

HELP for DORway.com

Perhaps the best "map" of the huge DORway.com WEB site is one of the three SITE MAP versions on my search page...

<http://www.dorway.com/search.html> (click on the text "Site Map") ...
<http://www.dorway.com/badnews.html> The FDA's dozens of symptoms of poisoning

<http://www.dorway.com/symptoms.html> Symptoms correlated to WEB page

Front door to over 500 WEB pages <http://www.dorway.com>

*** Overview on DORway and aspartame ***
(<http://www.dorway.com/help.txt>)

What follows is the DORway.com "standard" ~50kb (~20 printed pages) aspartame info reply with a fairly complete list of aspartame breakdown/conversion products, the complete diet coke report (that shows what happens to aspartame in ANY solution), most of the FDA's 92 acknowledged symptoms of aspartame poisoning (the list I credit with saving my life), and LOTS of commented links that serve as a good "menu" of the DORway aspartame information WEB site. The most important items (Nancy Markle info, the 60-day test, labels, alternatives sweeteners, how to report problems to the FDA... are at the end of this message). For those who want a copy this file it can be obtained from:

----- IMPORTANT NOTICE!

All information is FREE... no strings attached. The reader is urged to include a trusted medical representative in all discussions and decisions that may be made based on this information.

DORway.com and its owner (Dave Rietz) sell nothing. All articles have blanket permission to be republished to help spread the WHOLE truth. There are no affiliations with any industry or government agency, and I neither gain nor lose from anything that happens to aspartame or its manufacturer. I willingly call myself "Mission Possible South Carolina"... which qualifies me to spend as much of my own time and money to help spread the truth on aspartame ... as I can afford to donate. (Around 250 donated hours per month and around \$3000.00 out of my limited retirement income).

The purpose is to inform the consumer as to the WHOLE truth about aspartame. The ONLY thing that is promoted is the logical suggestion that"

"If one has medical problems that their doctors cannot seem to cure (or they are too young to have old-age related problems) *AND* they consume products laced with aspartame, then try the FREE at-home 60-day NO-aspartame self-test... and simply observe the results".

Why this simple suggestion panics the media, and those who manufacture, sell and promote aspartame, the FDA (culpable of approving this poison), and the medical systems that derive BILLION from useless medical tests and ineffective drugs and treatments... should be obvious to all. ***** This is NOT a "hoax". *****

----- What IS aspartame (and what does it become)?

The "Pandora's box of chameleon-like toxins and tumor agents"

Aspartame was never and cannot be proven to be safe. It is not and cannot be a diet aid because the formaldehyde (from the breakdown of the 10% methanol) gets stored in the fat along with some water. The National Soft Drink Association did a 30-page protest in the '80s (Congressional Record, Senate S 5511, 5/7/85) that complained that

aspartame is unstable, and that it reduces the levels of serotonin (a substance that gives that "full" feeling) so aspartame induces a craving for carbohydrates.

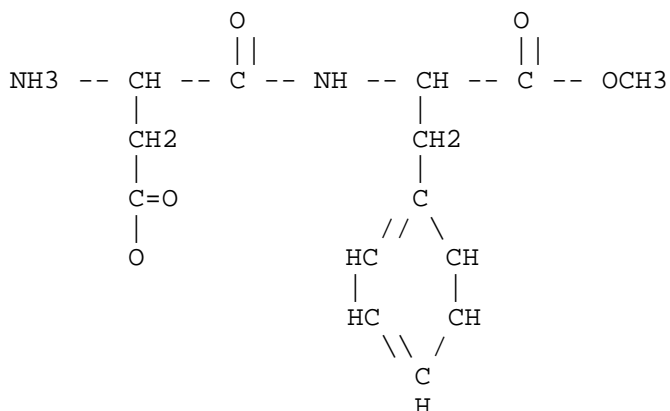
L-Aspartyl-L-phenylalanine methyl ester, 98%, aspartame CAS #22839-47-0 (a.k.a. Equal, NutraSweet, Spoonful, Benevia, Equal Measure, etc.) is composed of (at least) three things:

- 1.) aspartic acid, (40%) CAS # 56-84-8 C₄H₇NO₄ (L-Aspartic acid)
- 2.) phenylalanine, (50%) CAS # 63-91-2 C₉H₁₁NO₂ (L-Phenylalanine)
- 3.) methanol (10%) CAS # 67-56-1 CH₄O (Wood alcohol)

Molecular Weight : 294.30

Formula : C₁₄H₁₈N₂O₅

MATERIAL SAFETY DATA SHEET : <http://www.dorway.com/asparta.txt>



The phenylalanine breaks down into diketopiperazine (DKP), a known tumor agent, and is the reason FDA mandated a PKU warning label "PHENYLKETONURICS: Contains phenylalanine". Diketopiperazine was the major impediment to approval noted in the Searle "Helling" memo (<http://www.dorway.com/secrets.html>).

The methanol (without Ethanol, the natural antidote) breaks down in-solution (diet coke, spit, etc.) into formaldehyde. The human liver also breaks down "free" methanol from any solution into formaldehyde. The body has difficulty eliminating formaldehyde so it combines some of it with water and stores it in the fat. Formaldehyde not stored in the fat is further converted to formic acid (same thing as ant sting poison).

