

Do you suffer from...

- nausea
- depressed mood
- memory impairment
- irritability
- poor concentration
- dizziness
- seizures
- visual impairment
- headaches
- weight gain
- insomnia
- mood swings
- muscle cramping
- anxiety & or panic attacks

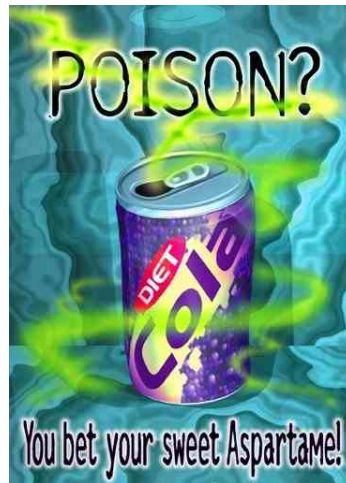


Synthetic Sugars Have Bitter Repercussions

Many people attempt to avoid sugar by using sugar substitutes such as aspartame, which is sold under the names Nutra Sweet®, Equal®, Spoonful® and Canderol®. Aspartame can be found in more than 3,000 foods, including most diet foods, diet sodas – even toothpaste!

Originally put on the market and then “reintroduced” in 1981 as a sweetener, aspartame was legalized amid controversy regarding the capacity to alter brain hormone balances. Aspartame is a combination of 3 substances, the amino acid phenylalanine, aspartic acid and methanol. **Phenylalanine** lowers or blocks production of serotonin, a chemical that sends messages from the brain. This blockage is the potential cause of carbohydrate cravings, PMS symptoms, insomnia and mood swings. **Methanol**, another component of aspartame is a known neurotoxin, which breaks down into formaldehyde. (The FDA has never established safe levels of formaldehyde that can be safely consumed by humans.) Formaldehyde is a highly reactive chemical that is damaging to the hereditary substances in the cells.

Dr. John Olney, world expert on neurological effects of **aspartic acid**, speaks out against the third component of aspartame. One of the original ‘whistleblowers’, he was featured at a Washington press conference announcing his findings of a 10% increase in the rate of brain tumors since the introduction of aspartame by the FDA.



James Bowen, M.D., author of **Billions of People are Now Aspartame Victims** told the FDA “Every known metabolite of aspartame is of marked or questionable toxicity and patently unsafe for human use.” In **Aspartame Murders Infants** he states, “At every point in the fertility process aspartame destroys... it ruins female sexual response and induces male sexual dysfunction.” Dr. Bowen also believes it disrupts

fetal development by aborting it or inducing defects that damage DNA, cursing future generations.

So despite more than 6,000 complaints and 93 symptoms that are attributed to aspartame use, (including dizziness, depression, memory impairment, anxiety and panic attacks) it is still legal. When originally introduced in the ‘70s, it was deemed dangerous and taken off the market by the FDA due to the controversy regarding the tumors it caused in laboratory animals. However, a few internal personnel changes by the FDA later and aspartame was given the go-ahead in 1981.

You see, the diet industry is worth trillions to corporations. It is not just the sale of those little packets on a restaurant table, it’s the addition of trademarked artificial sweeteners in thousands of products sold internationally. This was the first in the long line of diet crazes that started in the ‘80s. Lately it has been the ever lessening low-carb craze. Before that it was fat and everything was sold low-fat, non-fat and reduced fat. And before that it was calories from sugar. Hence the industry of artificial sweeteners was born. We just **Continued on page 2.**

“Splenda® no-calorie sweetener is made from sugar, so it tastes like sugar”



Splenda® is **NOT** natural and does not taste like sugar. It *is* non-caloric and *is* about 600 times sweeter than sucrose. However, using “ose” in the word sucralose creates the illusion that it is natural like sucrose (the name table sugar goes by.) Johnson & Johnson’s McNeil Nutritionals (Splenda®) is being slapped with a number of lawsuits accusing the company of false advertising by deceiving buyers into believing it is a natural product.

The sweetness in Splenda® is derived from a chlorocarbon chemical that contains 3 atoms of chlorine in every one of its molecules. These chlorocarbons have long been famous for causing organ, genetic and reproductive damage. In fact, it has been shown to cause up to 40% shrinkage of the thymus, a gland that is the very foundation of our immune system. It also causes swelling of the liver and kidneys and calcification of the kidneys.

Research in animals has shown sucralose has caused many problems in rats, mice and rabbits such as:

- **shrunk thymus glands**
- **enlarged liver and kidneys**
- **increased cecal weight**
- **reduced growth rate**
- **decreased red blood cell count**
- **hyperplasia of the pelvis**
- **extension of pregnancy**
- **aborted pregnancy**
- **diarrhea**
- **seizures**
- **decreased fetal body weight and placental weights**
- **atrophy of lymph follicles in spleen and thymus**

And this product is sold in health food stores and manufactured by nutritionally oriented companies!

“These chlorocarbons have long been famous for causing organ, genetic and reproductive damage.”

Continued from page 1

have to remember that even though we can eat a version of virtually everything without fat, sugar or carbs, Americans especially are still gaining weight at a rapid rate.

Putting our health in the hands of government agencies is dubious at best. Many instances of people leaving the FDA to work for companies that are in the market of developing / selling artificial sweeteners leave us to wonder if

there isn’t an obvious conflict of interest at hand. It may be prudent to look up the racketeering lawsuit filed 9/15/04 by the National Justice League against Nutra Sweet®, Monsanto, American Diabetes Association and Dr. Robert H. Moser, former FDA commissioner to see what trouble these conflicts of interest cause. Plaintiffs maintain that this litigation will prove how deadly the chemical sweetener aspartame is, when it is consumed by humans.

