

# **Is Aspartame Killing You Sweetly - Better Health**

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## **Is Aspartame Safe for Diabetics?**

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[http://www.newsmaxhealth.com/dr\\_brownstein/Aspartame\\_Diabetics/2011/04/18/385347.html?s=al&promo\\_code=C216-1](http://www.newsmaxhealth.com/dr_brownstein/Aspartame_Diabetics/2011/04/18/385347.html?s=al&promo_code=C216-1)

**Question:** I am a diabetic. Is it safe for me to use the artificial sweetener aspartame?

Dr. Brownstein's Answer:

The most common artificial sweetener used is aspartame, sold under the brand names **NutraSweet and Equal**. It is **added to more than 6,000 foods and many pharmaceuticals**, including many **children's liquid medications**.

Our experiences show that consuming large amounts of aspartame may actually cause many **health problems**, including obesity. We have found that it is **very difficult for people to lose weight** if they are consuming large amounts of aspartame. In addition, there are **many neurological and immune system disorders exacerbated by aspartame**.

**Aspartame should not be used in any amount and should be avoided.**

Astoundingly, Big Pharma claims that because aspartame has no calories, it is therefore an appropriate dietary supplement for diabetics. **Nothing could be further from the truth.**

**Aspartame is particularly toxic for diabetics because it disrupts the body's normal response to glucose, which is to cause the pancreas to release insulin.**

The main symptom of diabetes is high blood sugar due to the body's inadequate production or utilization of insulin.

Therefore, **aspartame is doing exactly the opposite of what diabetics need.**

Unfortunately, even the American Diabetic Association has fallen for this propaganda, and has accepted the idea that aspartame is a suitable sugar substitute for diabetics.

The bottom line: **Aspartame is not safe for diabetics or anyone else.**

**All sources of aspartame sweetener need to be Avoided.**

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