(For proof that there is methanol, and that it converts to formaldehyde and DOES get stored in the fat.. visit: <http://www.PRESIDIOTEX.COM/barcelona/>)

So, with each sip EVERY user gets a micro-dose of three poisons, two of which (formaldehyde and formic acid) are known carcinogens... along with that side-order of DKP, the tumor agent. A science report was done on Diet Cokes and the results were evaluated by a reputable food testing laboratory. The Lab proved the methanol => formaldehyde conversion (even in unopened cans cooling off in the refrigerator) and that phenylalanine converted to DKP. (See <http://www.dorway.com/jcohen.html>;))

The damages caused by aspartame are noted in FDA's compiled list of 92 symptoms of aspartame poisoning (<http://www.dorway.com/badnews.html>) (includes comments on how it happens).

A fairly complete list of aspartame breakdown components from the aspartic acid, phenylalanine, and methanol is as follows:

Formaldehyde CAS # 50-00-0 CH₂O (embalming fluid)
Formic Acid CAS # 64-18-6 CH₂O₂ (fire ant-sting poison)

Beta Aspartame	**
Aspartylphenylalanine	**
Aspartylphenylalanine amide	**
Tyrosine	CAS # 60-18-4 C9H11NO3
L-Dopa	**
Dopamine	**
Norepinephrine	**
Epinephrine	**
Phenylethylamine	CAS # 64-04-0
Phenylpyruvate	**
Phenylactic acid	**
Phenylacetic acid	CAS # 103-82-2
Diketopiperazine (DKP)	CAS # 106-57-0 C4H6N2O2 (Glycine anhydride)

Most of these 91 symptoms are noted on the
<http://www.dorway.com/badnews.html> page.

These symptoms were derived from what the FDA notes is the most complained about substance in their history, at one time comprising around 85% of all complaints. The total number of complaints FDA admits is over 10,000 (a vast understatement because Mission Possible has sent FDA thousands of reports they chose to ignore). Of note is that my two CERTIFIED letters of complaint, one to FDA and another to DHHS, have never been answered, which leads me to believe neither were counted.

FDA says less than 1% of victims report a problem. This balloons their 10,000 complaints to over a MILLION victims who SHOULD have complained! Please note that either number is significant, especially for a "safe" food additive.

The proponents of aspartame admit to the 10% methanol content but claim that fruit has more methanol. This is probably true, but where they deviate from the truth is that nature included an abundance of ETHANOL in fruit, the natural antidote to methanol poisoning. They omit telling the public that aspartame has NO ethanol, which is why it is unstable and breaks down into formaldehyde in unopened containers.

Products with aspartame in solution have an approximate 270 day shelf life IF stored below 86 degrees F. Much less when stacked in the sun outside a gas station!

A Nutrasweet Co. comment:

"Additionally, the comments about multiple sclerosis, systemic lupus erythematosus, and Alzheimer's Disease being linked to aspartame are not true. No one knows what causes these sad diseases, but they existed many, many years before aspartame came to the market. There has not been an "epidemic." Unfortunately these unsubstantiated statements have frightened individuals and their families."

If "No one knows what causes these sad diseases" how can they rule out aspartame? Simple logic nails them as liars on this one, too!

Nutrasweet also says that the amino acids in aspartame are "natural". They are natural only IN COMBINATION with other amino acids... not isolated as in aspartame.

Dr. Moser, the Nutrasweet spokesman, overstepped the boundary of truth on National TV when he stated aspartame cannot get into the blood and cause seizures. The RAO report, one of 15 "pivotal" (of seventy four) G. D. Searle funded tests, proved that five of seven monkeys fed aspartame-laced milk for a year developed seizures and the seventh one died (but all data on why was "lost"). Dr. Moser privately admitted to Jennifer Cohen (author of the Diet Coke science report):

"..the study should never have been undertaken, much less submitted as legitimate observation. This particular experiment represents an unpardonable breach in methodology." (H. Moser)

FDA's "pivotal" proof of safety is a bizarre inverted interpretation. What might the other 73 Searle-funded tests reveal? Review FDA toxicologist Dr. Gross's notarized statements to Senator Metzenbaum concerning brain tumors (<http://www.dorway.com/gross.txt>) and FDA's Dr. Jerome Bressler's 76 page report of only ONE Searle test, which verifies brain, mammary, ovarian and uterine tumors PLUS shrunken testes (<http://www.dorway.com/bressler.txt>).

Simply stated... "ASPARTAME is a Pandora's box of chameleon-like toxins and tumor agents that have 92 FDA acknowledged ways to ruin your life, death being one of them".

Damage caused by aspartame consumption is CUMULATIVE... it adds up with each dose. Too often the FDA mandated warning label "PHENYLKETONURICS: Contains phenylalanine" is hidden or illegally omitted (with impunity).

Once a victim affirms that aspartame has been a significant factor in their health problems they should collect all aspartame-laced products and return everything for a FULL REFUND. Even, and especially so, if the product has been opened and partly consumed. Let everyone know your displeasure by making a big stink if the store REFUSES to give a full refund... such that nearby customers become aware of WHY a customer is unhappy and WHY you are demanding a full refund!

Then, everyone must pass this health-saving (and money-saving) information around to friends, family, co-workers, doctors, clinics, hospitals, church, PTA, schools, clubs, local governments, supermarkets and grocery stores, health-food stores, and anyone else you can think of who might benefit from the information. Unless a person is very lucky (or connected) the media and higher "officials" have a problem with this subject for one of two reasons... they either have a vested interest in aspartame remaining on the market (such as advertising or donations), or they are too afraid of being sued.

