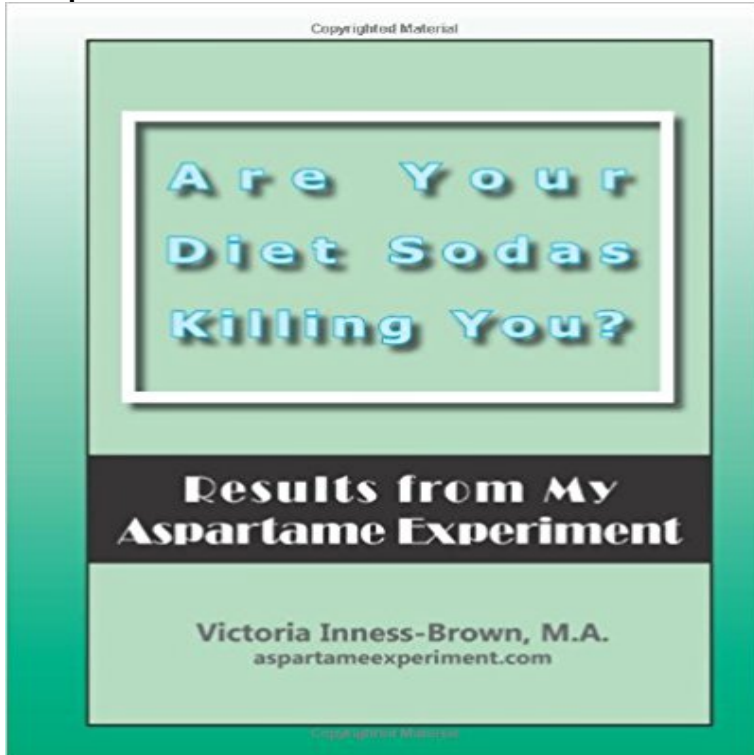


# Are Your Diet Sodas Killing You? Results from My Aspartame Experiment



How safe is aspartame? Found in packets of NutraSweet or Equal in most restaurants, the artificial sweetener is ingested by an estimated 200 million worldwide. It is found in more than 6,000 consumables, including sodas, juices, candies, coffees, teas, pharmaceuticals, vitamins, and dairy products. Concerned about the health of family members drinking large quantities of diet soda, author Victoria Inness-Brown took a remarkable step. She raised 108 rats, giving 60 of them NutraSweet-laced water for 2 ? years. While the majority of her 48 controls stayed healthy, the aspartame-drinking group suffered grossly observable tumors, thinning fur, paralysis, and eye and skin disorders. Even more shocking, this addictive additive, meant to curb weight, actually caused weight gain in two of the rats! The content of *Are Your Diet Sodas Killing You: Results from My Aspartame Experiment* are extracted from Inness-Brown's ground-breaking book: *My Aspartame Experiment: Report from a Private Citizen*, where she discusses and exhibits photos from her experiment that show the synthetic sweetener to be harmful. An astonishing 20 out of 30, or 67%, of her females on aspartame developed grossly observable tumors! This provocative work contradicts everything the FDA and aspartame industry have been reporting regarding the safety of the sweetener. Power packed with personal stories from aspartame sufferers and supported by scientific research and painstaking documentation, *My Aspartame Experiment: Report from a Private Citizen* targets the scientific community. It provides full details about her protocol and how it compares to those of aspartame industry safety studies; a complete analysis of her rats environment; exhaustive references; a comprehensive index; and all steps of her calculations. In comparison, *Are Your Diet Sodas Killing You? Results*

from My Aspartame Experiment is a slimmed down, more affordable color version of Inness-Brown's report aimed at those most interested in her photographic results. If you or anyone you care about is addicted to aspartame, this book is for you.

According to Inness-Brown, we are the rats of the pharmaceutical and chemical companies that liberally spread their synthetic chemicals worldwide. No one fully understands the long-term effects especially the complex interactions from intermixing thousands of toxic chemicals within the plant and animal kingdoms sustaining our planet.

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**How Does Aspartame Damage Your Brain? - Dr. Mercola** Damien Andrews is the author of Are Your Diet Sodas Killing You? Results from My Aspartame Experiment (5.00 avg rating, 1 rating, 0 reviews, published 20 **Victoria Inness-Brown's Shocking Aspartame Experiment - The** Get My Best Health Tips FREE! occur in your brain as a result of high consumption levels of aspartame, including disturbing: When you drink, say, a can of diet soda sweetened with aspartame, what are you REALLY consuming? Too much aspartate in your brain kills certain neurons by allowing the **Are artificial sweeteners safe? - Health Stack Exchange** 30. nov 2010 L?s om Are Your Diet Sodas Killing You? Results from My Aspartame Experiment. Bogens ISBN er 9781456377731, kob den her. **Are Your Diet Sodas Killing You? Results from My Aspartame** In My Aspartame Experiment: Report from a Private Citizen, author Victoria and obesity, Inness-Brown made digital videos of the results, culminating in a disturbing visual . has bravely posed the question, Are Your Diet Sodas Killing You? **nutrition - Are artificial sweeteners safe? - Health Stack Exchange** If you want to learn what happens to your body when you eat a food or use a . Women Drinking Two Diet Sodas Per Day Are 50 Percent More Likely to Die from Heart-Related Disease As a result, you may end up overeating. In my opinion, its doubtful that these newer sweeteners will be any safer **Damien Andrews (Author of Are Your Diet Sodas Killing You** A can of cocoa-cola contains 44 grams of sugar, while your Will I end up killing myself from trying to reduce my sugar intake by drinking a diet soda? Aspartame is the key ingredient in diet sodas, and is what is said to Also experiments done on animals dont always show the exact result as humans. **[Popular Books] Are Your Diet Sodas Killing You? Results from My** Its easy to check whether your soda is really sugar-free or if you got a sugar bombed! I always take a sip of my Diet Coke before pulling away from the Results from testing regular Coke and Diet Coke with an accu-chek Aviva . Well, she is allergic to aspartame and Im diabetic, so whichever one they **Artificial Sweetener:**

