

Artificial Sweetener Disease

It's effecting tens of thousands of people in the US, maybe many many more.



By Dan Young



ARTIFICIAL SWEETENER DISEASE

Artificial Sweetener Disease (ASD) is affecting tens of thousands of people in the US, maybe many many more. Western medicine calls it anything but what it really is; as a result, doctors can prescribe expensive pharmaceuticals instead of getting to the root of the problem.

Symptoms can be recurring headaches, unbearable migraines, depression, anxiety, muscle pain, arthritis flare ups, buzzing or ringing in the ears, chronic fatigue, fibromyalgia, irritable bowel syndrome (IBS), Crohn's disease, inflammation and even acid reflux.

The symptoms of ASD can change overnight, depending on how much and which ones of the chemical sweetener you consume. Some combinations are especially toxic. Consumers can go from a migraine headache to vomiting or from vision problems to an upset stomach. Many people experience central nervous system disorders, cramping, nervous twitches and abnormal reflexes.

It is **not a coincidence** that a wave of fibromyalgia cases hit the American troops during the Gulf War. Studies revealed that drinking diet sodas in the 120 degree heat led to serious health repercussions. It was cleverly chalked up under the umbrella term "Gulf War Syndrome," but the same problems are occurring for troops in Iraq and Afghanistan now.

It is also no coincidence that 4 out of 5 fibromyalgia cases affect women, who are more likely to eat diet foods and consume diet drinks than men. Nearly all chewing gum and breath mints are loaded with artificial sweeteners.

The popular saying that "there's not enough artificial sweetener in any specific product to cause health concerns" is a lie, especially now that in 2012 there are synthetic sweeteners in over 25% of all food, drink, gum and candy available. This cumulative effect has created ASD, and thanks to little or no regulation of chemical agents in food, it's not going away any time soon.

NO CURE

There is no prescription drug and there never will be one, that cures the problems that artificial sweeteners

create. In fact, over 70 percent of reported cases of fibromyalgia, chronic depression, IBS and acid reflux are caused by consuming chemical agents which have been approved by the FDA for consumption.

Cancer may be the distant, long term result of consuming chemicals, but ASD is the short term consequence, and it is very serious. If you look to prescription drugs to cure these "chronic ailments," then you will experience even more side effects from the prescription medicines, and maybe worse ones than you already have.

The good news is **the cure for Artificial Sweetener Disease is absolutely free** and involves no doctor; no health insurance co-pays, and has zero side effects. Here is the secret cure for ASD: throw away your sugar free gum and candy, and then trash all foods and drinks you have that are labeled "light" and "zero."

Read the labels on everything, so you can **filter out all artificial sweeteners from your products**, including aspartame, sucralose, sorbitol, acesulfame-k, aspartic acid, and saccharine.



Eat well and remember, you are what your food eats!

Dan Young is President and CEO of Performance Food Centers, Corp. He is certified in personal training, sports nutrition and is a triathlete. He has competed in Body Building as well as Endurance Sports Activities. Accomplished in juice bar concept and design, he applies this knowledge to whole-foods nutrition and the efficiency to serving them.

dyoung@performancefoodcenters.com
www.performancefoodcenters.com



PERFORMANCE FOOD CENTERS
WHOLE FOODS ENGINEERED BY NATURE