The efforts of unhappy victims, and friends and family of victims, over the past several years has taken the Monsanto (NutraSweet) "cash cow", for which they bragged at the end of 1996 of selling over a billion dollars worth of nutrapoison... to the July 1 (1999) announcement to sell the NutraSweet company, along with two other companies, with a "combined" sales of a billion dollars. During March of 2000 Monsanto dumped NutraSweet on J. W. Childs, an investment firm. A previous "buyer", American Home products, nixed a "done deal" 33 billion dollar merger with Monsanto during 1998. We consider this FANTASTIC progress in less than four years (on an almost zero budget, with essentially no help from the medical system, government or the media, and with NO interference from the highly litigious Monsanto). We suspect that J. W. Childs will soon discover that aspartame was a bad investment.

The reason for this rapid plunge in NutraSweet fortunes is simple... CITIZEN INVOLVEMENT! Over the past three years TWO anti-aspartame web sites have evolved into over 17,000 independent web sites. Word of mouth has enabled many thousands to retrieve their health... and the truth has saved countless lives. Thanks to this involvement more progress has been made to get this dangerous product off the market than in over 50 years of efforts against tobacco. Where tobacco is still a subsidized "product", still addicting around 3000 youths a day, and still generating billions in profits... aspartame can be considered "down for the count". However, nobody is safe (especially the children... who can be exposed to damages for a far longer time period) until aspartame is OFF THE MARKET. *** Nothing else will suffice. ***

*** IMPORTANT! The majority of over 200 million clueless victims, in over 100 countries, who are consuming over 9000 aspartame-laced products (many of which are not labeled properly) STILL NEED TO KNOW. ***

----- Goodies

What follows is a good overview of aspartame, both from a cumulative toxic poisoning aspect as well as the tumor causing capabilities. The first item is a diet coke report, but it applies to any solution with aspartame in it. You will find a menu of Mission Possible files that you can view/download one at a time, or as a complete archive file for off-line reading. There is text for a very informative tri-fold pamphlet on aspartame that includes most of the 92 FDA acknowledged symptoms of aspartame poisoning... the little list I credit with saving my life! Then there are a number of short paragraphs with links to the more important WEB pages on DORway. Some new items are included... links to a Star Tribune report, a New Zealand article, and the entire FDA Bressler report that adds ovarian, uterine and mammary (breast) tumors to the brain tumor findings!

----- Diet Coke report

Eleven year old Jennifer Cohen from Oradell, New Jersey, chose an experiment for her 6th grade science project that the FDA and the manufacturer's of aspartame should have found to be an obvious test subject. Using sound principles and double blind testing she developed and ran her tests like a professional. Her goal was simple: What happens to aspartame in diet coke? Upon completion of her experiment a reputable food laboratory performed all the necessary chemical evaluations and presented her with the startling results. The laboratory data proved that aspartame breaks down into formaldehyde and DKP (a brain tumor agent) over a wide range of temperatures, from the Soft Drink Association's suggested test temperature of 104 degrees (and higher) to even in the refrigerator. Dr. H. J. Roberts, world expert on aspartame, said the experiment was very important adding: "Jennifer deserves two gold stars". No wonder the population is rampant with so many of the problems listed in the FDA's acknowledged symptoms of aspartame poisoning

(<http://www.dorway.com/badnews.html>). With results such as this, it is obvious why the pharmaceutical companies never tested their product in this manner!

For those who require independent confirmation of all facts Winston Laboratories located in Ridgefield, New Jersey, (201-440-0022) ran the tests on the diet cokes used in the following experiment.

New (7/97) Check out Jennifer's reply to Dr. Moser, the aspartame industry "mouthpiece" (who initiated contact with her with a five page disinformation spiel) who slammed the door in her face and broke off any further communications with her... because he would not answer a simple question!

(Note 1: This is on DORway at: <http://www.dorway.com/jcohen.html>)

(Note 2: This is in pamphlet form at <http://www.dorway.com/jenpamp.html>)

Download this as a pamphlet in WordPerfect 6 format from
<http://www.dorway.com/jenpamp.zip>

NOTE: Her WEB page was featured in the 5 May issue of "Food Chemical News". (Volume 39 No.11, pages 18 and 19, John Briley, author)

----- Begin Jennifer Cohen Diet Coke science report

THE EFFECTS OF DIFFERENT STORAGE TEMPERATURES ON THE
TASTE AND CHEMICAL COMPOSITION OF DIET COKE
BY JENNIFER COHEN

Jennifer Cohen is an eleven-year old student in Mrs. Simmons' sixth grade Oradell, New Jersey class. The principal of Oradell Public School is Scott Ryan. He may be reached at 201 261-1181. Jennifer conducted

an experiment proving aspartame, the artificial sweetener in diet soda, breaks down into two deadly neurotoxins when stored at room temperature and under refrigeration.

(NOTE: To reduce the size of this info Email the full report has been removed. Please visit <http://www.dorway.com/jcohen.html> for the whole article, or send an empty Email to coke@dorway.com

COMMENT: Ms. Cohen did an excellent report in all respects. Dr. Roberts, renowned expert on aspartame and its toxic effects gives her two gold stars. From the viewpoint of an informed layman, I give her FIVE gold stars and a heart-felt "Thank you!"

Coke has a new advertising campaign where they state that Diet Coke is: "You are what you drink". Congratulations, Coca Cola, for finally getting it right! As Jennifer Cohen just proved, diet coke drinkers are consuming formaldehyde and diketopiperazine (DKP, a brain tumor agent) with each and every sip.

