

## THE TOP TEN WORST SOURCES OF ASPARTAME

(NaturalNews) Millions of Americans still have no idea that many of the beverages and foods they eat on a regular basis *are contaminated with a neurotoxin posing as a sugar substitute*. So to help raise awareness about the pervasive presence of toxic aspartame in the American food supply, **Mike Adams, the Health Ranger**, has released a helpful infographic that identifies the top ten worst sources of aspartame. The infographic highlights the use of aspartame in chewing gums, tabletop sweeteners, flavored water products, sugar-free foods and beverages, diet sodas, drink flavoring products, cooking sauces, children's medicines, yogurts, and cereals. And while these are not the only sources of aspartame in the food supply, they are among the most common.

You can view this aspartame infographic here at: <http://www.naturalnews.com>



You can also learn more about the dangers of aspartame by watching this powerful interview between Mike Adams and Dr. Russell Blaylock, the foremost authority on aspartame and other excitotoxic additives at: [www.naturalnews.com/v.asp?v=8C501468CA914ABEE2D9395667D5F200](http://www.naturalnews.com/v.asp?v=8C501468CA914ABEE2D9395667D5F200)

*"At every point in the fertility process aspartame destroys; beginning with the gleam in Mom and Pop's eyes. It ruins female sexual response and induces male sexual dysfunction," wrote Dr. James Bowen, a neurologist and chemist. Beyond this, aspartame disrupts fetal development by aborting it or inducing defects. And if a live child is born aspartame may have heinously damaged the DNA of the baby, cursing future generations."*

This is just *one of the many side effects of consuming aspartame*, of course, but it is one of the most serious. Millions of people think that using aspartame instead of sugar will help them safely lose weight, *when in fact aspartame is far more harmful than even processed sugars like high-fructose corn syrup (HFCS)*.

*"Both amino acids in aspartame freely enter the arcuate nucleus (at low dose), cause inappropriate release of hormones, and at high dose actually destroy these regulatory neurons," says Dr. Madelon Price, another aspartame expert. "This is why sexual dysfunction is associated with aspartame."*

Contrary to the claims made by *the U.S. Food and Drug Administration (FDA) and others* that aspartame is safe, a wealth of independent research has verified that *aspartame is linked to causing autism spectrum disorders, neurological problems, birth defects, and gastrointestinal problems, among other things* (<http://www.dorway.com/doctors.html>).

You can learn more about the dangers of aspartame by visiting: <http://www.naturalnews.com/aspartame.html>