

The Importance of Reading Ingredients

The Dangers of Aspartame

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

Psalms 103:4-5 – “Who redeemeth thy life from destruction...Who satisfieth thy mouth with good things...”

Isaiah 55:2 – “...eat ye that which is good...”

*The word **GOOD** here from the Hebrew section of the Strong's Concordance comes from #2896 = Best, Pleasant, Prosperity, Welfare (which also means Beneficial).

Proverbs 26:2 – “...so the curse causeless shall not come.”

Job 29:16 – “...the cause which I knew not I searched out.”

“...all who believe that the Lord has spoken through Sister White, and has given her a message, will be safe from the many delusions that will come in in these last days...” {8MR 320.2}

“When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness and then go to work intelligently to remove the cause...” (MH 235.1)

“Be sure that as a rational Christian sentinel you guard the door of your stomach, allowing nothing to pass your lips that will be an enemy to your health and life...” {CD 102.1}

“Our food should be plain and free from all objectionable elements, but let us be careful that it is always palatable and good.” {LLM 545.3}

“Abstinence from all hurtful food and drink is the fruit of true religion.” (9T 113) (CD 457.1)

“The idea should never be given that it is of but little consequence what we eat...”
(CD 198.4)(CH 151.1)

“I am **determined to know** in straight English the name of everything that I introduce into my system.”
(20MR 1.4)

THE CONSUMPTION OF ASPARTAME IS RELATED TO MANY DISEASES:

“Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.” (MH 127.1)

“Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health.” (MH 234.1)

*****Note:** Find out which law of health has been violated, **remove the violation**, offer a prayer of faith and then sit back and see the glory of God.

“Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted. **It is the duty of every person,** for his own sake, and for the sake of humanity, **to inform himself in regard to the laws of life and conscientiously to obey them...”** {MH 128.1}

“I must become acquainted with myself. I must be a learner always as to how to take care of this building, the body God has given me, that I may **preserve it in the very best condition of health...I must have wisdom to be a faithful guardian of my body.**” (CD 302.3)

WHAT IS ASPARTAME?

Aspartame is a sugar substitute frequently used in products like diet soda. Unlike sugar, aspartame is a non-carbohydrate based product, so it **contains virtually no calories.** It is also used in very small amounts because **aspartame is approximately 180 times sweeter than sugar.** The product is the result of an accidental discovery in 1965 by James Schlatter, who was working on a drug to prevent ulcers. When he made **aspartame** from aspartic acid and phenylalanine, **he noticed its sweet taste.**

ASPARTAME CAUSES THE FOLLOWING PROBLEMS:

- Abdominal Pains
- AIDS
- ALS (Lou Gehrig's Disease)
- Alzheimer's Disease
- Anxiety Attacks
- Asthma/Chest Tightness
- Brain Lesions
- Brain Tumors
- Dementia
- Depression
- Epilepsy
- Fatigue (Blocks Sufficient Glucose Entry Into Brain)
- Fibromyalgia
- Headaches
- Headaches/Migraines
- Hearing Loss
- Hormonal Problems
- Hypoglycemia
- Memory Loss
- Multiple Sclerosis (MS)
- Nausea
- Neuroendocrine Disorders
- Parkinson's Disease
- Sleep Problems
- Vision Problems

One common complaint of persons suffering from the effect of aspartame is memory loss.

WHERE ASPARTAME IS FOUND:

"Currently, aspartame is consumed by over 200 million people around the world and is found in more than 6,000 products including carbonated soft drinks, powdered soft drinks, chewing gum, confections, gelatins, dessert mixes, puddings and fillings, frozen desserts, yogurt, tabletop sweeteners, and some pharmaceuticals such as vitamins and sugar-free cough drops. In the United States, all food ingredients, including aspartame, must be listed in the ingredient statement on the food label."

(The paragraph above and the information right below is taken from the following link)

http://www.aspartame.org/aspartame_products.html

THE FOLLOWING REDUCED CALORIE PRODUCTS HAVE ASPARTAME-SWEETENED CHOICES

- Breath Mints
- Carbonated Soft Drinks
- Cereals
- Chewing Gum
- Flavored Syrups for Coffee
- Flavored Water Products
- Frozen Ice
- Frozen Ice Cream Novelties

- Fruit Spreads
- Gelatin, Sugar Free
- Hard Candies
- Ice cream Toppings
- Ice Creams, No Sugar Added or Sugar Free
- Iced Tea, Powder
- Iced Tea, Ready to Drink
- Instant Cocoa Mix
- Jams & Jellies
- Juice Blends
- Juice Drinks
- Maple Syrups
- Meal Replacements
- Medications
- Mints
- Mousse
- No Sugar Added Pies
- Non-Carbonated Diet Soft drinks
- Nutritional Bars
- Powdered Soft Drinks
- Protein Nutritional Drinks
- Pudding
- Soft Candy Chews
- Sugar Free Chocolate Syrup
- Sugar Free Cookies
- Sugar Free Ketchup
- Table Top Sweeteners
- Vegetable Drinks
- Yogurt, Drinkable
- Yogurt, Fat Free
- Yogurt, Sugar Free
- And much more

TO LEARN MORE ABOUT ASPARTAME, PLEASE READ THE FOLLOWING ARTICLES:

<http://aspartame.mercola.com/>
<http://www.aspartamesafety.com/>
<http://www.dorway.com/>

WHAT YOU CAN DO ABOUT ASPARTAME POISONING:

<http://www.sweetpoison.com/aspartame-information.html>

LINKS TO RESEARCH ON ASPARTAME DONE BY DOCTORS:

<http://www.321recipes.com/aspartame.html>

VIDEOS:

Walter Veith video discussing ASPARTAME:

<http://video.google.com/videoplay?docid=7145286585701590611#>

Here is a video titled **“Sweet Misery, A poisoned World”**, showing how deadly ASPARTAME is.

<http://www.hulu.com/watch/162709/sweet-misery>

Dr. Blaylock discusses the dangers of this poison – **“Excitotoxins: The Taste That Kills”**

Just go to www.google.com and right above the Google sign to the left are some options to click...click VIDEO and in the space, type in **EXCITOTOXINS**.

<http://video.google.com/videoplay?docid=2384105525501310962&ei=DherS4eCNoLCqAOs7tGXDA&q=excitotoxins&hl=en#>

I highly recommend everyone get this small booklet called **'FOOD ADDITIVES: A SHOPPER'S GUIDE TO WHAT'S SAFE & WHAT'S NOT'** - By: Christine Hoza Farlow, D.C.

*****YOU MAY PURCHASE THIS BOOK AT THE FOLLOWING LINK:**

<http://www.healthyeatingadvisor.com/foodadditives.html>

(Scroll down to see the book) or you may look for it on eBay. It has a red cover with white and orange lettering.

Keep in mind that for everything god has, Satan has a counterfeit!!!

SOP ABBREVIATIONS:

20MR = Manuscript Release, Volume 20

8MR = 8 Manuscript Release

9T = Testimonies to the Churches, Volume 9

CD = Counsels on Diets and Foods

CH = Counsels on Health

LLM = Loma Linda Messages

MH = Ministry of Healing

Link to my blog:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/11/the-importance-of-reading-ingredients.html>