

---

## Diet Soda

Posted by mazzy - 2006/12/09 10:28

---

I stopped drinking diet soda, and stopped using products containing aspartame after research on the internet.

The following is from the Bragg Healthy Lifestyle book by Paul and Patricia Bragg, N.D., Ph.D.:

Beware of Deadly, Toxic Aspartame Sugar Substitutes!

Although its name sounds tame, this deadly neurotoxin is a killer! Aspartame is an artificial sweetener (over 200 times sweeter than sugar) made by the Monsanto Corporation and marketed as "NutraSweet," "Equal and Spoonful" and countless other trade names. Aspartame is added to over 9,000 food products, diet drinks, (now even gum, etc.), it's not fit for humans! This toxic poison changes into formaldehyde in the body and been linked to cancer, migraines, seizures, vision loss and symptoms relating to lupus, Parkinson's Disease, Multiple Sclerosis and other health destroying conditions. Learn more info about this crime against our health.

See web: [www.aspartamekills.com](http://www.aspartamekills.com)

I discovered a web site that I have found interesting: [www.shirley'swellnesscafe.com](http://www.shirley'swellnesscafe.com)

Diet soda and diet products containing aspartame were part of my life... until I did research... seems they were not helping me lose weight as well as being unhealthy.

Would be interested in comments from the ladies of SOT.

Post edited by: mazzy, at: 2006/12/09 10:35

=====

## Re:Diet Soda

Posted by KPW1956 - 2006/12/09 11:17

---

Mazzy..

I couldn't get either link to work well.. The second one even after copying and pasting to my browser took me a generic site.. that didn't really have info there..

I am addicted to dietcoke with lime! I know this is no substitute for water... and have been trying to cut back.. I do use equal when I make ice tea and have coffee.. I know there are many different types of artificial sweeteners and I know that sorbitol causes digestive problems with me.. so I avoid that one.

I will research it more.. I was always impressed with an older women I met several years ago at a weight loss club.. (TOPS) who had maintained a significant weight loss for years.. She gave up using the artificial sweeteners when she lost her weight.. and her motto was just do everything in moderation.

I don't know why I couldn't access sites.. Even the aspartame kills site just went to a pro artificial sweetener listing of different sites..

I'll try a search on those terms..

Thanks for clueing us in on the health risk so that we can look into it more. I am sure now that you've had cancer in your immediate family, you are especially sensitive to anything remotely associated with increased risks..

=====

## Re:Diet Soda

Posted by KPW1956 - 2006/12/09 11:35

---

I can understand the link problems a bit now..

I think this is the link (after I did a search)

<http://www.aspartame.com/>

---

I get the feeling that this article though is more of a ploy to help exonerate a woman sitting in prison. We don't know all the facts.. and it's quite possible that she did have something to do with her husband's death.

Plus it says that her husband (who died) drank alot of the sports drinks or body building drinks that had the artificial sweetener.

This articile is also looking for donations to this woman's defense fund. It mentions the person helping her wasn't able to help her because they were promoted.. (which I don't understand..) Here is the quote..

"She has been in prison for four years, an innocent woman. The detective on the case said to me: "No way Diane is guilty, but I couldn't stop the indictment because I was promoted just at that time. I couldn't have slept at night if I had been responsible for sending an innocent woman to prison."

Mazzy.. there certainly is a controversy.. I remember a study saying that rats or mice were being fed the stuff for a study.. and could get cancer.. But then it was refuted saying people would have to consume 20 cans of diet soda a day to equal the amount the rodents were getting in the study. That was some years ago.. so I don't know what significant findings have been made since. This is a topic that does interest me and I will keep researching it..

I wonder if this is just an urban legend type thing..and a big hoax... I'd think if this was true the media would be all over it!

PS:

Here are links to an urban legend site.. I also researched the case a bit.. I found an article published in the UK.. mentioning 'send money'... for the attorney fees.. (supposedly an update ) But the top part of the letter is verbatim at the one site..

The third link is an Idaho Observer article about the case.. The guy that died.. wasn't merely drinking diet sodas... He was mixing Creatine and ephedra based products and into body building.. We know that ephedra has caused heart problems and been pulled from the market.