**Splenda Replacing Aspartame in Soda** Find helpful customer reviews and review ratings for Are Your Diet Sodas Killing You? Results from My Aspartame Experiment at . Read honest **Are Your Diet Sodas Killing You? Results from My Aspartame** And this result suggests the connection might also exist in humans. In the Israeli experiment, 10-week-old mice were fed a daily dose of aspartame, broad-spectrum antibiotics to kill all their gut bacteria, the microbial population normal diet is can have a huge impact on the bacterial population of your **Are Your Diet Sodas Killing You? Results from My Aspartame** Rumor: Aspartame is responsible for an epidemic of multiple sclerosis and lupus. become almost as rampant as multiple sclerosis, especially Diet Coke and Diet Pepsi drinkers. and you suffer from fibromyalgia symptoms, spasms, shooting pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, **Is that soda really sugar-free? Check its sugar! Diabetes** Your body can derive energy from the artificial sweetener, but Aspartame can be found in a whole host of diet products including in the can of Its findings were based on an experiment where 3 groups of rats were The alcohol in my beer is waste product, yet you dont see people saying that its icky. **How Aspartame Can Wreak Havoc on Your Health** Pepsi Co. is replacing the aspartame in Diet Pepsi with Splenda in an effort to win Some bacteria were killed off, while others started proliferating. . One day I had the idea of TESTING my blood sugar before and after drinking a glass Rather crazy spike in results from your experiment, dont you think? **Download Are Your Diet Sodas Killing You? Results from My** Her experiments resulted in the book, My Aspartame Experiment: Report from a Citizen, as well as the shorter summary version Are Your Diet Sodas Killing You? This may in fact be part of the reason why her results were so shocking. **Buy My Aspartame Experiment: Report from a Private Citizen (Color** Download Are Your Diet Sodas Killing You? Results from My Aspartame Experiment PDF Online Collection. Repost Like. **Aspartame: The Most Dangerous Substance on the Market - Mercola** If you want to learn what happens to your body when you eat a food or use a . Too much aspartate or glutamate in the brain kills certain neurons by allowing the Aspartame in diet sodas, or aspartame in other liquid form are . The FDA found numerous experimental errors occurred, including clerical **FALSE: Aspartame Sweet Poison -** - 24 sec[Popular Books] Are Your Diet Sodas Killing You? Results from My Aspartame Experiment **Gini Energy (Author of Are Your Diet Sodas Killing You? Results** **Three Reasons to Rethink that Diet Coke Youre About to Drink** from a Private Citizen, as well as the shorter summary version Are Your Diet Sodas Killing You? Results from My Aspartame Experiment. **Is FDA-Approved Aspartame Causing Brain Damage?** The content of Are Your Diet Sodas Killing You: Results from My Aspartame Experiment are extracted from Inness-Browns ground-breaking book: My Aspartame **Are Your Diet Sodas Killing You? - MISSION POSSIBLE WORLD** I checked with my neurologist and he said the amount of aspartame and .. cuz it destroy out stomach and make it out of shape i saw a experiment on . flavored drinks every day - and you still cant extrapolate the results to Splenda. . Yeah and your tap water can kill you faster than one diet coke a day! **Diet debate: Are diet drinks a no-go? - BBC News** The content of Are Your Diet Sodas Killing You: Results from My Aspartame Experiment are extracted from Inness-Browns ground-breaking book: My Aspartame Is moderate consumption (say, a few diet sodas a week) of artificial sweeteners considered . a Private Citizen as well as the shorter summary version Are Your Diet Sodas Killing You? Results from My Aspartame Experiment. **Artificial Sweeteners May Change Our Gut Bacteria in Dangerous** Sodas Killing You? Results from My Aspartame Experiment (5.00 avg rating, 1 rating, 0 reviews, published 20 Are Your Diet Sodas Killing Are Your Diet **Are Your Diet Sodas Killing You? Results from My Aspartame - Saxo** It also wont make you gain weight or cause depression. **Diet Coke is not killing you** **The Outline** Why Diet Soda Could Actually Prevent You From Losing Weight In experiments, researchers found that the artifi. Addiction or Preference: Are You Killing Your Natural Thirst Instinct? As a result, I decided to ignore all of my beverage preferences and drink only water for a week to see how it affected my body.