



Hi this is Dr. Marc - the article that follows this commentary is of vital and interesting concern, so please take a moment to read.

The basic question is **"why do foods need to be sweet to such a degree that we're willing to endanger our health?"**

Aspartame is a methyl ester of the aspartic acid/phenylalanine dipeptide. If you ascribe to the concept that the more natural the food the better it is for us, know this chemical is far from natural!

This article exemplifies one of the problems which may be the effect of aspartame (degradation of neurotransmitters) but the bigger question is "how can this be natural"?

Healthful philosophy would lend us to believe that whole



Bombshell study shows aspartame depletes neurotransmitters

New study shows aspartame depletes neurotransmitters in the brain, makes brains vulnerable to chemical damage from food and vaccines

Monday, December 17, 2018 by: [Mike Adams](#)



([Natural News](#)) A bombshell scientific study reveals that [aspartame](#) may be one of the most damaging vectors for the widespread “dumbing down” of humanity. Published in AJTCAM (African Journal of Traditional, Complementary and Alternative Medicines), the study is entitled, “IMPACT OF ASPARTAME CONSUMPTION ON NEUROTRANSMITTERS IN RAT BRAIN.” ([Source](#))

The study fed rats aspartame for durations of 10 – 40 days, then decapitated the rats and analyzed their brains. From the abstract, “Blood and brain tissue were collected for biochemical analysis. Biochemical analysis of brain tissue includes neurotransmitters (Acetylcholine, epinephrine, norepinephrine, ?-aminobutyric acid and serotonin). Serum for determination of lipid peroxidation (MDA), reduced glutathione and superoxide dismutase (SOD).”

Shocking results show aspartame eviscerated brain neurotransmitters

The results of the study found a dose-dependent relationship between aspartame consumption and the destruction of neurotransmitters — brain chemicals necessary for the function of neurons.

“Brain neurotransmitters levels (serotonin, GABA and dopamine) were reduced significantly compared with control,” the study says. Furthermore, levels of brain antioxidants that protect brain tissue from oxidation damage — depleted. significantly,” the study reports.