<http://www.snopes.com/medical/toxins/aspartame.asp>

[http://www.pressbox.co.uk/detailed/Legal/Immediate\\_Release\\_Aspartame\\_Diane\\_Fleming\\_Story\\_Update\\_70445.html](http://www.pressbox.co.uk/detailed/Legal/Immediate_Release_Aspartame_Diane_Fleming_Story_Update_70445.html)

<http://proliberty.com/observer/20030612.htm>

more details about the case

<http://www.smartcontent.info/arrested/The-Charles-Fleming-Murder-Case.htm>

Since this case is in my homestate.. it is of particular interest to me.. I've never heard about it though.

I have seen in searching around awhile this morning that there seems to be some common theories about the aspartame in diet soda breaking down more if it's been stored in high temperatures..such as a garage as this case seemed to imply..

But obviously Mr. Fleming's situation taking creatine and ephedra based products all probably contributed to his situation. I can't understand why his wife hasn't been exonerated already if all these facts are true.

The last link I provided mentions the original attorney not working on the case anymore.. and giving it over to the new attorney.. It just doesn't feel right to me though that he'd have an internet campaign to raise funds. There would be no accountability for the incoming funds.. Why not go to the local media? I'd like to think our justice system is fairer than this. All we are hearing in these articles though are pretty much just defense arguments..

Interesting stuff though!

Post edited by: KPW1956, at: 2006/12/09 12:07

---

## Re:Diet Soda

Posted by mazzy - 2006/12/09 19:11

---

Hi KPW,

---

I just did a google search on aspartame kills, and I got similar info.

I also did a google search for shirley's wellness cafe. When the site came up... there is a box on the right hand side that says:

search shirleyswellnesscafe.com with a search box under it. I typed aspartame in box, and a lot of info came up by several doctors. I find this site very interesting... I additionally check out the doctors on google to make sure they are not quacks. Please check out this site, and let me know what you think.

=====

## Re:Diet Soda

Posted by grizzlys4 - 2006/12/10 03:35

---

Hey guys.....I'll do some research too as I've heard lots of arguments for and against the info you first posted mazzy.

I have lowered my diet coke consumption.....okay, I'm an addict too!! But because I think anything with chemicals in it is indeed worse for us, and because when I drink diet coke, like KP, I don't drink enough water.

I'll do some reading and posting too.....but I'm exhausted tonite!!! Thanks for the info and new topic....that's always fun!! ;)

=====

## Re:Diet Soda

Posted by TigerRose - 2006/12/10 07:30

---

I happen to be allergic to it. With me the reaction is rather quick. I get terrible stomach cramps and get very shaky. It was discovered when I drank a whole bottle of Diet Pepsi when Equal first came out. I didn't believe the doctor (doc said they are mini seizures) at first until I had a second opinion. There are others that I've met that also go through these types of shakes when they consume aspartame. There is no doubt (IMO) that it can effect your brain on a chemical level.

This means that I have to be care of gums and breath mints as well. If it's sweet I have to read the label carefully. I even noticed that the new doublemint breath mints have both sugar and aspartame in it.

I've had a taste of Splenda, I didn't seem to have any reaction to it but you could say once bitten twice shy... I'm a bit weary of replacing my sugar with it.

=====

## Re:Diet Soda

Posted by 1putter - 2006/12/11 21:27

---

:) I love Splenda - have replaced 99% of my sugars with it and so far, so good!

I would be interested in hearing anything about whatever is in that because it feels like it is almost "too good to be true". ??

Hope not!

=====

## Re:Diet Soda

Posted by KPW1956 - 2006/12/12 12:54

---

My interest was really sparked the other day.. But also a bit of skepticism regarding some of the info...

This morning I did an indepth (as much as my patience and attention could absorb) search on the subject and the people, organization(s) referred to in the article..

---

WNHO should not be confused with WHO (world health organization) <http://wnho.net/>

I know some of it will seem discombobulated..

What interested me at the aspartame kills or aspartame.com site..was that it was trying to free a woman in prison.. it was also soliciting funds.. There were alot of issues with this so called murder..

Anyway.. if anyone has the patience to go through these various articles.. I tried to research the people involved and find that many are not unbiased..

