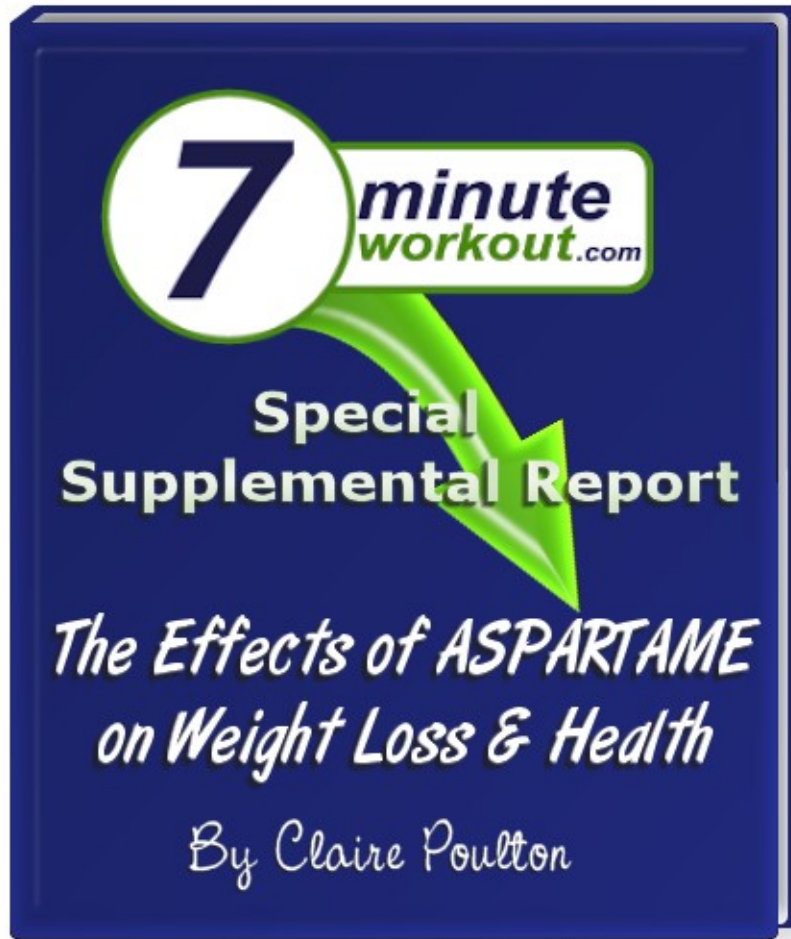


# 7 MINUTE WORKOUT



Created for

7 Minute Workout by **Claire Poulton** © 2011



## Disclaimer

**S**tatements regarding the nutritional information or products presented in this Report have not been evaluated by the Food and Drug Administration. Any product or information is not intended to diagnose, treat, cure or prevent any disease. The information and opinions contained in this Report do not replace or substitute for the advice of a practicing medical doctor.

Please consult your physician before beginning any new diet, supplement regimen or exercise program.

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## History of Aspartame

The discovery of **aspartame**, in 1969, was accidental. While testing a new chemical as a possible anti-ulcer drug, chemist James Schlatter inadvertently smeared his hand with liquid from a flask. He licked his thumb clean and was surprised by how sweet it tasted. The compound was 200 times sweeter than sugar. **Aspartame** seemed wonderful. It contained virtually no calories and tasted more like sugar than other sweeteners: ideal for the growing diet market. Sales under the brand name **NutraSweet**™ became worth more than \$ 1 billion a year.

It had taken 16 years from Schlatter's discovery for his company, US drug giant **Searle**, to win FDA approval for the sweetener. **Searle's** safety research was one of the main sticking points. Doubts over its reliability prompted a special investigation by the FDA, which discovered some of the tests were “*seriously flawed*”. A senior FDA toxicologist told a Congressional committee: “*At least one test has established beyond any reasonable doubt that **aspartame** is capable of producing brain tumors in animals.*”

In 1981 an internal memo from three FDA scientists advised against approval of **NutraSweet**™. That year President Reagan fired the FDA commissioner and gave the job to Dr. Arthur Hull Hayes. Three months later **aspartame** was passed for limited use and within two years was also approved for beverages.

The FDA's decision paved the way for 100 regulatory bodies in other countries to follow suit, including Britain. By 1985 **Searle** had been acquired by **Monsanto** - the company that invented **Agent Orange** - and **aspartame** became the market leader. As consumption of **aspartame** grew, with products such as **Diet Coke**™ and **Wrigley's**™ **sugar-free gum**, so did the concerns.



## Aspartame Is NOT A Safe Sweetener

This artificial sweetener is found in *Equal*<sup>™</sup> and *NutraSweet*<sup>™</sup>, diet sodas and other low-cal foods. This sweetener has been found to cause brain tumors in rats as far back as the 1970's. However a more recent study in 2005, found that even small doses increase the incidence of lymphomas and leukemia in rats, along with brain tumors.

