OTHERS with a vested interest in aspartame remaining on the market (TIME, CNN,  
ADA, MSfacts, Mayo Clinic, and many others) echo their lies and distortions.

However, like tobacco, the WHOLE truth has still to hit the media in full  
force, and there are still over 250 million clueless victims who direly NEED  
the WHOLE story.

Please help to pass it around -)

This file <http://www.dorway.com/aspartame.txt> (12-10-2001)