I guess my bottom line is that anything in excess is bad... Those who have a sensitivity to aspartame should avoid it.. those who have pku should not have it..(infants are tested for this disorder at birth!)

The last Dr. I researched on the subject here is an osteopath. He has many critics as well as supporters.. His site seems to be a marketing tool.

I do not think there is any vast conspiracy regarding the product..

<http://www.sdadefend.com/MINDEX-D/Aspartame-11.pdf>

Snopes Site Article..-(on the whole internet campaign )  
<http://www.snopes.com/medical/toxins/aspartame.asp>

Nancy Markle.. Dr. Nancy Markle? No info on Nancy Markle...(although there is a Nancy Markle who seems to be in private industry... and a CIT specialist.. I don't think the 2 are the same though.. Some have implied that Betty Martini sent out a mass internet piece out using the name Nancy Markle as a pseudonym.

[http://presidiotex.com/aspartame/Nancy\\_Markle/nancy\\_markle.html](http://presidiotex.com/aspartame/Nancy_Markle/nancy_markle.html)

BIO for Betty Martini... (some references on the net refer to her as Dr. Martini...but she's NOT a dr.)

Book by Dr. Roberts...(this book is not based on commonly accepted scientific standards. He has many critics.. See last link)

<http://www.amazon.com/Aspartame-Disease-Epidemic-H-Roberts/dp/1884243177>

[http://www.wnho.net/aspartame\\_absorption.htm](http://www.wnho.net/aspartame_absorption.htm)

Time article about the issue... (1999) (good article and excellent points)

<http://www.time.com/time/magazine/article/0,9171,990167,00.html>

Aspartame Kills site... is connected with several other sites.. all probably put together by the same few people. Much of it is outdated..

Some odd things I saw listed are scare tactic type comments.. Like Michael J. Fox's parkinson's is probably related to aspartame poisoning.. Also Reagan died of Alzheimer's probably related to aspartame poisoning.. A really unique one was the speculation that O.J. Simpson might have been affected by aspartame poisoning... Not sure is they were just trying to analyze his strange behavior.

Many of the internet findings are older...

The aspartamekills site.. or aspartame.com Has a long list of varied spiels..

A. Dr. Christine Lydon is listed as having written an article in Oxygen magazine.. (no relation to the station I don't think!).. A search regarding her, yielded interesting finds.. She was in a couple sitcoms and playboy... But also I found a site where she is endorsing a weight loss gimmick drug.. (hydroxy cut)..

[http://www.hydroxycut.com/WOMEN/DOCTOR\\_BIOS/CHRISTINE\\_LYDON/index.shtml](http://www.hydroxycut.com/WOMEN/DOCTOR_BIOS/CHRISTINE_LYDON/index.shtml)

Oxygen article reprint (supposedly) (also in 1999)  
<http://www.aspartamekills.com/lydon.htm>

[http://www.naturalhealthcoalition.ca/aspartame\\_lawsuits.htm](http://www.naturalhealthcoalition.ca/aspartame_lawsuits.htm) (Interesting and strange read all at once..)

---

So I checked out the natural heal coalition... <http://www.naturalhealthcoalition.ca/>

Looking at several things here... causes me to be wary.. I realize that many people who embrace holistic medicine have a particular mindset... But this site and many articles regarding the aspartame issue seem to imply a conspiracy... That is why they think aspartame hasn't been pulled... in this main site I see comments about what they feel is lacking in hiv research and the development of vaccines. They seem to think there are nutritional causes of hiv.. Also they think flu shots are a scam...and more of an economic bonanza for the industry.

<http://www.focus-on-nutrition.com/aspartame.shtml> (has a list of links... on the topic... (some of the sites are interrelated.)

Dr. Joseph Mercola..

[http://www.mercola.com/article/aspartame/hidden\\_dangers.htm](http://www.mercola.com/article/aspartame/hidden_dangers.htm)

<http://www.mercola.com/>

Wikipedia about dr. Mercola (he is an osteopathic dr.)

[http://en.wikipedia.org/wiki/Joseph\\_Mercola](http://en.wikipedia.org/wiki/Joseph_Mercola)

Here is a link that talks about problems related to the 'experts'.

