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**TAKE
CONTROL
OF YOUR**
health

**and escape
the sickness industry**

Elaine Hollingsworth
Best Selling Author - Director
Hippocrates Health Centre of Australia



***Take Control
of Your Health
and
Escape the Sickness Industry***

Updated Eleventh Edition

Elaine Hollingsworth
Director
Hippocrates Health Centre of Australia

www.doctorsaredangerous.com

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The recommendations in this book are based on the research and experiences of the author. Because we are all different, readers are urged to check with qualified health professionals before implementing any suggestions made in this book.

There is always a possibility of risk where matters of health are concerned; therefore, readers should not use this book unless willing to assume that risk. It is a sign of wisdom to seek second, or third, opinions when making important decisions regarding health.

By The Same Author
ZULMA (Warner Books)

Author's Note

It is customary for writers and publishers to have their work scrutinised by lawyers prior to publication in order to preclude the possibility of lawsuits from companies who feel affronted by statements and evidence presented which are critical of their products, commercial practices and ethics. I have chosen not to do so. Instead, I have gone to extreme lengths to ensure the accuracy of my statements and the veracity of my evidence. Any offence and distress caused to organisations and companies criticised in this book is entirely intentional. They deserve it. It is the least I can do in defence of the millions of their victims who have suffered much more than distress as a result of their disgraceful, self-interested conduct.

Should any of those I have singled out for dishonourable mention feel that my attack is unwarranted in their case, I would welcome the opportunity to debate the issue with them in court and in public. I can assure them that there is now a massive, growing worldwide audience of victims and their families who would be very interested to hear their defences. If they have any.

Elaine Hollingsworth

“The most dangerous man to any government is the man who is able to think things out for himself, without regard to the prevailing superstitions and taboos. Almost inevitably he comes to the conclusion that the government he lives under is dishonest, insane, and intolerable.”

H. L. Mencken

Contents

Acknowledgements	6
Foreword by Dr Karen Coates	8
Starting Point (Do not skip this section!)	10
1: That “Mystery Illness”	24
<i>...It’s not all in your head!</i>	
2: Adrenal Insufficiency	34
<i>...The Thyroid Connection</i>	
3: Stomach Acid	48
<i>Forget the clever ads – it’s acid you need, not an antacid</i>	
4: Excitotoxins	58
<i>Deadly chemicals your Government is happy for you to eat and drink</i>	
5: Processed Foods	74
<i>A convenient way to shorten your life</i>	
6: Oils and Fats	82
<i>The facts behind all that industry misinformation</i>	
7: Bone Health 1	96
<i>Demineralisation... and why most popular osteoporosis treatments are not only ineffective but damaging, too</i>	
8: Bone Health 2	114
<i>How to Build Healthy Bone... with a lot of help from vitamins A, D, K and sunlight</i>	
9: Soy The Abominable Bean	132
<i>A terrible tale of corporate greed, bad science, regulatory misconduct... and how we’ve all been conned!</i>	
10: Hormonal Havoc	152
<i>A close look at the symptoms, treatment and prevention of various hormone-related conditions</i>	
11: The Menopause	164
<i>There are safe alternatives to the heavily-touted aids and treatments like HRT, which do more harm than good</i>	
12: Breast Health	196
<i>Why prevention, not surgical mutilation, is the way to go; how to avoid becoming a cancer statistic</i>	
13: Male Sexual Dysfunction	214
<i>Causes, remedies, and why you should avoid the unkindest cut of all</i>	
14: The Perils of Prostate	218
<i>What can happen to the prostate gland, and what you can do to make sure it doesn’t happen to yours</i>	

Contents

15: Dietary Supplements	234
<i>The good, the bad, the so-so and the downright dangerous</i>	
16: Against the Grain	252
<i>The staples that are better left alone</i>	
17: Dental Health	258
<i>Mercury, fluoride, industrial waste – are you sure your dentist isn't making both of you sick?</i>	
18: Cancer	266
<i>“Statistically, life expectancy of untreated cancer patients is greater than treated ones”</i>	
19: Water Woes	272
<i>“Tragically, we are exposing people to deadly elements of arsenic, lead and radium, all carcinogenic”</i>	
20: Legal Drugs	276
<i>Whatever happened to “Ethical Pharmaceuticals”?</i>	
21: Vaccinations	282
<i>At best – useless; at worst – dangerous</i>	
22: Smoke Gets in Your Eyes,	288
<i>your hair, your skin, your lungs, and everyone else's</i>	
23: Radiation Rampage	292
<i>Almost inescapable, but here are some steps you can take to protect yourself</i>	
24: Alzheimer 's Disease	302
<i>On the increase – and often avoidable</i>	
25: The Banned List	306
<i>Stay away from these if you want to enjoy a long and healthy life</i>	
26: Remedies	320
<i>A simple guide to self-diagnosis, and some safe, effective and proven natural remedies</i>	
27: Yes, But What Can I Eat?	340
<i>Simple, but not easy</i>	
Index	346

Acknowledgements

Throughout this book I make unflattering references to orthodox medicine (which holds natural healing in contempt and even acts to suppress it), and to those scientists who knowingly obscure data to enable pharmaceutical companies to earn billions of dollars from dangerous drugs. This, however, is not a blanket condemnation of everyone in these professions.

Even though my website is called “doctorsaredangerous.com”, I do not for one moment deny that there have been, and still are, many courageous physicians and scientists with the independence to think for themselves, stand up against entrenched ideas and prejudices, and truly embrace the Hippocratic ethos. Such men and women have taught me a great deal and I respect their courage. And I acknowledge with admiration those professionals who devote their skills to repairing physical damage resulting from accidents, disease and genetic abnormalities, and the doctors and nurses who selflessly and voluntarily expose themselves to pain, hardship and danger in order to help sufferers in remote and disadvantaged regions of our world.

