From: Ricky Loftin <ricky.loftin@yahoo.com>
Sent: Thursday, May 5, 2016 2:01 PM
To: katrinashealy@scsenate.gov; Creighton Coleman; MaryGail Douglas; Kathryn Richardson; Tom Rice; Haley, Nikki; Harris Pastides; Todd Rutherford; Lindsey Graham; James Clyburn; Tommy Ruffin; Cameron Runyan; marytinkler@schouse.gov; ronniesabb@scsenate.gov; John W. Matthews; robertbrown@schouse.gov; robertwilliams@schouse.gov; Kent M. Williams; Leah E. Holloway; mia@schouse.gov; lonniehosey@schouse.gov; leolarobinsonsimpson@schouse.gov; sethwhipper@schouse.gov; Mick Mulvaney; Marvin Quattlebaum; Steve Benjamin; Teresa B. Wilson; grace4u@the-harvest.org; harveypeeler@scsenate.gov; tomcorbin@scsenate.gov; darrelljackson@scsenate.gov; mlk4usc@hotmail.com; Darrell Jackson; Michael Thompson; bradhutto@scsenate.gov; Poncie Westberry; Lucas Snyder; Arnold Roberts; carolecollins@scsenate.gov; Kara Boyd; kennybingham@schouse.gov; Jack Abramoff
Subject: These products are approved by FDA and killing us with you'll not doing anything..... Medical Cannabis Heals and Cures Citizens!!

Aspartame: By Far the Most Dangerous Substance Added to Most Foods Today

February 28, 2015 By Admin
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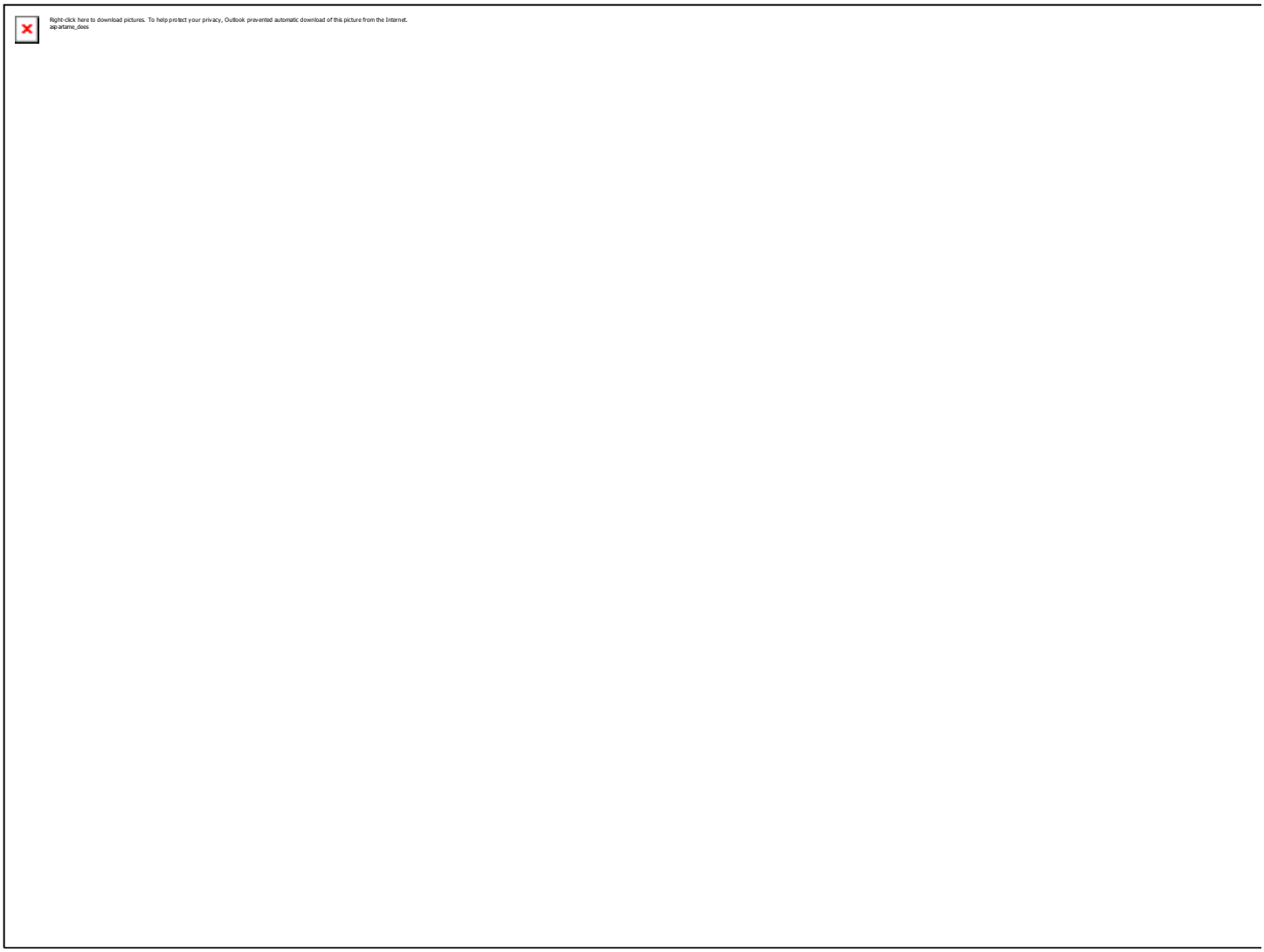