[http://www.doesaspartamekill.iwarp.com/whats\\_new.html#roberts](http://www.doesaspartamekill.iwarp.com/whats_new.html#roberts)

Post edited by: KPW1956, at: 2006/12/12 14:01

=====

## Re:Diet Soda

Posted by grizzlys4 - 2006/12/12 20:36

---

Wow.....lots of great info!

[www.aspartame.net](http://www.aspartame.net) has tons of info and links and articles also.

Here are a couple of articles from JAMA:

<http://cebp.aacrjournals.org/cgi/content/abstract/15/9/1654>

<http://annonc.oxfordjournals.org/cgi/content/abstract/15/10/1460>

I'm with you on the basis that anything in excess is unhealthy. I used to literally live on diet coke, and I have only gained weight. However, I've also gone completely off Diet Coke and never lost weight from just that. So now I really do enjoy a couple a day, but I eat healthier and am trying to get all my water in!!! ;)

=====

## Re:Diet Soda

Posted by mazzy - 2006/12/12 21:56

---

WOW, ladies... I'm impressed... I appreciate your research and input.

I'm drinking water these days... filtered, and/or bottled. I'm experimenting with different teas. I also bought a juicer... am having fun with that, but not as easy as it looks on TV... LOL

=====

## Re:Diet Soda

Posted by mazzy - 2006/12/12 21:58

---

WOW, ladies... I'm impressed... I appreciate your research and input.

I'm drinking water these days... filtered, and/or bottled. I'm experimenting with different teas. I also bought a juicer... am having fun with that, but not as easy as it looks on TV... LOL

=====

## Re:Diet Soda

Posted by grizzlys4 - 2006/12/13 01:49

---

Hey mazzy, what teas are you finding you like? I have tons of Celestial Seasonings teas, but I used to drink them sweet, but I did just buy some stevia in little packets to try. I thought I'd get your input on what kind of tea you like!

=====

## Re:Diet Soda

Posted by mazzy - 2006/12/13 23:39

---

grizzlys4 wrote:

Hey mazzy, what teas are you finding you like? I have tons of Celestial Seasonings teas, but I used to drink them sweet, but I did just buy some stevia in little packets to try. I thought I'd get your input on what kind of tea you like!

Hi Grizz,

I started out with Bigelow tea... cozy chamomile, chamomile lemon and green tea... then I graduated to the good stuff... I can't get it locally... my daughter sends it from Connecticut.

The good stuff is sold by the ounce... I love all the following:

- German chamomile flowers (my favorite)
- Jasmine tea, organic
- China green tea, organic

You boil water... then add a teaspoon of the loose tea... then sip through a special straw.

As far as sweeteners... I tried white stevia powder by NuNaturals... I was not crazy about the taste, and noticed that maltodextrin is one of the other ingredients. I stopped using sweeteners because I like the natural taste of the tea.

My daughter bought liquid stevia which she likes... and just recently she bought vanilla stevia which she loves.

This is coming from someone who never drank tea except as a child when I was sick... LOL.

I'm experimenting with adding new foods and drinks... for health and for the adventure of trying something new... hope this helps... please share your adventures Grizz...and the ladies of SOT... I'd love to hear about them. LOL

=====

## Re:Diet Soda

Posted by mazzy - 2006/12/13 23:46

---

I just recently bought a juicer... one of my favorite juice combos is:

apple, carrot, ginger

Talk about healthy and nutritious... LOL...

=====

## Re:Diet Soda

Posted by grizzlys4 - 2006/12/14 01:49

---

Mmmm, vanilla stevia sounds promising! Where did she buy it??

I'll try the stuff I bought and let you know what I think. I bought some tea from a lady who sells it out of her home/catalogue. It's loose, but I just strain it....I've never heard of a special straw!!

---

## Re:Diet Soda

Posted by mazzy - 2006/12/14 18:54

---

Whole Foods has liquid vanilla stevia, or try health food stores in your area. They may also carry the tea straw at the health food store.

Ask the woman who sold you the loose tea about the straw... my daughter sent it to me as a gift along with samples of loose tea. It's made out of what silverware is made of... it has an oval shape with holes at the bottom of straw to filter out the loose tea. It's fun drinking with the straw.