Aspartame Concerns – Junk Science, Quack Doctors?
By Devvy Kidd – May 16, 2004 – NewsWithViews.com

NewsWithView.com recently ran a news piece on Donald Rumsfeld and Aspartame which brought a sizable amount of mail to their editor's desk. The bulk of it was from people thanking NewsWithViews for getting this important information out to the general public. However, there were a few knee jerk reactions ("Are you for real ... pure horses__t.") which prompted me to write this piece. Aspartame is a very serious health issue and those who ignore the warnings may deeply regret it someday.

Before we begin, I am compelled to point out the difference between a news item, a column or op-ed commentary. A news item is just that. It's not a research paper nor a dissertation on any subject. Certain facts are presented without commentary. One whiner complained the news piece was full of political bias. In my opinion, it was not. Everyone should be accountable for their actions regardless of who they are or what political party they belong to because no one is above the law.

Quack doctors

One whiner screeched that the doctors in the news article were a bunch of quacks and kooks. Below is factual information on some of the doctors referenced in the news piece:

John W. Olney, M.D., professor of psychiatry and neuropathology at Washington University in St. Louis and the first occupant of the John P. Feighner Chair in Neuropsychopharmacology. Olney received a bachelor's degree in 1956 and a medical degree in 1963 from the University of Iowa. Olney arrived at Washington University as a resident in psychiatry in 1964. He joined the faculty as an instructor of psychiatry and became a full professor of psychiatry and neuropathology in 1977.

Olney was a recipient of the Wakeman Award for Research in Neuroscience in 1992, the Society for Biological Psychiatry Lifetime Achievement Award and the St. Louis Academy of Science Peter H. Raven Lifetime Award in 1996. That same year, he was elected to the Institute of Medicine of the National Academy of Sciences. Olney is recognized as a pioneering neuroscientist who helped establish glutamate as a major excitatory transmitter in the brain. Stemming largely from Olney's research over the past 30 years, glutamate now is recognized as a neurotoxin that contributes to the degeneration of brain cells in a number of neurological disorders.

Ralph G. Walton, M.D. Professor of Clinical Psychiatry, Northeastern Ohio University College of Medicine. Currently Acting Chair of the Department of Psychiatry, is a Professor of Clinical Psychiatry for NEOUCOM and Psychiatry Clerkship Director for Forum Health. He is Chairman of The Center for Behavioral Medicine, Forum Health. Under his leadership, programs include ECHO (Enhancing and Creating Healthy Opportunities), adult and youth services, Discovery House, adolescent recovery services and CHAMPS (Challenge and Mutual Problem-Solving).

Woodrow C. Monte, Ph.D., R.D. Associate Professor of Family Resources and Human Development; B.S., New Mexico Institute of Mining and Technology; M.S., Ph.D., Colorado State University. Current: Director of the Food Science and Nutrition Laboratory Arizona State University, Tempe, Arizona 85287.

Russell Blaylock, MD is a board certified neurosurgeon engaged in a private neurosurgical practice for the past 21 years. Dr. Blaylock's interests of research and treatment include nutritional treatment of neurological disorders and in the biochemical basis of diseases of the nervous system. In 1994 he documented his work on this subject, Excitotoxins, The Taste That Kills, which was revised and updated in 1998. Blaylock has written and illustrated three chapters in medical textbooks and a patient care booklet on multiple sclerosis and published several papers in peer reviewed journals on a variety of subjects from the pathology and treatment of pituitary tumors to immunotherapy of brain tumors.
H. J. Roberts, M.D., F.A.C.P., F.C.C.P., is a Board-certified internist in West Palm Beach, and an internationally respected medical consultant and researcher. He is on the Staff of Good Samaritan Hospital and St. Mary’s Hospital, Director of the Palm Beach Institute for Medical Research (since 1964), and a member of prestigious medical and scientific organizations including The Endocrine Society and the American Academy of Neurology.

