

# Supermarket Shelf Poisons - Better Health

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## HEALTH WARNING

### Supermarket Shelf Poisons:

Anybody that takes Vitamin C (and most people should) should avoid the following Soft drinks: Sunkist, Fanta, Diet Coke, Sprite, & Pepsi Max.



These drinks contain Sodium Benzoate, 211 on the label. A chemical reaction between Vitamin C and Sodium Benzoate creates Benzene which is a highly carcinogenic chemical.

Benzene has the ability to severely damage the DNA in the Mitochondria to the point that it totally inactivates it, knocks it out altogether. The Mitochondria consumes Oxygen to give you energy, and if you damage it, then the cell starts to malfunction very seriously, often fatally. A whole array of Diseases has been tied to the damage to the DNA, including Parkinson's Disease and quite a lot of Neuro-Degenerative Diseases.



This is a follow-up of all the TV stations' stories on Mentos and Diet Coke. Don't mix these two either; they cause a chemical reaction (explosion) in the stomach. It's not only Mentos but also any Mint products: Mint Life Savers, Tic Tac's, Cool Mint's, etc. The Mint is not the culprit here but the Aspartame in the Diet Drinks, 951 on the label. Also avoid 950 Acelsultame F (same thing). Aspartame poisoning has been scientifically linked to 92 Symptoms of Disease ... Still going to drink your Diet Drinks?



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Most European countries have forbidden the importation and use in their Country of Aspartame including all makes of Saccharin, example Equal, Nutra-Sweet, Spoonful & all diet drinks, including 6,000 consumer good's and beverages sold on supermarket shelves. This ban affect's all use of this product in any type of consumable and infringement will carry penalties that go from 9,000 Euros to 90,000 Euros.

Mexico is also considering banning all 6,000 products of Aspartame on its supermarket shelves. In Mexico Aspartame is known as Rumsfeld's Disease, after George Bush's mate Donald Rumsfeld. The Nutra-Sweet company and Searle are owned by Monsanto who appointed Rumsfeld as their General Manager so they could use his clout with Parliament to get this deadly poison passed by the FDA and boost their sales of Aspartame products.



Avoid all toothpastes made in China, especially Colgate as they contain Ethylene Glycol. This is an anti-freezing agent, highly toxic and even fatal -- it destroys the liver, kidneys, lungs, blood cells, heart and the nervous system. It is also in some mouth washes, make-up, aftershaves, baby powder and wipes, shampoos, and deodorants.



Avoid Smarties - they contain almost every toxic artificial colour on the market. The worst are 102 and 104, and the worst of all is 110 (carcinogenic), 124 (undesirable), 128 (extreme caution). 129, 131 and 133 are also carcinogenic.

To top it off Smarties are not even made of chocolate. Neither are Tim Tams. Synthetic chocolate has no nutritional value whatsoever.

Read your food labels. It may one day save your life.

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I too had several health issues with Pepsi Max. And also, the book I'm reading now called "Take Control of Your Health and Escape the Sickness Industry" by Elaine Hollingsworth (ex Hollywood movie star now in her 70's) writes this article about what really happen to the Actor "Michael J Fox."

"Inside Hollywood"

There has been much speculation about the cause of the Parkinson's disease suffered by actor Michael J Fox, but the star's addiction to Diet Pepsi (which contains ASPARTAME) is no secret.

One cast member who worked with Fox said he drank at least 12 cans a day. I have no way of knowing if that is true, since I haven't spoken with him. I do know, however, from my own Hollywood days, that whenever a Celebrity endorses a product, he or she is provided with an unlimited supply, and if there is a movie or TV show involved, cases are sent each week.

Given Michael's longstanding commercial endorsement of Diet Pepsi, it's hardly surprising that not only is he himself now a victim of the neurological disease, but that several crew members who reported as suffering the same terrible afflictions.

PepsiCo, Monsanto and their partners-in-crime have a lot to answer for.

## ASPARTAME FOUND TO CAUSE BREAST CANCER, LEUKEMIA AND LYMPHOMAS

A new study on aspartame reveals that aspartame causes a dose-dependent increase in cancers (lymphomas, leukemias and breast cancers) when consumed at levels approaching those consumed by humans in diet soft drinks. This is the second study conducted by the Ramizzini Foundation documenting the cancer-causing effects of aspartame in animals.

Following the publication of this Italian study, the U.S. Food and Drug Administration issued a statement flatly denying aspartame poses any safety risk whatsoever, rejecting the idea that its safety or approval as a food ingredient should be reviewed at all.

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Aspartame is so dangerous: When the temperature of this sweetener exceeds 86 degrees F, the wood alcohol in ASPARTAME converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. Formic acid is the poison found in the sting of fire ants.

The methanol toxicity mimics, among other conditions, multiple sclerosis and systemic lupus.

Many people were being diagnosed in error. Although multiple sclerosis is not a death sentence, Methanol toxicity is! Systemic lupus has become almost as rampant as multiple sclerosis, especially with Diet Coke and Diet Pepsi drinkers.

The victim usually does not know that the Aspartame is the culprit. He or she continues its use; irritating the lupus to such a degree that it may become a life-threatening condition. We have seen patients with systemic lupus become asymptotic, once taken off diet sodas. In cases of those diagnosed with Multiple Sclerosis, most of the symptoms disappear. We've seen many cases where vision loss returned and hearing loss improved markedly. This also applies to cases of tinnitus and fibromyalgia.

'If you are using ASPARTAME (Nutra Sweet, Equal, Spoonful, etc) and you suffer from fibromyalgia symptoms, spasms, shooting, pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, unexplainable depression, anxiety attacks, slurred speech, blurred vision, or memory loss you probably have ASPARTAME poisoning!'

Aspartame is especially dangerous for diabetics. We found that some physicians, who believed that they had a patient with retinopathy, in fact, had symptoms caused by Aspartame. The Aspartame drives the blood sugar out of control.

So diabetics may suffer acute memory loss due to the fact that aspartic acid and phenylalanine are NEUROTOXIC when taken without the other amino acids necessary for a good balance. Treating diabetes is all about BALANCE.

Especially with diabetics, the Aspartame passes the blood/brain barrier and it then deteriorates the neurons of the brain; causing various levels of brain damage, seizures, depression, manic depression, panic attacks, rage and uncontrollable anger.

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Consumption of Aspartame causes these same symptoms in non-diabetics as well. Documentation and observation also reveal that thousands of children diagnosed with ADD and ADHD have had complete turnarounds in their behavior when these chemicals have been removed from their diet. So called 'behavior modification prescription drugs' (Ritalin and others) are no longer needed. Truth be told, they were never NEEDED in the first place! Most of these children were being 'poisoned' on a daily basis with the very foods that were 'better for them than sugar.'

Please note this very serious point: Dr. Roberts warns that it can cause birth defects, i.e. mental retardation, if taken at the time of conception and during early pregnancy. Children are especially at risk for neurological disorders and should NEVER be given artificial sweeteners. There are many different case histories to relate of children suffering grand mal seizures and other neurological disturbances talking about a plague of neurological diseases directly caused by the use of this deadly poison.'

There are now over 5,000 products on the market that contain this deadly chemical and there will be thousands more introduced. Everybody wants a 'piece of the Aspartame pie.' I assure you that MONSANTO, the creator of Aspartame, knows how poisonous it is'.

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<http://www.sweetremedy.tv/>

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