

Source: <http://www.sweetpoison.com/aspartame-side-effects.html>

Aspartame Side Effects

The components of aspartame can lead to a number of health problems, as you have read. Side effects can occur gradually, can be immediate, or can be acute reactions. According to Lendon Smith, M.D. there is an enormous population suffering from side effects associated with aspartame, yet have no idea why drugs, supplements and herbs don't relieve their symptoms. Then, there are users who don't 'appear' to suffer immediate reactions at all. Even these individuals are susceptible to the long-term damage caused by excitatory amino acids, phenylalanine, methanol, and DKP.

Adverse reactions and side effects of aspartame include:

Eye

- blindness in one or both eyes
- decreased vision and/or other eye problems such as: blurring, bright flashes, squiggly lines, tunnel vision, decreased night vision
- pain in one or both eyes
- decreased tears
- trouble with contact lenses
- bulging eyes

Ear

- tinnitus - ringing or buzzing sound
- severe intolerance of noise
- marked hearing impairment

Neurologic

- epileptic seizures
- headaches, migraines and (some severe)
- dizziness, unsteadiness, both
- confusion, memory loss, both
- severe drowsiness and sleepiness
- severe tremors
- paresthesia or numbness of the limbs
- severe slurring of speech
- severe hyperactivity and restless legs
- atypical facial pain

Psychological/Psychiatric

- severe depression
- irritability
- aggression
- anxiety
- personality changes
- insomnia
- phobias

Chest

- palpitations, tachycardia
- shortness of breathe
- recent high blood pressure

Gastrointestinal

- nausea
- diarrhea, sometimes with blood in stools
- abdominal pain
- pain when swallowing

Skin and Allergies

- itching without a rash
- lip and mouth reactions
- hives
- aggravated respiratory allergies such as asthma

Endocrine and Metabolic

- loss of control of diabetes
- menstrual changes
- marked thinning or loss of hair
- marked weight loss
- gradual weight gain
- aggravated low blood sugar (hypoglycemia)
- severe PMS

Other

- frequency of voiding and burning during urination
- excessive thirst, fluid retention, leg swelling, and bloating
- increased susceptibility to infection

Additional Symptoms of Aspartame Toxicity include the most critical symptoms of all:

- death
- irreversible brain damage
- birth defects, including mental retardation
- peptic ulcers
- aspartame addiction and increased craving for sweets
- hyperactivity in children
- severe depression
- aggressive behaviour
- suicidal tendencies

Aspartame may trigger, mimic, or cause the following illnesses:

- Chronic Fatigue Syndrome
- Epstein-Barr
- Post-Polio Syndrome
- Lyme Disease
- Grave's Disease
- Meniere's Disease
- Alzheimer's Disease
- ALS
- Epilepsy
- Multiple Sclerosis (MS)
- EMS
- Hypothyroidism
- Mercury sensitivity from Amalgam fillings
- Fibromyalgia
- Lupus
- non-Hodgkin's Lymphoma
- Attention Deficit Disorder (ADD)

These are not allergies or sensitivities, but diseases and disease syndromes. Aspartame poisoning is commonly misdiagnosed because aspartame symptoms mock textbook 'disease' symptoms, such as Grave's Disease.

Aspartame changes the ratio of amino acids in the blood, blocking or lowering the levels of serotonin, tyrosine, dopamine, norepinephrine, and adrenaline. Therefore, it is typical that aspartame symptoms cannot be detected in lab tests and on x-rays. Textbook disorders and diseases may actually be a toxic load as a result of aspartame poisoning.

Ever gone to the doctor with real, physical symptoms, but he/she can't find the cause? Well, it's probably your diet, your environment, or both.