I shall forever be grateful to my friend, doctor and teacher, the late Henry Bieler, MD, who helped thousands of his patients regain their health through natural methods. He lost his hospital privileges because of this, but it didn’t really matter, because he taught his patients how to avoid hospitals. I am indebted to the late Ann Wigmore, founder of Hippocrates Health Centre of Boston, who taught me so much, and reached millions through her books.

Most of all, my thanks go to such enlightened pioneers as Raymond Peat, MA, PhD, endocrine physiologist and prolific author; the late John R. Lee, MD, whose work on progesterone has helped millions of women; Lipid Chemist Mary Enig, PhD and her associate, nutrition expert Sally Fallon of the Weston A Price Foundation; and Dr Barry Durrant-Peatfield, a British physician who truly exemplifies the patient-friendly, common sense principles of Hippocrates. Without the extensive research and generous help given by these, and hundreds of other caring health professionals who took the time to talk with me, this book could not have been written.

Elaine Hollingsworth
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Notes

Foreword

This book once again proves Elaine Hollingsworth is a rare human being. She effortlessly cuts through the hype of the powerful pharmaceutical and food processing monoliths whose sole aim is huge profits, and certainly not the health of their clients.

Elaine teaches self-responsibility – the greatest weapon in improving your health. If everyone followed her advice, the country’s medical waiting rooms and hospitals would soon be very empty.

I congratulate the reader for making the effort to seek out the health knowledge contained in this meticulously researched book. This knowledge is not easily available; not from the medical industry, and certainly not from the popular media.

Elaine compels us to keep questioning the directions of the medical, pharmaceutical, food manufacturing and agricultural industries. We need to force these bodies and government authorities to justify themselves, because very few major indicators of community health are improving.

Each year we are becoming more obese, have far more chronic diseases, are more stressed by everyday pressures, and take more and more prescription drugs. Not one of these trends indicates our health is getting better. Yet national expenditures on health just keep climbing.

I urge you to keep on questioning everything to do with your own health – especially the “experts”. Take full responsibility for your own health, until you become satisfied with all aspects of your own health directions. This book provides a light to follow.

Karen Coates

MBBS, Dip. Obs. RACOG, MACNEM

If you support any of the so-called “health societies”, bear in mind that most are financed by “the bad guys” and suppress natural remedies while profiting from killer therapies. Please, starve them of funds! My donations go to ethical organisations, such as our volunteer firefighters, Guide Dogs, Sea Shepherd, and the many other charities that assist animals, who have no voice.

Burying Their Mistakes...

“More than 500,000 Australians were victims of medical mistakes last year – and 11,000 people died as a result.

An estimated 80,000 were admitted to hospitals because they were either given the wrong medication or they took the wrong doses of drugs.

Professor Bruce Barraclough, the head of the Australian Council for Safety and Quality in Health Care, confirmed about 3 percent of hospital admissions, representing half a million patients, were the result of “adverse events” in the health system.

These medical and hospital errors cost about \$4 billion a year.”

*From the Sunday Mail,
Brisbane, July 14, 2002*

Think that’s bad? Every year the injuries and deaths increase dramatically, and the cancer statistics are chilling: one in two men will be diagnosed with cancer, and one in three women. So, please pay attention to the revelations in this book and avoid the Sickness Industry!

For ethical reasons, we cannot give health advice by telephone, email, fax or post. Natural practitioners are listed, by area, on www.acnem.org. Some know what they are doing, but many are heavily influenced by multinational propaganda, so caution is advised. For specific recommendations of health professionals we know, see www.doctorsaredangerous.com

Excitotoxins

*Deadly chemicals your Government
is happy for you to eat and drink*

Thanks to the power and tenacity of multinationals, and the scandalous neglect and complicity of Western governments, we have deadly chemical additives in most of our manufactured foods; and, no, I am not referring to preservatives, which, while sometimes hazardous, at least serve a necessary purpose. What I am much more concerned about are what are known as **Excitotoxins** – *chemicals that stimulate the neurons in the brain to excessive firing, which then totally fatigues and sometimes kills them, leading to serious diseases.*

Excitotoxins – The Taste That Kills, by US neurosurgeon Russell Blaylock, MD is a superbly researched scientific study of these substances. After reading his book, those who desire to protect their families will never touch another product that could contain any excitotoxin.

As Dr Blaylock writes, “There are quite possibly thousands of people walking around in a perfectly normal state of health, who have a weakness for one of the inherited neurodegenerative diseases. High levels of MSG, or one of the other excitotoxins, could tip the scales and precipitate the full-blown disease – which is an excellent reason to avoid all excitotoxin food additives.”

Unfortunately, this requires constant vigilance and the only sure way is to stay clear of all commercially-manufactured and processed food.

Excitotoxins are basic components of the most widely-used artificial taste-enhancers permitted to be included in manufactured and processed food and drinks: *monosodium glutamate (MSG) hydrolyzed vegetable protein (HVP) and aspartame.* The following list was compiled using data from 10 scientific reports and books, showing that among them this group of additives has been amply documented to cause, contribute to, or aggravate the following illnesses:

Parkinson's Disease	Fibromyalgia	Alzheimer's disease
Cancer	Episodic violence	Depression
Seizures	Epilepsy	Abnormal neural
Vertigo	Obesity (certain types)	development
Migraines	Lymphoma	Blindness
Liver disease	Confusion	Children's learning
AIDS	Memory loss	disorders
Dementia	Nausea	Epstein Barr
Brain tumours	Asthma	Syndrome
Endocrine disorders	Bloating	Lyme Disease
Multiple Sclerosis	Diabetes	Borreliosis
Neurological disorders	Weight gain	Headaches
Chronic Fatigue Syndrome	Amyotrophic Lateral	Hepatic
Infections	Sclerosis (ALS)	encephalopathy
Neuropsychiatric disorders	Birth defects	Insomnia
		PMS

In short, just about everything!