Aspartame is the technical name for the brand names NutraSweet, Equal, Spoonful, and Equal-Measure. It was discovered by accident in 1965 when James Schlatter, a chemist of G.D. Searle Company, was testing an anti-ulcer drug.

Aspartame was approved for dry goods in 1981 and for carbonated beverages in 1983. It was originally approved for dry goods on July 26, 1974, but objections filed by neuroscience researcher Dr. John W. Olney and consumer attorney James Turner in August 1974, as well as investigations of G.D. Searle's research practices caused the U.S. Food and Drug Administration (FDA) to put approval of aspartame on hold (December 5, 1974). In 1985, Monsanto purchased G.D. Searle and made Searle Pharmaceuticals and The NutraSweet Company separate subsidiaries.
Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious, including seizures and death. A few of the 90 different documented symptoms listed in the report as part of aspartame dangers are:

Headaches/ migraines	Dizziness	Seizures	Nausea	Numbness
Muscle spasms	Weight gain	Rashes	Depression	Fatigue

Irritability	Tachycardia	Insomnia	Vision problems	Hearing loss
Heart palpitations	Breathing difficulties	Anxiety attacks	Slurred speech	Loss of taste
Tinnitus	Vertigo	Memory loss	Joint pain	

According to researchers and physicians studying the adverse effects of aspartame, the following chronic illnesses can be triggered or worsened by ingesting of aspartame:

Brain tumors	Multiple sclerosis	Epilepsy	Chronic fatigue syndrome	Parkinson's disease
Alzheimer's	Mental retardation	Lymphoma	Birth defects	Fibromyalgia
Diabetes				

Aspartame is made up of three chemicals: aspartic acid, phenylalanine, and methanol. The book *Prescription for Nutritional Healing,* by James and Phyllis Balch lists aspartame under the category of "chemical poison." As you shall see, that is exactly what it is.

What Is Aspartame Made Of?

Aspartic Acid (40 percent of Aspartame)

Dr. Russell L. Blaylock, a professor of neurosurgery at the Medical University of Mississippi, recently published a book thoroughly detailing the damage that is caused by the ingestion of excessive aspartic acid from aspartame. Blaylock makes use of almost 500 scientific references to show how excess free excitatory amino acids such as aspartic acid and glutamic acid (about 99 percent of monosodium glutamate or MSG is glutamic acid) in our food supply are causing serious chronic neurological disorders and a myriad of other acute symptoms.