The aspartame to methanol to formaldehyde to formic acid conversion of this chameleon substance (with a side-order of DKP and perhaps other tumor agents) makes an excellent toxic soup that gives rise to the 92 FDA acknowledged symptoms of aspartame poisoning. When their record-keeping was still honest, the FDA stated that it was the most complained about substance, comprising over 75% of their complaints. Then they stated that less than one (1)% of the consumers file complaints. The stated 10,000 complaints (in the early 80's) would then translate to over 1,000,000 potential complainers of the LESSOR effects of aspartame poisoning, ... headaches, hives, vision and memory problems. Either number would seem to be a significant figure.

Most important, this does NOT include the even larger number of people suffering from long-term problems such as arthritis-like pains, vision loss, and problems that lead to a misdiagnosis of MS, CFS, Fibromyalgia or a whole host of other "diseases", because doctors have been brainwashed into believing that aspartame is as pure as the driven snow!

Here are some of the more important pages on DORway, now over 800 pages and still growing! Use this as a menu with your browser.

<http://www.dorway.com/badnews.html> Most of the 92 FDA acknowledged symptoms of aspartame poisoning, and how it does its dirty deeds [think methanol (wood alcohol that makes skid row drunks go blind), formaldehyde (do-it-yourself embalming) and formic acid (better known as ant sting poison)]. It should be noted that a Freedom of Information Act request was required to obtain this document from the DHHS/FDA. Most of those symptoms are listed below in a pamphlet.

<http://www.dorway.com/barua.html> An excellent overview by two Indian doctors, complete with many references. This article was published in the Journal Of The Diabetic Association Of India 1995 :Vol. 35, No. 4. so a doctor should feel more comfortable with the information.

In addition... the following pages are also significant:

- <http://www.dorway.com/whatis.html> A brief of what it is, and is NOT!
- <http://www.dorway.com/noban.html> Why is it not removed from the market?
- <http://www.dorway.com/offasprrt.html> Debunking of the IFIC safety myth
- <http://www.dorway.com/enclosur.html> Sordid history of its path to market

<http://www.dorway.com/asprlink.html> Links many other sites
<http://www.dorway.com/books.html> Links to books on aspartame
<http://www.dorway.com/stevia.html> Assorted alternative sweeteners
<http://www.dorway.com/detox.html> Suggestions on how to detoxify
<http://www.dorway.com/reprtrfrm.html> Report a bad experience to the FDA

One new addition is a Mission Possible reply to Coca-Cola located at:

<http://www.dorway.com/heycoke.html>

Mission Possible Files located at <http://www.dorway.com/possible.html>

Mission Possible Files

Get them all, see below!

1. Response!	Typical NutraSweet Industry DisInformation Response!
2. Nelson	A rebuttal to Mr. Nelson of Nutrasweet on aspartame
3. Burne	Message to J. Burne on aspartame and brain damage.
4. 87hear.txt	Senate Hearing 100-567 in 1987.
5. blindns.txt	NUTRASWEET/BLINDNESS, Chi-Sun Times (Oct. 96)
6. brainc.txt	DOES ASPARTAME CAUSE HUMAN BRAIN CANCER?
7. casehist.txt	Jack Thomas Testimonial
8. complain.txt	FDA Complaints on NutraSweet 4/20/95
9. consent.txt	INFORMED CONSENT PART 1
10. consentt.txt	INFORMED CONSENT PART 2
11. deserts.txt	Is Desert Storm Syndrome NutraSweet Disease?
12. devesta.txt	UK Government Report on Obesity Withheld
13. diabetes.html	H. J. ROBERTS, M.D. ON ASPARTAME
14. dr-elsas.txt	Dr. Elsas Statement for U.S. Senate Committee
15. drbowen.txt	JAMES D. BOWEN, M.D. ON FOOD LABELING
16. embalm.txt	TO EMBALM..OR NOT TO EMBALM
17. environ.txt	WORLD CONFERENCE & MULTIPLE SCLEROSIS
18. eye.txt	H. J. ROBERTS, M.D on aspartame and the eye
19. fdainves.txt	BITTERSWEET (former FDA Investigator)
20. headach.txt	James B. Hays, M.D. Clinical with Aspartame
21. jointpan.txt	H. J. Roberts, M.D. JOINT PAIN and ASPARTAME
22. metzbill.txt	Metzenbaums Bill and Letter to Ruggles
23. minntrib.txt	NUTRASWEET SUSPECT IN BRAIN TUMORS
24. morgraif.txt	Dr. Morgan Raiford on aspartame
25. ms.txt	H. J. Roberts, M.D. on MULTIPLE SCLEROSIS/aspartame
26. nutrap1.txt	The NutraPoison by Alex Constantine Part 1
27. nutrap2.txt	The NutraPoison by Alex Constantine Part 2
28. panicat.txt	PANIC ATTACKS AND ASPARTAME INGESTION
29. pregnanc.txt	H. J. Roberts, Pregnancy and aspartame
30. refer1.txt	Aspartame/Diabetes/References Part 1
31. refer2.txt	Aspartame/Diabetes/References Part 2
32. review1.txt	Aspartame: Literature Review Part 1
33. review2.txt	Aspartame: Literature Review Part 2
34. robtrfrm.txt	H. J. Roberts, M.D. VOLUNTARY QUESTIONNAIRE
35. safeswet.txt	Specific Sweetener Ideas
36. steviaap.txt	Stevia Approved 9/18/95
37. testing.txt	ASPARTAME TESTING - MALICE IN BLUNDERLAND
38. theyk2.txt	Reuter's news release on aspartame and brain cancer
39. toxicim.txt	Neurotoxic Potential of Aspartame (Newman and Mullarkey)
40. whitakr.txt	Dr. Whitaker's Article of November 1995/Stevia
41. drprice.html	Short Email by Dr. Price concerning Infertility
42. Dr. Olney	The Original Dr. Olney Brain Cancer article
43. olneyup1	(part 1 Dr. Olney Feb. '97 Response to THEIR articles
44. olneyup2	(part 2) Additional information on article
45. olneyup3	(part 3) Symptoms and additional dialog