The *June-July 2000* issue of *Nexus Magazine* contained an excellent article by Dr Blaylock. He wrote, "It should be appreciated that the effects of excitotoxin food additives generally are not dramatic. Some individuals may be especially sensitive and develop severe symptoms and even die suddenly from cardiac irritability, but in most instances the effects are subtle and develop over a long period of time." To complicate this health hazard, combinations must be considered. Mary Enig, PhD, of the Weston A Price Foundation, says, "Excitotoxins, plus modern vegetable oils, equals an epidemic of MS."

As Dr Blaylock says, not everyone who ingests these excitotoxins becomes ill immediately. Life would be simpler and we would be much healthier if that happened. Governments would be forced to ban any substance that caused dire symptoms the moment it was consumed.

Unfortunately, excitotoxins are usually slow-acting and by the time symptoms appear, connecting them with particular foods is not even considered, or possible. Further, those blessed with strong immune systems are able to detoxify and eliminate these poisons for years. But not, of course, forever and eventually even the hardest will succumb. Some people are exceedingly vulnerable, and if you are in that category, tough luck. At least, that is the attitude of the food manufacturers, hired-gun scientists and governments.

Let's examine these poisons in detail.

Monosodium Glutamate (MSG)

The infamous MSG was the first excitotoxin to be unleashed on the public. Most of us know about the 'Chinese Restaurant Syndrome', which is one instance of an excitotoxin causing almost immediate symptoms. A lady who attended Hippocrates Health Centre told me that a tiny amount of MSG accidentally ingested in a restaurant caused her to vomit for 24 hours!

I have seen friends become deathly ill after a Chinese meal, and when doctors were called in they warned them never to consume MSG again. Easier said than done, if you eat anything out of a packet, can or bottle. And reading labels is not a guarantee of safety, because the US government permits manufacturers to omit this unpopular additive from their labels unless the product contains 100% MSG! And, of course, most countries import a great deal of manufactured food from the US.

Further, any manufactured food you buy that lists many ingredients will almost certainly contain MSG, even though it is not itself listed. For example, a soup can that lists tomatoes as one of the ingredients does not have to disclose what is in those tomatoes. They could contain something to which you are allergic, and you would find out the hard way.

When MSG was first introduced to the US, I asked my doctor, and teacher, Henry Bieler, MD, author of the best-selling *Food Is Your Best Medicine*, if MSG was safe. He gave me an emphatic "No!" and said that in an experiment on rats he discovered that the additive caused their intestines to turn bright red!

Following is a list of hidden sources of MSG, adapted from Dr Blaylock's book, *Excitotoxins – The Taste That Kills*.

Additives that always contain MSG

Plant Protein Extract
Monosodium Glutamate
Hydrolyzed Vegetable Protein
Hydrolyzed Plant Protein
Calcium and Sodium Caseinate
Yeast Extract
Textured Protein
Autolyzed Yeast
Hydrolyzed Oat Flour

Additives that frequently contain MSG

Malt Extract
Malt Flavouring
Bouillon Broth
Stock Flavouring
Spices
Natural Flavouring
Natural Beef or Chicken
Flavouring
Seasoning

<i>Additives that <u>may</u> contain MSG or excitotoxins</i>	
Carrageenan Enzymes Whey Protein Concentrate	Soy Protein Concentrate Soy Protein Isolate

Over the past few years I have conducted a tiny experiment of my own. When passing Chinese restaurants I have asked if they have MSG in their food. All assured me that they did not. But then I told them that I am allergic and could become violently ill or even die if exposed to it. With the spectre of a corpse on the floor, and lawsuits looming, the tune always changed and they said that, while they did not add MSG, many of the products they use for flavouring do contain it. This was an eye opener for me and I hope for you, too.

Hydrolyzed Vegetable Protein (HVP)

HVP became a much-used additive due to the huge amount of adverse reports regarding the danger of the enormous money-spinner, MSG. Once sales dropped, a substitute was needed and soon found – ‘hydrolyzed vegetable protein’. It sounds fine, doesn’t it? Vegetables, protein, how bad can it be?

Very bad, indeed, according to Dr Blaylock and other scientists. Dr Blaylock states that HVP contains MSG in disguised form, and is even deadlier! But, since it was not labelled ‘MSG’, uninformed people accepted it. It was even added to baby food for years, and is still in it, in disguised forms. According to Dr Blaylock, this neurotoxin (nervous system poison) causes developmental brain defects that produce behavioural problems and learning difficulties in children, and can contribute to violent behaviour later in life. Governments know about this (they have been warned over and over by prestigious scientists) and have continued to protect the enormously powerful and wealthy multinational companies that profit from these excitotoxins.

More from Dr Blaylock: “HVP contains several known carcinogens. Incredibly, the FDA does not regulate the amount of carcinogens allowed in hydrolyzed vegetable protein, or the amount of hydrolyzed vegetable protein allowed to be added to food products. This substance poses an even greater danger than MSG itself.”

A prominent health advocate, in her best-selling book, highly recommends a certain seasoning, claiming it to be delicious and safe. Because it’s hard to find a safe seasoning, I went to a health store to investigate and, I hoped, buy some. Imagine my disappointment when I read the label and discovered that hydrolyzed vegetable protein (HVP) is second on the ingredient list. Like so many writing on natural health today, this trusted author did not do careful homework.

Most Annoying

In June 1999, I first learned the term ‘excitotoxins’ by reading a review of Dr Blaylock’s book in an American health journal. In thumbing through that journal, I saw that Dr Bernard Jensen was an Honorary Board Member. This struck me as a conflict, as the first, and therefore major, ingredient listed in *Bernard Jensen’s Vegetable Seasoning* is hydrolyzed vegetable protein, the very same dreaded HVP that the review condemned. Of course, I immediately sent off a fax to the editor of the journal, pointing this out. What I got in return was most annoying, yet humorous as well. It was a long fax from the company that now produces this product. Here are some extracts from the fax I received from their company president, Gary Olsen:

“... My wife, Cynthia Olson, is a Clinical Nutritionist and would absolutely never authorise hydrolyzed vegetable protein to be used in any products made for Bernard Jensen International’s consumers.

