

## **Aspartame**

Dangers of Aspartame what do you do to protect your families? Remove diet products containing Aspartame from our homes and our schools.

The methanol contained in the diet soda produced in many countries of the world is dangerous. It comes from the artificial sweetener Aspartame. There is no safe level of consumption of methanol as there are with other less poisonous substances that can occasionally find their way into our foods.

Methanol is particularly dangerous to humans, more so than any other animal.

When humans consume low doses of methanol it is metabolized directly into formaldehyde which is a cancer producing agent of the same level of danger as asbestos and plutonium. This conversion does not all happen in the Liver, a common misconception, but also in the brain and a woman's breast. It is my belief that diet soda has contributed to the rise of breast cancer and multiple sclerosis that has been preceded by the use of Aspartame as a food ingredient in every country that has allowed its use.

If you are concerned about the health and wellbeing of your family and yourself it is best to stay alert and get the best advice available.

I have found over the many years that I have taught as a research professor at University that there are indeed times when a perfectly good food or food additive is unjustifiably maligned in the popular press or even by well-meaning scientists that are mistaken.

My entire professional career has been devoted to studying and evaluating food ingredients for use in formulations for health care food products such as hospital tube feedings and the like.

I will admit that my standards are high due to the compromised nature of the end user of these complex foods. The point is that I am eminently qualified to research the chemistry and toxicology of these ingredients.

Another important point that must be brought up is bias; I do not work for any food company and am, in fact, retired. Therefore my allegiance is to the facts and only the facts. My concerns are for the public health and more specifically the health of my friends and students.

At my age and with my limited resources I must pick my battles carefully. When I tell you something is harmful it would be wise for you to take me at my word and avoid that substance as if it were a matter of life or death.

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