



## Once Upon A Time...

...On a planet pretty close to home, there lived a young family: Momma, Papa, Brother and Sister. It was a happy family living a happy life in a town called Happy Ville. They did all the right things—bought what was being advertised, voted without protesting, eagerly paid their taxes, went to the doctor for regular check ups, saw the dentist twice a year, ate a simple diet of quick meals created by industries that believed chemical processing was better than nature and, above all, believed what they were being told on the local TV channels.

Momma loved sweets and ate and drank everything that could be sweet. She added sugar to everything she cooked until she put on an extra pound; and everyone who saw her said. "Momma, you've put on an extra pound."

Then, Momma rejoiced because the answer to that extra pound was on TV, a new sweetener that was made without one single trace of anything natural. She knew exactly what she was getting in every box without the randomness of nature interfering. It was Aspartame and many products were made with it—Equal, NutraSweet and Spoonful—all boasting theirs was the best. Momma wasn't fooled, though. She trusted the name Aspartame, knowing that's all she needed to see on the label to prove it was the good stuff.

After a while Momma got very sick and no one could find out why. Doctors huddled over her arguing over horrible sounding names such as *Lupus*, *Multiple Sclerosis*, *Alzheimer's*, while one less sinister, conclusion was simply a problem of the inner ear causing the dizziness. After all, that would explain the constant ringing in her ears that they called *Tinnitus*. Another thought it was only an advanced case of *Diabetes* which was really great news because all they had to do was cut off the gangrenous part and everything would be just fine.

Finally, they told Momma she better buy a wheel chair and take 24 prescription drugs daily. Also it would be smart to get her affairs in order just in case those drugs didn't work. She sobbed as she drank her Diet Coke and ate her sugar free, 70% less fat Twinkle.

She sat bored, waiting for her wheelchair so she could roll over to turn on TV and absently flipped on the radio that was only arms length away. It was on some strange station she had never heard of. One of those healthy nuts that she hated was talking but she didn't have strength enough to turn him off. Like a prisoner in her own room, she sat listening to an absolute crazy man talking about a food industry concerned with profit instead of producing healthy food and a government that doesn't care.

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### ***Here the message from the voice on the radio;***

***"Aspartame is poison, or more correctly it becomes a poison under certain conditions. Here's the problem, Aspartame contains wood alcohol—the stuff in home brew of the 1920's that caused blindness and death. When aspartame goes above 86 degrees F that wood alcohol turns into formaldehyde and finally into formic acid. This in turn causes a metabolic acidosis. Formic acid is the poison found in the sting of fire ants.***

This methanol toxicity mimics, among other diseases, *Multiple Sclerosis* and this leads to incorrect MS diagnosis which explains the false increase in that disease. The same is true of systemic *Lupus*, especially among the drinkers of Diet Pepsi and Diet Coke. Since the victim doesn't recognize Aspartame as a problem, the continued use can be life threatening. People who "had" Lupus got well when taken off diet soda.

The same is also true with those diagnosed with MS. They get better when they stop drinking and using Aspartame. Most interesting is that Multiple Sclerosis is not a death sentence—methanol toxicity is!

*Methanol toxicity is so invasive that it can lead to diagnosed errors involving Fibromyalgia, spasms, shooting pains, numbness in legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, or memory loss. Unfortunately, too few doctors recognize these symptoms as Aspartame poisoning, therefore, the entire base of medical help could be well off the mark.*

Aspartame is especially dangerous for diabetics. Many physicians who have patients with *Retinopathy* believe that they have a diabetic related disorder when the symptoms are caused by Aspartame.

The Aspartame drives blood sugar out of control because aspartic acid is neuro-toxic without other amino acids found in protein. It will pass the body's blood brain barrier and deteriorate the neurons of the brain causing various kinds of brain damage including seizures, depression, manic depression, panic attacks, rage and violence. Non-diabetics are not excluded from this risk.

**Actually, this whole idea of a diet drink is a joke anyway. The congressional record states that these so called diet products drive up your craving of carbohydrates and WILL MAKE YOU FAT. The formaldehyde stores in the fat cells, particularly in the hips and thighs giving you the bulges you're trying to get rid of. A study showed that, once off Aspartame, patients lost an average of 19 pounds over the test period.**

As part of the war effort in desert storm, Pepsi and Coke sent thousands of patients of diet soda to our service men and women fighting in the Middle-East. Could the temperature in Saudi Arabia be higher than 86 degrees—in the sun? Could it also be part of the Gulf War Syndrome so many service men and women fell ill with?

Bottom line... If you value life and health, stop using any product with "sugar free" on the label."

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Papa went into Mamma's room and was surprised to see her listening to the radio. "TV broke?" he asked.

"No, I just don't have the strength to turn it on." She answered weakly. "Poor dear," he said, "still got that flu bug, huh?"

Mamma sighed. "Turn that fool radio off on your way to getting me a Diet Pepsi. Now they say diet soda's bad for you too. Next thing you know they'll tell us to stop breathing if we want to live." They both laughed.

Silly People!!!

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