“In the future, perhaps the best course for you would be to address us at Bernard Jensen International with your concerns, before sending a potentially harmful letter that contains inaccurate and erroneous information to the general public. Your letter can be considered as liable and having the propensity to incur repercussions for Bernard Jensens International, as well as Dr Bernard Jensen that would be very unfair at his age.”

Well, at my age I consider being almost duped into consuming HVP very unfair also. I wonder what Mr Olson had in mind – suing me from across the Pacific for telling the truth about his product? I still have the label specifying the ingredient Mrs Olsen “would absolutely never authorise.” My readers will not be surprised to learn that I have not recanted – and that I have heard nothing further from Jensen’s.

This is yet another example of our need to protect ourselves. On the off-chance that you are not already convinced to shun HVP, this is Dr Blaylock’s description of the manufacturing process: “This mixture is made from ‘junk’ vegetables that are unfit for sale... The extraction process of hydrolysis involves boiling these vegetables in a vat of acid. This is followed by a process of neutralisation with caustic soda. The resulting product is a brown sludge that collects on the top. This is scraped off and allowed to dry. The end product is a brown powder that is high in three known excitotoxins – glutamate, aspartate, and cystolic acid. It is then added by the food industry to everything from canned tuna to baby food.” One more reason to make your own baby food!

Aspartame

The original authorization for the use of the deadly neurotoxin Aspartame in commercial foods and beverages is one of the greatest public health scandals of the 20th Century! That its use is still sanctioned despite massive evidence from all over the world that it goes on killing and permanently disabling millions of people

is absolutely criminal, and due entirely to the massive power and influence which its original maker, the Monsanto Corporation, and various other multinationals, are able to exert over politicians, government regulators and the media. So successful have they been that aspartame is known to be contained in well over 6,000 products – food, supplements, chewing gum, drugs, children’s aspirin and even “*Flintstone*” vitamins!

Beware: Some magnesium supplements contain aspartate, which is 40% of the aspartame molecule. Aspartate is an excitotoxin, whether in aspartame or a supplement. It cannot be isolated. It is a dangerous excitotoxin, despite claims to the contrary by some magnesium manufacturers, who shall be nameless. They have a profit motive and appear unconcerned that it causes lesions in the brains of mice. Watch labels! Dr Blaylock warns against aspartic acid, as well. Pure magnesium chloride is safe.

Twenty years ago, Woodrow C. Monte, PhD, Professor of Food Science at the University of Arizona, warned in the *Journal Of Applied Nutrition, Volume 36, Number 1, 1984*,

“Aspartame (L-aspartyl-L-phenylalanine methyl ester), a new sweetener marketed under the trade name NutraSweet, releases into the human bloodstream one molecule of methanol for each molecule of aspartame consumed.

“This new methanol source is being added to foods that have considerably reduced caloric content and, thus, may be consumed in large amounts. Generally, none of these foods could be considered dietary methanol sources prior to addition of aspartame. When diet sodas and soft drinks, sweetened with aspartame, are used to replace fluid loss during exercise and physical exertion in hot climates, the intake of methanol can exceed 250 mg/day or 32 times the Environmental Protection Agency’s recommended limit of consumption for this cumulative toxin.”

In this chapter I shall confine my remarks to the medical evidence of aspartame’s dangers. To understand the corruption, fraud and skulduggery which surrounds the approval and use of this deadly toxin, I recommend that you Google Betty Martini and visit the websites www.dorway.com www.aspartame.com, where you will see a massive amount of irrefutable evidence which, were it not for the industrial/political influence of the manufacturers involved, would result in the banning of the stuff and the prosecution of the corporations, authorities and politicians who profit from its continued use while the health of millions of people is being compromised.

After years of lobbying by anti-aspartame pressure groups, headed by the indefatigable American activist Betty Martini and her *Mission Possible* movement, the European Parliament – alone among Western governments – has voted to re-examine the safety of aspartame. Announcing the investigation early in 2003, a statement from the Parliament said, “...the use of aspartame increases the exposure to its metabolites methanol/formaldehyde and phenylalanine and is reported to

provoke, among other effects, headaches, nausea and allergic reactions, especially in the case of vulnerable persons. Its widespread use should therefore be re-evaluated by the Commission and the relevant scientific committees, taking into account all available data and respecting the precautionary principle. A historical evaluation is required as there seems to be evidence that original studies did not prove the safety of aspartame.”

The final sentence is an understatement; the original studies proved it had the potential to kill and disable, but, as evidenced by FDA documents reproduced on www.dorway.com, were ‘doctored’ to secure FDA approval! Let’s hope that our European cousins are more honest and courageous than US, Australian and New Zealand governments have been, and will ultimately outlaw this ‘approved’ substance that serves only to enrich multinational chemical corporations.

Many Names

The generic aspartame, besides being used as a sweetener in virtually all diet foods and sodas and numerous commercial foods and drinks, is also marketed to consumers as a sugar substitute under many different names such as *NutraSweet*, *Equal*, *Spoonful* and *Crystal Light*. As a result, it is arguably the most deadly excitotoxin of all, being consumed in enormous quantities by young, vulnerable people and by those of all ages who are trying to combat health and weight problems – the very same problems aspartame is likely to cause or contribute to.

Aspartame, Equal, NutraSweet, etc., are not always listed on food labels. These extremely dangerous additives can also be referred to as ‘Additive 951’ and must be guarded against. Remember, there is *no* safe artificial sweetener, no matter what fancy new name the manufacturers coin in order to disguise their poison. You might like to try *Stevia*, a safe herbal sweetener. Some like it, some don’t, but at least it won’t kill you.