NOTE:

For those who wish to read off-line, DOWNLOAD one of the following:

<http://www.dorway.com/betty/possible.zip> (315kb)

<http://www.dorway.com/betty/possible.exe> (a self-expanding "EXE")
(331kb)

----- Get an MP Flyer <http://www.dorway.com/handouts.html>

----- Symptoms:

Abdominal Pain, Anxiety attacks,
Arthritis-like pain, Asthmatic
Reactions, Bloating, Blood Sugar
Control Problems, Brain Cancer
(Pre-approval studies in animals),
Breathing difficulties, burning eyes or
throat, Burning Urination, Chest
Pains, chronic cough, Chronic
Fatigue, Confusion, Death,
Depression, Diarrhea, Dizziness,
Excessive Thirst or Hunger,
fatigue, feel unreal, flushing of face,
Hair Loss (Baldness) or Thinning of
Hair, Headaches/Migraines, Hearing
Loss, Heart palpitations, Hives
(Urticaria), Hypertension (High Blood
Pressure), Impotency and Sexual
Problems, inability to concentrate,
Infection Susceptibility, Insomnia,
Irritability, Itching, Joint Pains,
laryngitis, Marked Personality
Changes, Memory loss, Menstrual
Problems or Changes, Muscle
spasms, Nausea or Vomiting,
Numbness or Tingling of
Extremities, Other Allergic-Like
Reactions, Panic Attacks, Phobias,
poor memory, Rapid Heart Beat,
Rashes, Seizures and Convulsions,
Slurring of Speech, Swallowing
Pain, Tachycardia, Tremors,
Tinnitus, Vertigo, Vision Loss, and
Weight gain.

All aspartame users are in some
guaranteed stage of "aspartame disease".

Each user will experience a different
mix of symptoms over time, and these
symptoms can vary with a number of factors
(current health, weight loss, food intake,
other drugs).

Sounds impossible, right? No wonder
most doctors can't figure it out!

Aspartame is not an effective diet
aid, and it was NEVER proven to be safe!

----- References

<http://www.dorway.com/asprref.html>

----- Sordid road to approval

<http://www.dorway.com/enclosur.html>

----- Flyer

Mission Possible Flyer on Nutrasweet:

<http://www.dorway.com/mpflyer.html>
<http://www.dorway.com/mpflyer.txt>

New flyers and handouts at <http://www.dorway.com/handouts.html>

April 9-15 1997: The FDA RECALL LETTER of 9 April, some smoking guns (cancer types) by Dr. Gross, one of the FDA toxicologists who sought to indict Searle for submitting fraudulent tests, and more.

<http://www.dorway.com/97recall.html> Recall letter
<http://www.dorway.com/gross1.html> Dr. Gross memo on proposed bad procedures
<http://www.dorway.com/gross2.html> Oct/87 Dr. Gross letter to Sen. Metzenbaum
<http://www.dorway.com/gross3.html> Nov/87 Dr. Gross letter to Sen. Metzenbaum
<http://www.dorway.com/wsjsprosc.html> '86 Wall Street Journal on two US prosecutors who decided to work for Monsanto instead of the citizen.
<http://www.dorway.com/deadbill.html> Original 1985 Metzenbaum bill (only wanted a test relating to pregnant women and children!)

NEW *** Complete as of 6 August, 1998... the entire 76 page FDA "Bressler" report provides solid proof that aspartame could NEVER qualify as safe for anything! Couple that with the methanol to formaldehyde, and the Phenylalanine (PKU) to DKP (tumor agent) conversions and you have a very nasty toxic soup unfit for human consumption!

<http://www.dorway.com/bressler.html> (part 1 of 5)

or download the entire report:

<http://www.dorway.com/bressler.txt> (about 155kb)

This report verifies what FDA Dr. Gross said about Searle, their tests/findings, and confirms the brain-tumor issue. In addition, Dr. Bressler, himself an FDA investigator auditing Searle's methods and results, adds mammary, uterine and ovarian tumors to the brain-tumor list!

NOTE: Dr. Jerome Bressler worked as the Chicago "Consumer Safety Officer" until 1998, when the heat of the aspartame issue seems to have prompted him to retire. DHHS no longer lists his old Email address.

Aspartame has what is called "acceptable daily intake" or "ADI" applied to it. Had I known about this term when it came to market I would have wondered why, because water, chicken soup, sugar, tea, coffee and a whole lot of other items do NOT have this term applied to them. I believe that I would never have used the product; never have had to endure eleven years of increasing pain and disabilities; never have wasted eleven years visiting clueless doctors to receive expensive misdiagnosis and drugs that are useless against aspartame disease; and I might not be five years into prostate cancer treatments with NO history of the disease in my family!