His publications include ten acclaimed texts and more than 220 original articles and letters; many deal with research in challenging neurological disorders. Twenty years into his long career he voluntarily re-certified with American Board of Internal Medicine: his high marks helped to ensure he remained as current as his peers. He is listed in every Who's Who Medical list one can imagine.

One doctor not listed in the news item who is also blowing the whistle on aspartame is Dr. Leonard Horowitz. He received his doctorate in medical dentistry from Tufts University in Boston in 1989, then his master's of public health degree from Harvard University. Horowitz became the nation's leading author of dental self care books and audiotapes. Titles such as Your Mouth is Your Business: The Dentist's Guide to Better Health (Appleton, 1980), Freedom from Dental Anxiety (Tetrahedron, LLC Press, 1986), and Freedom From Headaches and TMJ Pain Syndrome (Tetrahedron, LLC Press, 1987) graced dental offices and lending libraries throughout North America.

Horowitz also authored Emerging Viruses: AIDS & Ebola. His recorded and now published admissions are horrific, and frighteningly similar to the conclusion Horowitz reached by examining the scientific evidence that a Dr. Hilleman, along with CDC and FDA officials, developed the 1974 contaminated chimpanzee-linked hepatitis B vaccine that was the likeliest AIDS pandemic trigger. Major General Gwambo, Director of the Department of Defense in Kenya has given copies of Horowitz's books to all heads of state and their government has now stopped the World Health Organization's experimental vaccine program in that nation.

All these doctors certainly look like a bunch of kooks and quacks to me. I feel confident in saying that if these doctors all came out in favor of aspartame, those who think they're kooks for exposing the dangers, would accept their assessment and findings in a NY second. Betcha.

**Junk Science**

Here are but a few examples of junk science relating to aspartame:

**FDA Talk Paper- Food and Drug Administration U.S. Department of Health and Human Services Public Health Service 5600 Fishers Lane Rockville, MD 20857**

FDA Talk Papers are prepared by the Press Office to guide FDA personnel in responding with consistency and accuracy to questions from the public on subjects of current interest. Talk Papers are subject to change as more information becomes available. Talk Papers are not intended for general distribution outside FDA, but all information in them is public, and full texts are releasable upon request. T96-75 Food and Drug Administration November 18, 1996 Arthur Whitmore: (202) 205-4144 Broadcast Contact:(301)827-3434 Consumer Hotline: (800)532-4440

Testimony of Dr. James Bowen to Congress and the FDA: "Every known metabolite of aspartame is of marked or questionable toxicity and patently unsafe for human use. Methyl alcohol is metabolized to nascent formaldehyde in the eye, nervous system and other metabolically active organs. It immediately attacks and denatures the tissue structure proteins in which it is metabolized to nascent formaldehyde. This stimulates specific organ and subcellular autoimmunity which seems to be a preponderant source of the bad experiences reported by NutraSweet victims."
"Aspartic Acid is a neuroexcitotoxin present in damaging amounts in its own right, at the ADI for aspartame. Simple logic tells one that it will vastly increase the metabolism of methyl alcohol to formaldehyde in the desinosomes of the periventricular cells of the central nervous system, thus focusing the nascent formaldehyde attack there. This corresponds well with the symptomatologies often experienced, such as Lou Gehrig's Disease (ALS), bulbar palsies, neurochormonal disorders, etc. Also visual disturbances, heart palpitations, infertility and fetal loss may be traced to aspartame ingestion.

"The diketopiperazine issue remains totally unresolved and dangerous. The amino acids that are released by hydrolysis, form eimers and isomers that are either not sufficiently studied or which are known substrates in undesirable pathological states such as Alzheimer's disease. There is the issue of the approval of aspartame for market, which has violated every principle of responsible science and responsible government. ... I highly recommend that you deny in every way possible any subterfuge of respectability that the aspartame people have enshrouded themselves and their product with in hopes of quickly denying its access to the worldwide marketplace. I write this, not believing that it will do the slightest bit of good in the sense of affecting the labeling issue per se, but that instead, it might reach some honest, concerned, conscientious individuals in the process."

