

# The Weekly Handout

Issue 37, 2011

Dr. Charles M. Laycock

## November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Fun Friday!!	5
6	7	8 Election Day	9	10 Dr. Laycock Out Of The Office	11 Dr. Geer In Office	12
13	14 Dr. Geer In Office	15 Dr. Laycock Out Of The Office	16 Dr. Geer In Office	17	18 Fun Friday!!	19
20	21	22	23	24 Office Closed	25	26
27	28	29	30			

### Office Hours:

Mon: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm

Wed: 8:30am-12pm & 2:30pm-6:30pm

Fri: 8:30am-12pm & 2:30pm-6:30pm

## Did You Know?

- Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious including seizures and death.

- A few of the 90 different documented symptoms listed in the report as being caused by aspartame include: Headaches/migraines, dizziness, seizures, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain.

- Aspartame is 10 percent methanol-Methanol (also known as wood alcohol) is a very deadly poison. In fact, methanol poisoning has caused many alcoholics to end up blind or dead. And did you know that once methanol breaks down inside the body one of the byproducts is formaldehyde?

- The following chronic illnesses can be triggered or worsened by ingesting of aspartame: Brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, parkinson's disease, alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia, and diabetes.



## Aspartame: What You Don't Know Can Hurt You

Millions of Americans gobble down diet sodas, artificial sweeteners and thousands of other products that contain huge amounts of aspartame and never even imagine that they could literally be destroying their health. It is the most common sweetening additive being used in over 6,000 consumer foods, beverages, multivitamins, frozen desserts, cereals, pharmaceutical products, and artificial sweeteners sold worldwide.

While it has a very sweet taste, the truth is that aspartame is much worse for you than sugar is. Out of 90 independently-funded studies on aspartame, 83 of them found that **the artificial sweetener causes one or more serious health problems.**

Aspartame contains three very insidious components: **methanol, phenylalanine, and aspartic acid.** All three of these chemicals have each been shown to either *stimulate brain cells to death, severely disrupt hormone balances in the brain or act as a dangerous nerve poison.*

### But Don't Diet Foods Help Me Lose Weight?

For years now studies have shown that consuming artificial sweeteners breaks the connection between a sweet sensation and a high-calorie food, thereby *changing your body's ability to regulate intake naturally.*

In one study by psychologists at Purdue University's Ingestive Behavior Research Center, rats that ate yogurt sweetened with an artificial sweetener consumed more calories (and didn't make up for it by cutting back later), gained more weight, and put on more body fat than rats that ate yogurt sweetened with sugar.

Other studies, too, have shown that eating artificial sweeteners might hinder your body's ability to estimate calorie intake, thus boosting your inclination to overindulge. **Your body and your brain simply do not have the same biological response to artificial sweeteners that they do to regular sugar, and this can pose some serious problems.**

If you are still looking for a no calorie sweetener, Stevia is proven to be a safe, all natural, healthy alternative with none of the risks!



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