In summary: Aspartame is a U.S. National disgrace. It is a cumulative toxic poison; a medical time-bomb coming to fruition. Why was it necessary for a sixth-grader to do what the FDA/DHHS/NIH/WHO and a lot of others should have done? Why are victims like myself having to present this information to the public?

Review the list of 92 FDA acknowledged symptoms of aspartame poisoning... that small list I credit with saving my life and restoring my well-being and usefulness. Look around and about... more evidence is probably as close to you as the next person you approach. I say this because now that I know about it, and mention it in conversations, I have met hundreds who had, or know of people who have had problems with this substance. I had a few of my pamphlets in my shirt pocket one day

when I went into Sam's Club. The fellow at a stand hawking the local newspaper tried to sell me a subscription... and while talking, he notice the word aspartame in large letters on that pamphlet. He then volunteered that he has a relative in Chicago who still works for Searle, and who told him years ago to stay away from it because it was poison. He also volunteered that he thought it would be of little use telling folks about it because he felt that they "really didn't care about such things!".

The brain cancer aspect is bad enough, and with respect to the Delaney amendment it should have been enough to keep aspartame off the market. However, it is the Pandora's box of ailments that take years to develop... that may well break the back of our medical system. There is strong evidence that this is part of the "gulf war syndrome", perhaps a major part.

I credit aspartame for giving me a strong sweetened taste of hell. I didn't like it! I do what I do now because I wouldn't wish my last eleven years on my worst enemy. I do it because if someone had done this several years ago I wouldn't be a recovering victim, with prostate cancer that may have been triggered by this substance.

<http://www.dorway.com/messages.html> Play it again ... Sam!

Plus MORE new pages:

<http://www.dorway.com/startrib.html> Greg Gordon (Tribune) article on FDA resistance to additional testing.
<http://www.dorway.com/nzsandh.html> 09-06-97 NZ Soil and Health article
<http://www.dorway.com/aviators.html> 11-12-97 New Aviation section
<http://www.dorway.com/chime.html> Aspartame: ingredients for bad news
<http://www.dorway.com/dojnote.txt> Open letter to Justice Department

Should you be appropriately disturbed by the above information, perhaps you will take moment to write or an Email to the FDA and either ask your question(s), or give them the benefit of your thoughts on aspartame.

(Note: acting FDA Commissioner Dr. Michael Friedman quit the FDA when he was not selected as permanent commissioner. He accepted a VICE PRESIDENT position with the inventor of aspartame... G. D. Searle. Seems that publicly protecting industry from the consumer, as he did for aspartame [1996 60-Minutes] and for Monsanto's bovine growth hormone [a drug shot into cows to make more milk for a glutted market], can develop into a nice secure and lucrative after-"public service" job.) However, do consider writing the new commissioner (who appears to be following in Friedman's anti-consumer habits) at:

"Dr. Jane E. Henney" <jhenney@oc.fda.gov>

Or send her your thoughts on paper to:

Jane E. Henney, Commissioner FDA
Parklawn (Mail stop HF-1)
5600 Fishers Ln.
Rockville MD 20857

1-301-827-2410

Or... write the President, DHHS/FDA, or someone in congress! Email addresses can be obtained from:

<http://www.dorway.com/congress.html>

If you have had a reaction that you are certain that aspartame caused you to have... call 1-800-FDA-1088 and request a MED WATCH form.

Sixty Minutes did a segment on aspartame on 12-29-1996.
To get a transcript, you can call 1-800-777-8398. Order

Visa or Mastercard, \$7 plus \$3 for the telephone service.
Or send \$7 to:

Burrelles Transcript
P.O. Box 7, Livingston
New Jersey 07039

Added 02-18-98: The Center for Disease Control (CDC) full
146 page report that conflict with:

Frederick L. Trowbridge' executive summary where he states,
"Currently available information, based on data with limitations
as described in the report indicated a wide variety of complaints
that are generally of a mild nature. Although it may be that
certain individuals have an unusual sensitivity to the product,
these data do not provide evidence for the existence of serious,
widespread, adverse health consequences to the use of aspartame."

Read any of the following FULL reports and decide for yourself.

<http://www.dorway.com/gross.txt> FDA Dr. Gross on brain tumors
<http://www.dorway.com/bressler.txt> FDA Dr. Bressler... adds tumors
<http://www.dorway.com/cdctext.txt> 162k text file
Review of CDC "Emerging Diseases" meeting. (March 1998)
<http://www.dorway.com/cdcreview.txt>

<http://www.dorway.com/doctors.html> What doctors are/have been saying
<http://www.dorway.com/media.html> Some of the few media articles
<http://www.dorway.com/neotame.html> Info on the new "neotame"
<http://www.dorway.com/archives.html> Text archives for DORway pages
<http://www.dorway.com/genews.html> More bad news for our dinner plates!
<http://www.dorway.com/handouts.html> Assorted pamphlets/flyers

NEW... July 1998

<http://www.dorway.com/blayinv.txt> Dr. Blaylock MP Radio interview (A+)
<http://www.dorway.com/jturninv.txt> J. Turner MP Radio Interview
<http://www.dorway.com/staspart.txt> Sentient Times article on aspartame
<http://www.dorway.com/amazon.html> DORway BOOKshelf... some good books to
read!