Aspartame is made of 3 components, **50% phenylalanine**, **40% aspartic acid** and **10% methanol (wood alcohol)**. In the body methanol breaks down into **formaldehyde (embalming fluid)** and **formic acid**.

Those sweeteners contain a full 10% methanol. *Methanol* is what wood alcohol contains and I have seen alcoholics die from drinking wood alcohol. *Methanol* is absorbed faster *when heated to 86 degrees or greater before being ingested. That is barely warm!*

The Environmental Protection Agency recommends less than **eight milligrams** per day of *methanol*. A typical liter of an *aspartame* diet soda contains approximately **55 milligrams**.

### Complications of methanol poisoning include:

- blindness
- brain swelling
- pancreatitis
- numbness
- shooting pains
- cardiac changes
- and death.



According to **Aspartame Consumer Safety Network**, when ingested, **methanol** breaks down into **formaldehyde**, “*known to cause cancer, accumulating slowly without detection in the body*”. **Formaldehyde** is dangerous in that it is a neurotoxin, a known carcinogen, causes retinal damage, interferes with DNA replication, and causes birth defects.

## What is Formic Acid?

**F**ormic Acid is used to remove epoxy and urethane coatings, which is definitely **not a health food!** It too is a cumulative toxin. It also inhibits oxygen metabolism. Oxygen metabolism is extremely necessary for a healthy brain to make correct decisions and for your heart to keep beating. Imagine what is happening to your tissues and veins as it collects in them as well. **Peeling away healthy tissue and depositing toxic poisons!**

**Formic acid** is the active ingredient in red ant stings. These poisons may be cumulative over a long period of time and symptoms may not show up for years

Some chronic effects have been documented. Some animal experiments have demonstrated it to be a mutagen, and chronic exposure may cause liver or kidney damage. Another possibility with chronic exposure is development of a skin allergy that manifests upon re-exposure to the chemical.

## Phenylalanine and Aspartic Acid

**T**he other 90% of the chemical makeup of **Aspartame** is **Phenylalanine** and **Aspartic Acid**. When taken into the body without food, is totally neurotoxic. Diet drinks are more often taken into the body devoid of foods thereby making the body toxic and increases damage to the total body.



## Reported Afflictions Relating To Aspartame

As early as February 1994 a Department of Health and Human Services Report stated 92 afflictions relating to *Aspartame* which include:

4 types of seizures	Anxiety	Blindness
Burning tongue	Chest Pain	Comas
Cramps	Deafness	Depression
Diarrhea	Dizziness	Fainting
Fatigue	Headaches	Insomnia
Irritability	Joint Pain	Loss of Diabetic Control
Loss of Taste	Memory Loss	Nausea
Numbness	Palpitations	Panic
Rashes	Slurred Speech	Spasms
Tinnitus	Weakness	Weight Gain



## Drinking Diet Soda Causes Obesity

**P**eople who drink diet soft drinks don't lose weight. In fact, they gain weight, a new study shows.

The findings come from eight years of data collected by Sharon P. Fowler, MPH, and colleagues at the University of Texas Health Science Center, San Antonio. Fowler reported the data at the annual meeting of the American Diabetes Association in San Diego.

“What didn't surprise us was that total soft drink use was linked to overweight and obesity. What was surprising was when we looked at people **only drinking diet soft drinks, their risk of obesity was even higher.**”

In fact, when the researchers took a closer look at their data, they found that nearly all the obesity risk from soft drinks came from diet sodas.

There was a 41% increase in risk of being overweight for every can or bottle of diet soft drink a person consumes each day.

### More Diet Drinks, More Weight Gain

**F**owler's team looked at seven to eight years of data on 1,550 Mexican-American and non-Hispanic white Americans aged 25 to 64. Of the 622 study participants who were of normal weight at the beginning of the study, about a third became overweight or obese.



**For regular soft-drink drinkers, the risk of becoming overweight or obese was:**

26% for up to 1/2 can each day

30.4% for 1/2 to one can each day

32.8% for 1 to 2 cans each day

47.2% for more than 2 cans each day

**For diet soft-drink drinkers, the risk of becoming overweight or obese was:**

36.5% for up to 1/2 can each day

37.5% for 1/2 to one can each day

54.5% for 1 to 2 cans each day

57.1% for more than 2 cans each day.

For each can of diet soft drink consumed each day, a person's risk of obesity went up 41%.

## **Diet Soda No Smoking Gun**

**F**owler is quick to note that a study of this kind does not prove that diet soda causes obesity. More likely, it shows that **something linked to diet soda drinking is also linked to obesity.**

One possible part of the explanation is that people who see they are beginning to gain weight may be more likely to switch from regular to diet soda. But despite their switching, their weight may continue to grow for other reasons. So diet soft-drink use is a marker for overweight and obesity.



## Why?

**N**utrition expert Leslie Bonci, MPH, RD, puts it in a nutshell.

“You have to look at what's on your plate, not just what's in your glass”.

