

The Increasing Violence in our Communities

by
John T. Linnell

We hear more and more in the media about the ever increasing incidents of violence, be it Road Rage, School Violence or Domestic Arguments etc, but never has anyone come up with a connection between them or reason(s) for it that I have seen.

There is a very strong connection that our governments fail to tell us about, the artificial sweetener aspartame, which among other numerous effects alters the serotonin levels of the body which, in itself, can cause numerous undesirable results, among which is the **increased tendency to violence**. (1)(2)

Aspartame, like it or not is a poison consisting of 50% phenylalanine, 40% aspartic acid and 10% methanol. It was once listed by the Pentagon as a Chemical Warfare agent. (3)

Phenylalanine easily enters the brain, where it is transformed into neurotransmitters that can interfere with normal brain function. It also breaks down into diketopiperazine, a tumour agent. It is also a teratogen causing birth defects and miscarriages. (4)

Aspartic acid acts as an "excitatory" neurotransmitter, or chemical messenger, in the brain, stimulating neurons to fire and stimulating them to death. (4)(5)

Methanol (wood alcohol, a deadly metabolic poison) converts in the body to formaldehyde and formic acid, both of which attack all the organs of the body and the CNS (Central nervous system) and can literally alter ones DNA. It is almost impossible to remove, 50% lodges in the liver, 30% in the kidneys and the balance in the fatty tissues. (6)(7)

A huge section of the population is drinking and eating so called diet products containing this poison. It's in over 10,000 items in the stores and in many products hidden in artificial flavourings etc. No one is immune to it's effects whether noticeable or not at the time, but it is cumulative. The formaldehyde remains in your body virtually pre embalming you.

Get rid of those ailments the doctors can't find reasons for. Stop all intake of aspartame for 6 weeks. You may just join the thousands of us that have quit it and got well, sometimes in days. I know from personal experience. I am a victim of aspartame poisoning. For more information see www.aspartame.ca which lists the 92 ailments and diseases cause by aspartame, and admitted to by the FDA and read what it did to me.

(John T. Linnell is Managing Director of Mission Possible Canada, a volunteer organization dedicated to disseminating the truth about aspartame. He is a retired police officer and electrical engineer and a victim of aspartame poisoning which has nearly killed him.)

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References

(1) Dr. Blaylock in his interview on Mission Possible Radio (transcript on www.dorway.com) has explained that aspartame triggers ADD. He has also said that many people in mental hospitals today are simply victims of aspartame. The phenylalanine in aspartame lowers the seizure threshold of the brain and lowers serotonin. Lowered serotonin triggers manic depression, anxiety, panic attacks, suicidal tendencies, rage, paranoia, etc.

(2) Time Magazine Canadian Edition Sept 29/1997 Page 60 para 2.

In 1979 psychiatrist Frederick Goodwin, now at George Washington University, discovered that Navy enlisted men with low levels of serotonin byproducts often had a history of aggression. Subsequent studies discovered similar evidence in Marines discharged for excessive violence, in people who became violent after drinking alcohol and in children who tortured animals.

(3) WORLD ENVIRONMENTAL CONFERENCE & MULTIPLE SCLEROSIS Betty Martini

Date: Sat, 9 Dec 1995 08:53:57 EST

Subject: Aspartame linked to Multiple Sclerosis.

"When you think of NutraSweet remember it is not a food additive but a deadly drug. It was listed by the Pentagon as a Chemical Warfare agent. Put it in the class with cyanide and arsenic - POISONS!"

(4) Dr. Whitaker. The following extract was taken from Dr. Whitaker's March 2000 vol. 12 No. 3.

Aspartame is comprised of two amino acids, aspartic acid and phenylalanine. Aspartic acid acts as an "excitatory" neurotransmitter, or chemical messenger, in the brain, stimulating neurons to fire. Problems can arise when aspartic acid is out of balance with "inhibitory" amino acids that calm things down. Phenylalanine also easily enters the brain, where it is transformed into neurotransmitters that can further interfere with normal brain function.

This is a likely reason why aspartame lowers the threshold for seizures, mood disorders, and other nervous system problems. This altered brain chemistry may also be responsible for the addictive nature of aspartame. Some patients report that getting off diet soda takes more willpower than giving up cigarettes!

(5) Russell L. Blaylock, M.D. Excitotoxins, Neurodegeneration and Neurodevelopment

Dr. Blaylock said in a paper on www.dorway.com titled: "Not Just Another Scare: Toxin Additives in Your Food and Drink", on the last page: "A recent study has demonstrated that aspartame feeding to animals results in an accumulation of formaldehyde within the cells, with evidence of significant damage to cellular proteins and DNA. In fact, the formaldehyde accumulated with prolonged use of aspartame. With this damning evidence, one would have to be suicidal to continue the use of a aspartame sweetened foods, drinks and medicines. The use of foods containing excitotoxin additives is especially harmful to the unborn and small children."

(6) TROCHO The Trocho Study shows the formaldehyde accumulates in the cells and damages DNA
Trocho C et al, June 26 1998, Life Sci, 63(5), 337-349. Full can be found on
http://www.aspartame.ca/page_a14.html

(7) George R. Schwartz, M.D. NutraSweet and Breast and other Cancers

Cytogenetic effects (changes in DNA) have been shown to result from formaldehyde exposure.

See article at http://www.aspartame.ca/page_a5.html

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