Dr. Adrian Gross (now deceased), FDA toxicologist who wrote in a letter to Sen. Howard Metzenbaum on October 30, 1987 on official EPA letterhead:

"This concludes my remarks on the quality or reliability of the experimental studies with aspartame carried out by the GD Searle & Co. or by the contractors working under the direction of that firm. Since Mr. Wagoner of your Office has requested my comments in a very short period of time, I am expediting this letter to you now; however, I plan to send you in the very near future an additional communications where two other issues are discussed in some detail:- the problem with the brain tumors induced by aspartame and that the FDA's having set a very high (and, to my view, clearly dangerous) level of Acceptable Daily Intake, or ADI, for this particular food additive in the diet of humans.

"Finally, I wish to state here that, quite aside from my professional background as a scientist and speaking merely as an individual citizen, I am grateful for the concern you have had over the safety of aspartame for many years now; as such, I wish to thank you for having given me this opportunity of being of some service to you."

In a follow up letter to Metzenbaum, November 3, 1987 Dr. Gross states:

"It is impossible for anyone to appreciate just how a determination by the FDA that the G.D. Searle & Co. experimental studies with aspartame were of an unacceptable quality in 1976 can be metamorphosed several years later into a view by that same Agency that essentially the same studies were sufficiently reliable for anyone to assess that this food additive is "reasonably certain" to be safe for consumption by humans.

"Even if, contrary to the FDA's view in 1976, the quality of the conduct of those studies could be relied upon by the same agency to even begin making such a determination, at least one of those studies had reveled a highly significant dose-related increase in the incidence of brain tumors as a result of exposure to aspartame. The full incidence of those brain tumors was not disclosed by G.D. Searle & Co. to the FDA prior to the initial approval for the marketing of aspartame in 1974; moreover, the review of that study in the FDA was so flawed that the Agency apparently did not even realize that at the time, only a portion of the observations on brain tumors had in fact been submitted by G.D. Searle & Co. in their petition for that approval."
Dr. Morgan Raiford

"The above product is also manufactured as NutraSweet (Equal). This pharmacological spin-off is a highly profitable item, with a growing market. These products are used as a sweetener, some 200 times as sweet as regular cane sugar. This product has some highly toxic reactions in the human visual pathway, and we are beginning to observe the tragic damage to the Optic Nerve such as blindness, partial to total Optic Nerve Atrophy. Once this destructive process has developed there is no return of visual restoration. We are beginning to see and observe another toxic reaction which affects the central nervous system which is related to Phenylalanine Levels in the Central Nervous System. These observations are more vague, however, it stimulates the damaging to the brain and the central nervous system, having the manifestations as Pku Neuro Damage. Over 3000 cases have been reported and the FDA to date has ignored this existence."

Junk science by the doctors who are opposed to the use of aspartame in humans? The factual data above speaks volumes about junk science and the FDA’s relationship to the pharmaceutical industry.
Denial

Too many Americans are suffering from selective denial. If the FDA says something is safe, well, by golly it is! Think again...or perhaps that's no longer possible for many. America suffers from a mass case of infantilism. Road rage is one example and the response to the news item on aspartame is another. Children throwing fits when they don't get their way or when data comes across their radar screen that they disagree with or don't want to believe, they knee jerk with profane ridden e-mail and temper tantrums.

The FDA approves and then recalls drugs all the time – after humans have died or there are enough verifiable complaints of bad side effects: http://www.fda.gov/opacom/7alerts.html

Sometimes I wonder how civilization got past the world is flat and if you sail to the edge, the ship will fall off into space.

http://www.newswithviews.com/Devvy/kidd43.htm (Part 1)
http://www.newswithviews.com/Devvy/kidd42.htm (Part 2)