Over the years I have collected a huge amount of credible medical and scientific information on aspartame, together with hundreds of heart-wrenching letters from victims of this deadly poison. There is far too much to include

Inside Hollywood

There has been much speculation about the cause of the Parkinson’s Disease suffered by actor Michael J Fox, but the star’s addiction to *Diet Pepsi* (which contains aspartame) is no secret.

One cast member who worked with Fox said he drank at least 12 cans a day. I have no way of knowing if that is true, since I have not spoken with him. I do know, however, from my own Hollywood days, that whenever a celebrity endorses a product, he or she is provided with an unlimited supply, and if there is a movie or TV show involved, cases are sent each week.

Given Michael’s long-standing commercial endorsement of Diet Pepsi, it’s hardly surprising that not only is he himself now a victim of the neurological disease, but that several crew members who worked with him have also been reported as suffering the same terrible affliction.

PepsiCo, Monsanto and their partners-in-crime have a lot to answer for.

here, but a visit to the internet sites previously mentioned, www.dorway.com and www.aspartame.com, will reveal just how much incontrovertible and impeccable scientific and medical evidence is being ignored by regulatory authorities and suppressed by manufacturers. Even the National Medical Library in Bethesda, Maryland, lists 167 citations for studies under the heading ‘adverse effects of aspartame’. So many well-credentialed authorities have published books and papers proving the dangers of aspartame that it is hard to decide whom to quote, as their evidence would fill a library.

Let’s start with a very well researched article by Dr William Campbell Douglas in his *Second Opinion* newsletter:

Aspartame - It’s Got to Go

Right up there with the fluoride and mercury-in your-fillings scandals is the aspartame mass poisoning of the world. From Kenya to Kokomo and from Kyoto to Khartoum, the world is swimming in this highly toxic chemical – over 90 countries are selling it as NutraSweet, Equal, or Spoonful. Over half of all Americans now consume it on a regular basis.

At an environmental meeting in 1997, the keynote address was given by an official from the Environmental Protection Agency (EPA) in which he said (paraphrased): “There is an epidemic of multiple sclerosis and systemic lupus, and we do not understand what toxin is causing this to be rampant across the United States.”

It’s interesting that he said “what toxin.” I’ve never heard a bureaucrat even suggest that it may be from a toxin – a slip of the tongue?

When the temperature of aspartame exceeds 86° F, the wood alcohol (methanol) in aspartame converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. (Formic acid is the poison found in the sting of fire ants.) The methanol toxicity mimics multiple sclerosis. Thus, people are diagnosed as having multiple sclerosis when, in fact, they are often suffering from aspartame toxicity. If they had been taken off aspartame, their symptoms would, in many cases, have disappeared.

Systemic lupus erythematosus has become almost as common as multiple sclerosis and the major culprits appear to be Diet Coke and Diet Pepsi. The systemic lupus appears to be triggered by aspartame. The victim usually does not know the aspartame is the culprit and continues the Coke and Pepsi, thus aggravating the lupus to such a degree that it can be life-threatening.

Chronic methanol toxicity from Diet Coke and Diet Pepsi, usually diagnosed as something else, has similar symptoms as lupus and MS. It is usually found that the patient drinks three to four 12oz cans (or more) of Diet Coke or Diet Pepsi per day.

When patients are taken off aspartame, those with systemic lupus may improve, but they will not be cured. The damage has been done and the disease cannot be reversed. However, in ‘MS’ cases, the results are often dramatic, bordering on the sensational. In reality, the ‘MS’ is often chronic methanol toxicity and the symptoms may disappear completely with removal of aspartame from the diet.

An ‘MS’ case suffering from blindness is almost certainly a case of chronic methanol toxicity secondary to aspartame poisoning. Ask doctors in a country where bootleg

whiskey is common, such as Russia, what is the most dramatic symptom of acute methanol toxicity from the bad hooch they drink and they will tell you it's blindness.

The symptoms of "aspartame disease," – chronic methyl alcohol toxicity – are amazingly varied, including: blindness, tinnitus, numbness in the extremities, muscle spasms, slurred speech, blurred vision, joint pain, headaches, anxiety, vertigo, and memory loss. So you can see how easily the patient can be misdiagnosed as MS, Alzheimer's disease, brain tumour, or just plain neurosis, early in the course of the toxicity.

Brain tumours have increased dramatically, and there is solid evidence to indict aspartame in the genesis of the modern epidemic of brain cancer. Furthermore, the formation of brain cancer was dose-related – the higher the dose, the more cancer.

I was astonished to find out that the first experiments done to test the safety of aspartame disclosed a high incidence of brain tumours in the animals fed what would become known to the world as NutraSweet. The study was done by the very company that was going to sell Monsanto Corp's brainchild, if you will pardon the double entendre. The G.D. Searle Co. found there was a 3.75 percent incidence of brain tumours in the rats fed aspartame and zero percent in the control rats – astrocytomas are rare in rats. It's so rare that this incidence represents a 25 times higher incidence than would be expected in rats.

Equally incriminating, the study was discontinued after only 76 weeks. Since the number of tumours continued to increase, some damage control was needed. What would any well-paid investigator do? – stop the study and declare that all the tumours were "spontaneous!" The FDA went along with the studies, which they knew to be badly flawed to the point of fraud and gross incompetence – and approved NutraSweet. Dr Russell L. Blaylock, author of the seminal book, *Excitotoxins - The Taste That Kills*, called this action "a monumental crime."

Dr H.J. Roberts, diabetes specialist and world expert on aspartame poisoning, has also written a book entitled *Defense Against Alzheimer's Disease*. Dr Roberts tells how aspartame poisoning is escalating Alzheimer's Disease. Hospice nurses are reporting that women are being admitted at 30 years of age with Alzheimer's Disease.