NEW... August 1998

<http://www.dorway.com/fdablast.txt> Chipping away at the FDA "BS chips"
<http://www.dorway.com/fdaout2.html> FDA's ignored letters/Email's
<http://www.dorway.com/price2.txt> Dr. Price: aspartate and the brain
<http://www.dorway.com/wurtman1.txt> Drs. Wurtman and Maher on aspartame
(before "events" turned them pro aspartame)

Listen to the FOX 5 TV expose (12 minutes long) aired
in 1999: <http://aspartamekills.com/ram/fox5.ram>

NOTE: Jon Baum of aspartamekills.com has all of these on tape, as well.
Each one costs \$10.00 and can be ordered from missposs@clark.net (Jon
Baum)

New for 1999

Dr. Blaylock:

<http://www.dorway.com/blayart1.txt> Effects on brain function
<http://www.dorway.com/betty/blaypilo.txt> on Aviation
<http://www.dorway.com/blayenn.html> on Excitotoxins

<http://www.dorway.com/ms-ad.txt> Dr. Roberts on MS symptoms

<http://www.dorway.com/friedman.txt> Unhappy Dr. Friedman signs with

Seale (owned by Monsanto). He defended aspartame and rbGH despite knowing the WHOLE truth about these two poisons.

<http://www.dorway.com/peerrev.html> Dr. Walton prelim list of studies

<http://www.dorway.com/wsj-hjr.txt> Wall Street Journal sides with the bad guys (the liars).

Mark Gold: Mark Gold on aspartame tests
<http://www.dorway.com/goldtest.txt>

<http://www.dorway.com/glcsuit.txt> Monsanto dumped their phenylalanine facilities on Great Lakes Chemical for an inflated 100+ million. GLC is now suing Monsanto for the 71 million shortfall in expected but unrealized sales.

<http://www.PRESIDIOTEX.COM/barcelona/> Excellent 1998 Spanish study on methanol to formalhyde conversion... and storage in the fat cells.

*** <http://www.onelist.com/subscribe/aspartame> Subscribe to aspartame victims support and information group.

New for 2000

<http://www.dorway.com/crimes.html> FDA and Monsanto crimes under US Title 18 (fraud)

<http://www.dorway.com/lostsex.txt> Dr. Bowen on diminished capacity.

<http://www.dorway.com/jwnoasp.html> Dr. Julian Whitaker comments.

<http://www.dorway.com/tldaddic.html> Dr. Roberts on addiction

<http://www.dorway.com/fibro.txt> Dr. Roberts on arthritis and fibromyalgia

<http://www.dorway.com/symptoms.html> Symptoms correlated to WEB page

<http://www.dorway.com/test.txt> How to do the self test.

UK PRESS gets involved!

<http://www.dorway.com/express.html> Bitter war of words

<http://www.dorway.com/leake.txt> Coke, aspartame and the NSDA

<http://www.dorway.com/ukbact.txt> UK gets Monsanto to admit to their genetically engineerd E-coli bacteria making the phenylalanine.

***** Victim support

<http://www.onelist.com/subscribe/aspartame> for information or signup on the aspartame victim support forum.

***** Nancy Markle

The WHOLE story on "Nancy Markle".

New... 2000 <http://www.nancymarkle.com> Dedicated web site

<http://www.dorway.com/nomarkle.html> Links to the Markle "marvel"

<http://www.dorway.com/betty/environ.txt> The original article

<http://www.dorway.com/wec-ms95.html> is the Markle version in English/Spanish

New... February 1999... <http://www.dorway.com/liars.html> Who are the REAL liars?

***** VERY IMPORTANT! ***

Tell people to PLEASE DO NOT TRASH ANYTHING WITH ASPARTAME IN IT! Returning it to the original point of sale is the ONLY way to get the message across to those who sell this stuff. VOTE against poisoning-for-profit by giving them an impossible to ignore negative flow of \$\$\$! Besides, too many people are already dumping millions of tons of OTHER chemicals and drugs into our water supply... and aspartame is, in fact,

a drug. Some think that it may have been the REAL culprit in the Phen-fen/Redux scandal (and perhaps played a significant roll in the breast implant problems).

Not sure if aspartame is THE problem... try

***** The 60-day no-aspartame test

If you hurt or have problem that the doctors can't seem to cure... AND you use aspartame (now in over 5000 products), try the 60-day no-aspartame test and see what happens. For free.

First... round up all products with aspartame as a sweetener and place them in a box, and then seal it for the duration of the "60-day no-aspartame" test (or until certain of the results of this self-test).

Second, create a log. Enter all the current problems/symptoms along with types and quantities of medication being used to combat those problems and symptoms. Include entries concerning both physical and mental observations for the next 60 days... or until you are convinced that aspartame was (or is not) the cause of one more or all of your problems.

During this test period READ all labels. If it says "sugar free" or "no-calorie" you might consider NOT consuming it... just to be sure. Someone mentioned that they may be teaming aspartame with sugar (yeah... with the real thing), as well as saccharin, acesulfame-k, and who knows what else.

When you have completed as much of the no-aspartame test as you feel necessary... do another inventory of your problems and symptoms... as well as then current levels of medications and their types. Remember to consider mood, vision, perceptions ... everything. If you lost some or all of your problems then you just had a free cure for them.

Now it will be time to return all the aspartame-laced stuff to the original point of sale for a FULL refund... even (and especially) on opened/partly consumed stuff because it cannot be resold.

Then, please obtain some literature and pass this information on to others. This is the time to write letters, file a complaint with the FDA, tell your doctor(s), ask the media to write stories about this poisoning-for-profit subject and help get this toxic poison out of the human food chain... etc. There are still almost 200 million clueless victims who need a fair shake.

