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ARE OUR CHILDREN BEING INNOCENTLY POISONED?

We have often heard that artificial sweetener and certain food additives such as **Monosodium Glutamate (MSG)** are bad for our health but has much of this information actually made a difference to how we feed our children?

I would like to draw your attention in particular to a deadly chemical that is widely available in unlimited amounts in products - including products that are specifically aimed at children, and more importantly are very widely used by playgroups, parents, schools and nurseries under the false belief that it is actually good for children.

There is to date NO artificial sweetener that is actually proven to be safe to consume. In fact many have been proven to cause tumours and cancer with prolonged usage. The dangers of small amounts of these additives used in controlled amounts may be considered safe by the FDA, but the fact that sweeteners are now included in the ingredients of so many foods including health foods and drinks means that it will accumulate in our system and build up to levels that are harmful, especially to children, pregnant and nursing Mums and those with compromised immunity.

Sucralose has been linked to obesity, aborted pregnancies, anaemia, increased sugar cravings, digestive problems/conditions, migraines and seizures. **Acesulfame K** has been linked to kidney tumours, although is usually not found on its own but part of a toxic sweetener blend. However the most dangerous sweetener of all and the one I will concentrate on is **Aspartame**.

To first understand why Aspartame is on the market and in our foods, it is necessary to understand who it got there in the first place. 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). On January 21, 1981, the day after Ronald Reagan's inauguration, Donald Rumsfeld, the CEO of Searle and the main financier to Ronald Reagan's election campaign, re-applied to the FDA for approval to use aspartame as a food sweetener. Reagan's new FDA commissioner, Arthur Hayes Hull, Jr., saw that it became approved. 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 and are detailed in the following pages.

With the backing of such a large and powerful (and corrupt) corporation such as Monsanto, there is very little we can do to take this dangerous substance off the market. However what we can do is spread awareness to people so they can decide whether to keep buying and feeding this to themselves and their families. The more these items are left on the shelf of supermarkets, maybe the message will get through that we do not want to have this poison in our food chain.

We feel it is imperative that products containing sweetener and especially aspartame are not given to our children by establishments such as schools, nurseries and playgroups where the parents have no control over what is given to their children during the times when they are there.