**People often mistake diet drinks for diets.** A lot of people say, “*I am drinking a diet soft drink because that is better for me*”. But soft drinks by themselves are not the root of America's obesity problem. You can't go into a fast-food restaurant and say, “*Oh, it's OK because I had diet soda.*” **If you don't do anything else but switch to a diet soft drink, you are not going to lose weight.**

## The Mad Hatter Theory

“*Take some more tea,*” the March Hare said to Alice, very earnestly.

“*I've had nothing yet*”, Alice replied in an offended tone, “*so I can't take more.*”

“*You mean you can't take less,*” said the Hatter: “*It's very easy to take more than nothing.*”

*Lewis Carroll, Alice's Adventures in Wonderland*

**T**here is actually a way that diet drinks could contribute to weight gain, Fowler suggests.

That may be just what happens when we **offer our bodies the sweet taste of diet drinks, but give them no calories.** Fowler points to a recent study in which feeding artificial sweeteners to rat pups made them crave more calories than animals fed real sugar.

If you offer your body something that tastes like a lot of calories, but it isn't there, your body is alerted to the possibility that there is something there and it will search for the calories promised, but not delivered.



**Perhaps, our bodies are smarter than we think.**

People think they can just fool the body. But maybe the body isn't fooled. If you are not giving your body those calories you promised it, maybe your body will retaliate by wanting more calories. **Some soft drink studies do suggest that diet drinks stimulate appetite.**

### **In Summary**

**O**ne should be particularly careful of *Aspartame* sweetened drinks. (*Aspartame is found in NutraSweet, Equal, Equal Measure, Spoonful*) There is a great controversy as to the safety of *Aspartame*. Many doctors have come out strongly against any use of *Aspartame* stating that it causes many afflictions and can trigger many degenerative diseases. Other doctors indicate that it is safe. I am one of those who believes that *Aspartame* is a danger and is not safe.

There is a very scientific explanation as to why *Aspartame* stimulates appetite. That explanation is beyond the scope of this report. If you would like to do your own investigations, Google "Leptins". ***This will be the subject of the next Report.***



## Splenda AKA Sucralose

**S**plenda™ is going to be the next sweetener with disastrous deaths and/or illnesses showing up sometime down the road. So far we know that research in animals has shown that *sucralose* (Splenda) can cause many problems such as:

- Aborted pregnancy
- Atrophy of lymph follicles in the spleen and thymus
- Decreased red blood cell count
- Decreased fetal body weights and placental weights
- Diarrhea
- Enlarged liver and kidneys
- Extension of the pregnancy period
- Hyperplasia of the pelvis
- Increased cecal thickening
- Reduced growth
- Shrunken (up to 40%) thymus glands

**If that's not enough:**

**T**here was no human research done regarding *Sucralose*! According to the Medical Letter on Drugs & Therapeutics, "Its long-term safety is unknown." According to the *Sucralose Toxicity Information Center* <http://www.holisticmed.com/splenda> the "*Manufacturer's '100's of studies' were clearly inadequate and do not demonstrate safety in long-term use, some even shows dangers.*" You bet they have not released that to the general public.



According to *Consumers Research Magazine* “Some concern was raised about **sucralose** being a chlorinated molecule. Some chlorinated molecules serve as the basis for pesticides such as D.D.T., and accumulate in body fat. However, *Johnson & Johnson* emphasized that **sucralose** passes through the body unabsorbed.” **NOT!** As shown above, a substantial amount of **sucralose** is absorbed in order to create those problems!

The FDA says that **sucralose** is produced at an approximate purity of 98%. So what is that other 2%? The final **sucralose** product contains small amounts of potentially dangerous substances such as:

- Heavy Metals (e.g., Lead, Arsenic)
- Triphenylphosphine Oxide
- Methanol
- Chlorinated Monosaccharide

**I don't know about you but I don't need arsenic or other toxins in my body if I can help it!**



## About The Author

**C**laire Poulton is a Nutrition Research Specialist. Claire has spent over 25 years researching health, nutrition and chronic illnesses: Specializing in weight loss, premature aging, and nutrition for children.



Not only does Claire preach the value of healthy food, lifestyle, and exercise, she practices what she preaches. At 67 years, she leads a healthy active life on Vancouver Island BC Canada. Claire is the mother of 5 healthy active adults, and grandmother to 9 healthy active grandchildren.

She has been “accused” of sending “Helpful Advice” to her family, which is sometimes appreciated, and sometimes not. ☺

Hopefully, you will find the information in this Report useful in your journey to better health for yourself and your family.

With Sincerest Best Wishes For Success and Good Health,

**Claire Poulton**



## Resources

[Your 7 Minute Workout](#)

### **Alan Jenkin Recommends**

[Web Hosting and Marketing Tools](#)

[7 Minutes to Fitness](#)

[Alan's Networking Blog](#)

[Runners' Training Site](#)