***** Alternative sweeteners

Check out <http://www.dorway.com/stevia.html> (many are listed there) or <http://www.holisticmed.com/sweet/> ... and two other pages.

***** Labels... be Aware.

If it says "sugarfree", "no-calorie", and/or it lists ingredients such as Equal, Nutrasweet, Benevia, Equal Measure, Joe Sweet (and there are many others), or it says aspartame... look for something with a safe sweetener. If it bears the MANDATORY FDA warning "PHENYLKETONURICS: Contains phenylalanine" or mentions phenylketonuria (PKU), it probably has aspartame in it. Don't switch to another, perhaps similar, improperly tested fake sweetener. EXPECT TO SEE ASPARTAME ANY PLACE THEY WOULD USE SUGAR (INCLUDING SUGAR)!

***** FILE A COMPLAINT! FILE A COMPLAINT! FILE A COMPLAINT!

*** MOST IMPORTANT! REPORT YOUR PROBLEMS TO THE FDA ***

*** MOST IMPORTANT! REPORT YOUR PROBLEMS TO THE FDA ***

*** MOST IMPORTANT! REPORT YOUR PROBLEMS TO THE FDA ***

If you or someone you know quits ALL aspartame and gets better... it is VERY important to file a formal complaint.

Best Method:

For information on FDA's MEDLINE and THEIR COMPLAINT FORM visit...

<http://www.fda.gov/medwatch/report/consumer/consumer.htm> and download the form or do it on-line:

<http://www.accessdata.fda.gov/medwatch/medwatch-online.htm>

MedWatch fax number:(800) 332-0178

Second best:

or call (800) 332-1088 and get a postage-paid MedWatch form that will be sent by mail or fax.

Better than nothing:

Obtain a simple form from <http://www.dorway.com/reprtfrm.html> (or <http://www.dorway.com/reprtfrm.txt>), fill it out and mail it as a *CERTIFIED* letter to the FDA, with a proof-copy to Betty Martini! (addresses on the form)

If you have any questions about the reporting process, call (800) 332-1088 and press "0" or e-mail medwatch@bangate.fda.gov IF THEY ATTEMPT TO STALL OR PERSUADE YOU FROM FILING A COMPLAINT, OR YOU THINK THEIR INFORMATION IS OTHER THEN FORTHRIGHT... PLEASE TELL US ABOUT IT! (at one time they directed complaints to the AIDS hotline).

(Notify bettyml9@mindspring.com of any problems)

***** 28 May 1999

CBN airs good segment on aspartame with Drs. Blaylock, Monte and Walton.

If you have the Real Audio player hear it at: (slide to the six minute mark)

http://www.broadcast.com/lightsource/content/700_club_pat_robertson/ram/9905/700_0520.ram

Or contact:

<http://www.burrelles.com/transcripts/>

Burrelle's Transcripts is a leading transcription company selling transcripts of all CBS News and NBC News programs, selected programs airing on CNBC, C-SPAN, Christian Broadcasting Network, The Discovery Channel, Fox News, MSNBC, MTV, PBS, and WNBC-TV, as well as many nationally syndicated programs and Council on Foreign Relations symposiums. Videotapes of a number of these programs, where indicated, are also available from Burrelle's.

How To Order

You may place your order with us by phone at 1-800-777-8398 from within the United States or Canada or 1-801-374-1022 from outside these countries . We accept Visa, MasterCard and American Express.

If you prefer to order by mail, please send your order, including the program name, air date, subject matter and payment (in US funds) to

Burrelle's Transcripts, Department I, P.O. Box 7, Livingston,
NJ 07039-0007.

Burrelle's does not encourage sending credit card numbers via the
Internet at this time. Instead, orders may also be sent to our America
Online account (burrelle@aol.com).

I say "Reserve YOUR right to be embalmed, but only AFTER you die!"

Today is the tomorrow you worried about yesterday.

***** Ready for some action?

Don't like being poisoned for fun and high profit?

Call Nutrasweet on their nickle 1-800-321-7254

or send them a letter at:

Nutrasweet Co.
P.O. Box 2986,
Chicago, IL 60654-0986.

Dave Rietz, WEBmaster and cancer victim
(<http://www.dorway.com/mysympt.txt>)
fighting for ALL of us on my nickle.

<http://www.notmilk.com> <http://www.dorway.com> <http://www.dorway.org>

<http://www.notmilk.com/milkinfo.txt> overview on milk/dairy
<http://www.dorway.com/aspartame.txt> overview on aspartame (Equal/Nutrasweet)
<http://www.dorway.com/msg.txt> overview on MSG ("flavor enhancer")
<http://www.dorway.com/topten.txt> leading causes of death in the US

Excellent books:

"Aspartame disease - the ignored epidemic" by Dr. H. J. Roberts
<http://www.aspartameispoison.com> A definitive (huge) reference
"Excitotoxins: the taste that kills" by Dr. Russell Blaylock
<http://www.dorway.com/amazon.html#blaylock> covers aspartame and MSG
"Trust us, we're experts!" by Sheldon Rampton and John Stauber
<http://www.dorway.com/amazon.html#stauber> How and why we are lied to...
"MILK A-Z" <http://www.notmilk.com/azbook.html> Milk and dairy... unfit for
humans

Simply stated... "ASPARTAME is a Pandora's box of chameleon-like
toxins and tumor agents that have 92 FDA acknowledged ways to ruin your
life, death being one of them".

This file <http://www.dorway.com/help.txt> 12/2001