This article only scratches the surface of the information, research and FDA activity available on aspartame. To read more about what happens when you ingest artificial sweeteners, look up:
www.aspartamesafety.com
www.sdadefend.com/Aspartame-racket.htm
www.shirleys-wellness-cafe.com/nutraswt.htm

You Have A Choice!

Alternatives to artificial sweetener are raw, unfiltered honey, maple syrup, date sugar or palm sugar. (Palm sugar is available in Asian stores and is delicious.) These natural sugars contain important minerals, trace minerals and vitamins.



Stevia Plant

Another all-natural product is the non-

caloric herb Stevia. Since the passage of the Dietary Supplement Health and Education Act (DSHEA), stevia can be sold legally in the United States, but only as a "dietary supplement." Even so, it can be found in many forms in most health-food stores, and is also incorporated into drinks, teas and other items (all labeled as

"dietary supplements"). It cannot, however, be called a "sweetener" or even referred to as "sweet." This is a point of much contention with those in the food industry who would rather use an all-natural herb in their product instead of a dangerous man-made chemical substance. **For more information on Stevia, look up www.stevia.net.**



Natural Choice Products uses NO added sugars or artificial sweeteners. Stevia, an all natural dietary supplement is added to the Vanilla and Chocolate Nutritional Essentials. It is a great tasting, low calorie way to obtain good oils, protein and much needed essential fatty acids.

September Conference Call!

Conference Calls Are Back!
Won't You Join Us?

Date: Tuesday, Sept 13th
Time: 6:00 PM MST

Special Guests : **Mary Nash Stoddard** and **Gene Blasingame**

Aspartame: The Deadly Poison!

Call Today to reserve your spot
on the call
800-626-5143

Conference Calls
Are Back!!!



Mary Nash Stoddard



Responsible for taking the anti-aspartame campaign international in 1987, following the brain tumor death in 1985 of her forty-two year old husband.

Stoddard went on to expose the massive hidden epidemic of aspartame related disease and government cover-up, using her skills as a former broadcast journalist and member of the Texas Radio Hall of Fame. Thousands of serious adverse reactions fill her organizations database files. She gave testimony at the Senate Hearing on Aspartame Safety, November, 1987.

For More information on Mary Nash Stoddard please [click here](#).



**Call today to reserve
your spot!
1-800-626-5143**

Obesity: The Deadly Epidemic



More and more Americans are becoming overweight or obese. About 64 percent of all American adults now are either over-

weight or obese, compared with 56 percent in 1994. Did you know that the United States Center for Disease Control and Prevention (CDC) has declared the obesity crisis an epidemic with 400,000 deaths per year associated with being overweight?

People who are overweight or seriously overweight have excess amounts of body fat that can endanger their health.

Overweight People are:

- 50% more likely to develop heart disease (obese: up to 100%)
- Up to 360% more likely to develop diabetes (obese: up to 1,020%)
- 16% more likely to die of a first heart attack (obese: up to 49%)
- Roughly 50% more likely to have a total cholesterol above 250 (obese: up to 120%)
- 50% more likely to have erectile dysfunction (obese: up to 200%)
- 14% less attractive to the opposite sex (obese: up to 43%)
- Likely to stay 19% longer in the hospital (obese: up to 49%)
- 20% more likely to have asthma (obese: up to 50%)
- Up to 31% more likely to die of any cause (obese: up to 62%)
- 19% more likely to die in a car crash (obese: up to 37%)
- 120% more likely to develop stomach cancer (obese: up to 330%)
- Up to 90% more likely to develop gallstones (obese: up to 150%)
- 590% more likely to develop esophageal cancer (obese: up to 1,520%)
- 35% more likely to develop kidney cancer (obese: up to 70%)
- 14% more likely to have osteoarthritis

(obese: up to 34%)
70% more likely to develop high blood pressure (obese: up to 170%)

Trying to lose weight with **artificially sweetened** diet foods may be self defeating, especially because the phenylalaline contained in aspartame has a carb-craving effect. When our bodies feel unfed, these cravings can cause you to reach for foods that are usually just a quick fix, something to make you feel full and fed right away. **Nutritional Essentials** is a great way to give your body sound nutrition combined with great taste that helps you to continue your weight loss protocol.

Look up our weight loss protocol on our www.1inhealth.com website. In addition to adding nutrition and superior digestion, check out our **Metabolic Accelerator** formula. Utilize stored fat while simultaneously raising your metabolic rate. This lipotropic formula contains high amounts of the fat-eating enzyme **Lipase**. It keeps you energized and helps you curb carb cravings. With nutritional support and a sense of feeling well-fed, you can see how to more realistically reach your weight loss goals.



Metabolic Accelerator
90 count- \$19.00
360 count—\$73.00

Lipase. It keeps you energized and helps you curb carb cravings. With nutritional support and a sense of feeling well-fed, you can see how to more realistically reach your weight loss goals.



Lipase
100 count \$20.00

Michele Solano talking about NCP's Metabolic Accelerator

"Within the first week I had a slight but noticeable sense of physical well-being. Within three weeks, the effect was pronounced and unmistakable. I noticed an increasing sense of balance, centeredness, energy and reduction in irritability."

Look up testimonials at www.1inhealth.com to see what these amazing products have done for others!



September 2005 Special!

Buy:

- 1- Ez-Pro Whey Protein \$53.00
- 1- Nutritional Essential \$25.00 or \$28.50
(Chocolate, Vanilla, Regular or Vegesential)
- 1- Superfood Supplement 360 count \$46.00

Buy these
three items...



Receive:

- 1- Vitamin Mineral/Enzyme Complex
100 count **FREE!**

A \$22.00 value FREE!!!

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Enzyme Complex!



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