There are 92 documented symptoms of aspartame, from coma to death. The majority of them are neurological, because aspartame destroys the nervous system. H.J. Roberts, MD, says: "Consuming aspartame at the time of conception can cause birth defects." And Dr Louis Elsas, a Professor of Genetics, at Emory University, testified before Congress that phenylalanine, a breakdown product of aspartame metabolism, concentrates in the placenta, causing mental retardation in the baby."

Ant Poison

If you have any NutraSweet powder, use it to poison ants. It's more effective than Orkin, and much cheaper.

Official Corruption

A great deal more is now known about the machinations employed by Monsanto/Searle to obtain FDA sanction for this poison. It is a shocking tale of corporate greed and official corruption involving, among others, the Prince of Darkness, Donald Rumsfeld, former US Secretary of Defense, and architect of America's oil war against the people of Iraq. Details and documentary proof are published on both www.dorway.com and www.aspartame.com.

As James Bowen, MD, in *Aspartame Murders Infants*, published on www.dorway.com, says: “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. Beyond this, aspartame disrupts foetal 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.”

The manufacturer and the FDA have steadfastly refused to put a warning on aspartame even though they have full knowledge of how it can destroy the foetus or trigger birth defects. Louis Elsas, MD, Professor of Paediatric Genetics at Emory University, testified before Congress on this issue. His testimony can also be read at www.dorway.com, along with Dr Roberts’ position paper admitting that even a man consuming aspartame at conception can cause birth defects in his own child.

The following quotes are from a long article in *Flying Safely*, May 1992, a journal for professional aircraft pilots:

“In pregnancy the effects of Aspartame can be passed directly on to the foetus, even in very small doses. Some people have suffered Aspartame-related disorders with doses as small as that carried in a single stick of chewing gum. This could mean a pilot who drinks diet sodas is more susceptible to flicker vertigo or to flicker-induced epileptic activity. It also means that all pilots are potential victims of sudden memory loss, dizziness during instrument flight and gradual loss of vision. A pilot’s hot-line was set up and over 500 pilots responded, some speaking of grand mal seizures in the cockpit of commercial airline flights. Many pilots lost their medical certifications to fly, and their careers...”

“...Monsanto reaps one billion dollars a year from the Aspartame toxic bonanza... This can buy a lot of bureaucrats! Does FDA mean Fatal Drugs Allowed? ... The NutraSweet Company and sister Searle are owned by Monsanto, which discovered Aspartame while testing an ulcer drug... If you’re taking other medicine, consider possible reactions you may have.

“In 1969 Searle approached Dr Harry Waisman to study the effects of Aspartame on primates. Seven monkeys were fed the chemical in milk. One died after 300 days, 5 others had Grand Mal seizures. Searle deleted these findings when they submitted his study to the FDA! ... The best way to understand NutraSweet is to think of it as a minute nerve gas that eradicates brain and nerve function.... Aspartame makes you crave carbohydrates and so you gain weight. The formaldehyde stores in the fat cells, particularly on the hips and thighs... NutraSweet, Equal, Spoonful are the deadliest toxins in our society because of their ubiquitous presence in thousands of foods, even children’s medicines, Kool Aid and Jello, and on every restaurant table. We’re dosed with millions of pounds every year! This warning should be on every Aspartame product: Chemical Poison: Keep Out Of Reach Of Humans! Genocidal!”

H J Roberts, MD, has published a monumental book (over 1000 pages) on aspartame-related illnesses. As Director of the Palm Beach Institute for Medical Research in Florida, he has spent over three decades researching the diverse effects

of aspartame and has published many papers and articles. In his book, *Aspartame Disease, An Ignored Epidemic*, he says that the physical effects can be inflicted on all systems, organs and tissues, and the mental effects can result in psychological, behavioural, and psychiatric problems. According to Dr Roberts, numerous reactions to aspartame frequently are undiagnosed. Or, they are misdiagnosed and wrongly attributed to such serious health conditions as fibromyalgia, arthritis, lupus, multiple sclerosis, or Alzheimer's disease, among others.

Dr Roberts offers diagnostic guidance to doctors, saying that every evaluation of difficult allergic, dermatologic, gastrointestinal, or metabolic problems should include queries about aspartame consumption. "Diabetes accompanied by visual, neurological, or bowel problems should not be assumed to be complications of retinopathy or neuropathy until aspartame use is ruled out," he says.

Insidiously Addictive

The most insidious thing about aspartame is that it is addictive. In one of Dr Roberts' many scientific papers he wrote that aspartame reactors in his study found it "difficult or impossible to discontinue aspartame because of severe withdrawal effects." His case histories, of people with life-threatening illnesses due to aspartame, and their pathetic inability to "kick" the habit, are extraordinary. He has repeatedly urged the government to "declare aspartame an imminent health hazard" and remove it from the market. He has, needless to say, been unsuccessful. So far, the manufacturers have won the day, despite incontrovertible medical evidence on its addictive properties and involvement in at least 92 documented illnesses and conditions.

Dr Roberts also wrote about the dangers of aspartame in chewing gum: "Chewing aspartame gum poses a unique threat, as evidenced by the dramatic development of generalised symptoms in some aspartame reactors... The chemical may be absorbed through the mucosa of the mouth, and via a simple diffusion from the oropharynx, directly into the brain."

So, in 1999 my blood boiled (something it does frequently) when I read a story in the *Gold Coast Bulletin* in which they reported that *Wrigley's* was donating their sugar-free diet gum (which, of course, contains aspartame) to a local school. The idea was that the young children would chew the gum after eating in order to remove sugar from their teeth (apparently they didn't think of *not giving* the children sugar, a known cavity-producer, instead).