How Aspartate (and Glutamate) Cause Damage

Aspartate and glutamate act as neurotransmitters in the brain by facilitating the transmission of information from neuron to neuron. Too much aspartate or glutamate in the brain kills certain neurons by allowing the influx of too much calcium into the cells. This influx triggers excessive amounts of free radicals, which kill the cells. The neural cell damage that can be caused by excessive aspartate and glutamate is why they are referred to as "excitotoxins." They "excite" or stimulate the neural cells to death.

Aspartic acid is an amino acid. Taken in its free form (unbound to proteins), it significantly raises the blood plasma level of aspartate and glutamate. The excess aspartate and glutamate in the blood plasma shortly after ingesting aspartame or products with free glutamic acid (glutamate precursor) leads to a high level of those neurotransmitters in certain areas of the brain.

The blood brain barrier (BBB), which normally protects the brain from excess glutamate and aspartate as well as toxins, 1) is not fully developed during childhood, 2) does not fully protect all areas of the brain, 3) is damaged by

numerous chronic and acute conditions, and 4) allows seepage of excess glutamate and aspartate into the brain even when intact.
The excess glutamate and aspartate slowly begin to destroy neurons. The large majority (75 percent or more) of neural cells in a particular area of the brain are killed before any clinical symptoms of a chronic illness are noticed. A few of the many chronic illnesses that have been shown to be contributed to by long-term exposure to excitatory amino acid damage include:

Multiple sclerosis (MS)	Parkinson's disease
ALS	Hypoglycemia
Memory loss	AIDS
Hormonal problems	Dementia
Epilepsy	Brain lesions
Alzheimer's disease	Neuroendocrine disorders

The risk to infants, children, pregnant women, the elderly and persons with certain chronic health problems from excitotoxins are great. Even the Federation of American Societies for Experimental Biology (FASEB), which usually understates problems and mimics the FDA party-line, recently stated in a review that glutamic acid should be avoided by women of childbearing age.
Aspartic acid from aspartame has the same deleterious effects on the body as glutamic acid isolated from it's naturally protein-bound state, causing it to become a neurotoxin instead of a non-essential amino acid.
Aspartame in diet sodas, or aspartame in other liquid form are absorbed more quickly and have been shown to spike plasma levels of aspartic acid.
The exact mechanism of acute reactions to excess free glutamate and aspartate is currently being debated. As reported to the FDA, those reactions include:

Headaches/migraines	Fatigue (blocks sufficient glucose entry into brain)	Anxiety attacks
Nausea	Sleep problems	Depression
Abdominal pains	Vision problems	Asthma/chest tightness

One common complaint of persons suffering from the effect of aspartame is memory loss. Ironically, in 1987, G.D. Searle, the manufacturer of aspartame, undertook a search for a drug to combat memory loss caused by excitatory amino acid damage. Blaylock is one of many scientists and physicians who are concerned about excitatory amino acid damage caused by ingestion of aspartame and MSG.
A few of the many experts who have spoken out against the damage being caused by aspartate and glutamate include Adrienne Samuels, Ph.D., an experimental psychologist specializing in research design. Another is Olney, a professor in the department of psychiatry, School of Medicine, Washington University, a neuroscientist and researcher, and one of the world's foremost

authorities on excitotoxins. (He informed Searle in 1971 that aspartic acid caused holes in the brains of mice.)

Phenylalanine (50 percent of aspartame)

Phenylalanine is an amino acid normally found in the brain. Persons with the genetic disorder phenylketonuria (PKU) cannot metabolize phenylalanine. This leads to dangerously high levels of phenylalanine in the brain (sometimes lethal). It has been shown that ingesting aspartame, especially along with carbohydrates, can lead to excess levels of phenylalanine in the brain even in persons who do not have PKU.