

November 2006

For over ten years I had feelings of great anxiety. For many of these years I took anti-anxiety medications and anti-depressants to try to feel better. Even with the medications I had problems sleeping, I often found my heart racing, and I gained a lot of weight. Two years ago my doctor decided, based on my symptoms, to give me medication that would reduce thyroid levels in my system. I felt better for months and weaned myself off the other medications. When my doctor decided to take me off the thyroid medication, wait a few months and then irradiate my thyroid I had to return to taking all of the other medications. I was afraid that my sanity was in jeopardy so I went to a holistic nutritionist. During our visit she suggested a few supplements and told me to stop drinking the one Diet Coke I was drinking daily. Within a week I was feeling like a new person! It is now six weeks later and I am in the process of weaning off the medications and I am feeling better and better.

I am writing this because I want people to know how dangerous artificial sweeteners can be. To find out that aspartame (NutraSweet) can cause the same symptoms of Graves' disease and hyperthyroidism shocked me. I almost submitted myself to an operation what would have killed my thyroid and made me dependant on thyroid hormone medications (and their side effects) for the rest of my life.

There is so much detailed scientific and general documentation regarding the toxicity of NutraSweet, Equal, Diet Coke, Diet Pepsi, and other aspartame containing items on the web. Please investigate before you irradiate!

*J.B., Ontario*