This marketing ploy is being repeated in other schools in Australia and I presume in other countries as well. I immediately rang the school principal, warning her about the danger, and was treated like a ratbag for my pains. So, I wrote an impassioned Letter to the Editor of the *Gold Coast Bulletin*, which was fortunately

printed. Sure enough, a mother rang to thank me, saying that her daughter became ill shortly after this outrageous practice was started. She was so ill that it was necessary to keep her out of school for several days. This lady then complained to the principal and warned that she would sue if her child were given any more neurotoxins.

Some scientists assert that aspartame in chewing gum poses a greater risk than in even the deadly 'diet' drinks. Small wonder; it acts like nitro-glycerine under the tongue and goes straight to the brain. The younger the child, the more dangerous the effect.

When will the authorities learn? Or even listen to reason? I flirted with the idea of carrying a picket sign in front of the school, but gave it up as too time-consuming. If you feel that companies that knowingly poison children, and schools that cooperate, have forfeited all rights to respect, please write letters of protest. If your child is given sugar-free gum in school, I suggest photocopying this information and threatening a lawsuit if they continue this dangerous practice.

New Threat

Unfortunately for our health, Monsanto's patent on aspartame has run out. This means any processor can use this product, which will be showing up in even more foods. As soon as I learned about this development, I rang Mary Stoddard in Texas. Mary is the head of the non-profit Aspartame Consumer Safety Network, and is doing an extraordinary job of educating and advising people who have been poisoned by this family of artificial sweeteners.

She told me something sinister; in order to keep the billions flowing in, Monsanto has developed an artificial sweetener called *Neotame*. According to Mary, who is in constant touch with the scientists who are fighting the use of these products, Neotame is ten times more potent than aspartame, and much more dangerous.

Monsanto opted to trial this artificial sweetener overseas, before applying to the US Food and Drug Administration for official approval in the US. It is Mary's opinion, and mine too, that they prefer to use other countries as guinea pigs before chancing problems in the US. And guess which countries they chose? You guessed it – Australia and New Zealand, where the regulatory agencies once more rolled over and played dead for Monsanto, one of the richest companies in the world, just as they did over the company's reckless promotion of genetically modified seeds. Once again, money talks.

So, be warned about Neotame. In addition, be alert to the following on labels: 'Phenylketonurics: Contains Phenylalanine', as well as *Acesulfame-k* and *Sucralose* (sold as *Splenda*). Sucralose has a chlorinated base like DDT and can cause autoimmune disease, and acesulfame-k (the *k* is the chemical code for potassium)

triggered cancer and leukaemia in original studies. The European Parliament has called for a review of sucralose and aspartame-acesulfame salt use within three years as well. Avoid all these non-food sweeteners like the plague if you value your life.

With all the negative press regarding artificial sweeteners, it is at first glance inexplicable that the American Diabetes Association wholeheartedly recommends diet foods and drinks containing aspartame. That is, until you dig under the surface and discover that this association is funded by Monsanto. I assume that the Australian version of that association has a similar connection.

Ironically, diabetes organizations recommend these 'diet' products to people who desperately need to lose weight, when it has been amply documented that the formaldehyde in aspartame stores in fat cells, particularly on the hips and thighs, and is then difficult, sometimes impossible, to dislodge.

There has been a great deal of industry pressure on doctors who have warned of the dangers. For example, Dr James Bowen wrote, "I have come across first-hand reports of a doctor who had her medical degree revoked because she spoke on the aspartame issue. Even I have been threatened by insiders from the political camp of aspartame, that they will get my degree revoked... Yet the government defends staunchly the marketing of aspartame, which as a formaldehyde poison, is probably 500 times as potent as straight formaldehyde, causing aggravated formaldehyde poisoning in its victims... The amount you would get from a can of pop greatly exceeds what you would get from inhaled air, even by the old, more lenient standard."

And he should know; apart from his research and medical practice bringing him in contact with many aspartame victims, Dr Bowen is himself a sufferer from Lou Gehrig's disease, which he attributes to his consumption of aspartame in cold drinks supplied to desert troops by the manufacturers when he was an army medical officer.

At Hippocrates we have had a statistically significant amount of reports from students who have suffered vertigo when suddenly rising from a sitting or lying position. This is due to a lapse of delivery of blood to the brain, and the students could all trace it back to the use of aspartame, HVP or MSG, which they said they did not ordinarily ingest, but had a Chinese dinner or 'cheated' on their diets and thought that 'just this once' it wouldn't hurt to indulge. It does!

But Wait - There's More!

The multinational food industry, which has an unrivalled reputation for shamelessness, has disguised processed free glutamic acid (MSG) in the food ingredient 'citric acid'. It sounds benign, doesn't it? Believe me, it is not, as it has the same effect on excitotoxin-susceptible people as does MSG, HVP and aspartame.

Citric acid, which is widely used, is not produced, as one might imagine, from citrus fruit, but from the fermentation of crude sugars. During processing, the remaining protein is hydrolyzed, and this creates processed free glutamic acid. When combined with protein in the diet, even more of this dangerous neurotoxin is produced.

The widely-used amino acid, *cysteine*, is an excitotoxin. It is sometimes used in supplements as well, so please check labels.

As if all this were not bad enough, the US Food and Drug Administration (FDA) has approved an antimicrobial spray called *Sanova* for use on meat, vegetables and fruit. They are now trying to get approval to use it on all processed foods! Labelling is not required. I have not as yet been able to ascertain if this product is going to be permitted in Australia, but if experience is any guide, it will be. Australia, to our detriment, is a hand-maiden of the US, and our politicians slavishly copy all the bad things they do.

According to Dr Blaylock, soy, which is another of my pet hates, naturally contains glutamate and glutamine, which are excitotoxins. Further, soymilk often has HVP added to improve the flavour. Kombu, miso and soy sauce all contain HVP. Dr Blaylock says that a natural food distributor sent a flyer trying to allay consumer fears of MSG by saying that HVP is a natural source of “bound glutamate”, and not dangerous. “This is not true,” says Dr Blaylock.

Dr Blaylock says that there are ways to neutralise some of the harmful effects of excitotoxins: anti-oxidant vitamins and minerals, the branched chained amino acids, zinc and magnesium glyconate and magnesium lactate (but *not* magnesium aspartate, which is an excitotoxin) offer some protection. This does not mean you have a licence to consume these deadly toxins. Please inspect your home and bravely rid it of all products that list HVP, MSG, aspartame, and any other artificial sweeteners. Then, think carefully about manufactured foods that don’t list these chemicals, but are vague about exact ingredients. I suggest that you box the whole shameful mess and send them off to your health minister and tell him or her to eat them as punishment for allowing them in our food supply.

Betty Martini, America’s high-profile, dedicated anti-aspartame crusader, told me that she and many prominent physicians have written the Multiple Sclerosis Society frequently, alerting them to the proven connection between MS and aspartame. They have never answered, nor acted on this information, which could have saved countless lives. When in doubt, look to the funding, and like most “health” societies, they are funded by the very industry that is causing this dreadful disease. As Betty said in an email to me, “When those responsible to solve the problem, **are** the problem, it is a sad commentary on greed and lack of concern for humanity. How can anyone set aside professional ethics to allow an MS holocaust, when simply alerting those with MS to avoid aspartame and other excitotoxins could save the lives of thousands?”

At a MS Society walk-a-thon, the Society gave out free Diet Cokes, and tried to prevent Betty's activists from giving the walkers information that could save lives. Betty called out to the crowd, saying, "The MS Society does not want you to have this life-saving information on a product triggering this disease." Many took copies, and Betty received calls later from those who had been helped by quitting diet drinks.

Good News

Aspartame activists in the US have taken a spectacular action, and we hope it will trickle down to Australia and other countries eventually. Years ago, a law was passed to break the mafia stranglehold, and it was very successful. Many of the most reprehensible men in US organised crime were jailed because of this law, called RICO (Racketeer Influenced and Corrupt Organisations). Now, a RICO complaint has been filed, charging the defendants with manufacturing and marketing a deadly neurotoxin unfit for human consumption, while they assured the public that aspartame-contaminated products were safe and healthful, even for children and pregnant women. Former Secretary of Defence Donald Rumsfeld is mentioned throughout the lawsuit, but he will no doubt squirm out, with help from powerful friends.

Class action damages asked are US\$350,000,000. Many household company names are defendants and Dr. Robert Moser, past CEO of NutraSweet, is cited for misrepresenting facts to public and commercial users, with full knowledge of the deceptions. Organised crime does huge damage to individuals and to the economy, of course, but this damage has been a fleabite compared to the genocide and poisoning of billions of people practiced by industry, and sanctioned by governments. These men deserve the gallows.

The RICO suit is encouraging, and more will follow. World-wide lawsuits will fly one day, when enough people have been killed and maimed so class actions appear profitable to the legal profession. But don't hold your breath that Monsanto or any other multinational will be punished. These Captains of Industry are way ahead of us mere mortals, and are already arranging for others to take the falls. Corporate swindlers/poisoners rarely end up in jails, no matter how richly deserved, due to their vast wealth and bribes to legislators.

For proof, look to the asbestos outrage/scandal. For seventy years that I know of, the huge US asbestos miner and fabricator, Johns Manville, knew their product was killing people, yet they managed, with money and government connivance, to hide the evidence and stonewall lawsuits. When class actions were finally instigated, they did what any other multinational would do --- they skipped the country, taking all their money, and leaving behind a legacy of death and suffering. The Australian company, James Hardie, has been in the news for similar, although not quite as blatant, behaviour.

Because of the enormous publicity the asbestos poisonings have received, people appear to have the idea that something like this could never happen again. But they are wrong, and one day it will be clear to everyone that there are things in our lives that are infinitely worse than asbestos, all of which are explained in this book. These things will destroy health in the “civilized” world, and bring health services to their knees. Populations will be miserable, governments, as usual, will be useless, and the multinationals will join the asbestos killers in offshore havens.

Our best defence is to boycott all of the products these companies produce. They are committing crimes against humanity.

Still On The Fence?

Consider the following quotes from aspartame expert and activist, American physician, Dr James Bowen:

- The intact aspartame molecule is an alcohol poison about twenty thousand times as toxic as most alcoholic beverage alcohols.
- Aspartame manufacturing plants around the world now protect their employees with face masks and full body protective garments lest their employees come into any contact with the dust! This all started with the death of an employee named Krossic who first passed out from the inhaled dust’s toxic effects... His death occurred even after all were made to wear face masks so they couldn’t breathe the dust. Krossic absorbed enough through the skin that he died from a toxic cardiomyopathy. The post mortem exam revealed an “alcoholic cardiomyopathy”. Jim Krossic was a teetotaler who used NO beverage alcohol!
- Aspartame ingested by the mother before and during conception is horribly damaging to the foetus, causing foetal loss, deformity, foetal alcohol syndrome and many other horrible problems.
- The maternal transmission of damaged MtDNA can occur for the rest of a woman’s reproductive years, and may directly affect both her children and grandchildren, as well as becoming a persistently transmitted genetic woman’s problem. The mother, therefore, does not necessarily have to have been drinking aspartame when she got pregnant, nor while carrying the baby. **Since the female is born with all the eggs she will ever have already present in her ovaries, it may well be the NutraSweet her mother drank that is the source of her offspring’s problems.**

Warning: If you want normal grandchildren, teach your daughters to be more afraid of artificial sweeteners than they are of poisonous snakes.

We hope you have enjoyed reading this sample chapter of **“Take Control of Your Health and Escape the Sickness Industry”** by best selling author Elaine Hollingsworth.

This book is available for purchase as a paperback or e-book.

For more details visit Elaine’s website under the Products or Online Shop section

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