



ISSUE
4

ARTIFICIAL sweetener DISEASE



from DAN'S
HAND

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Artificial Sweetener Disease (ASD) is affecting tens of thousands of people in the US, maybe even more. Western medicine calls it anything but what it really is; as a result, doctors can prescribe expensive pharmaceuticals instead of getting to the root of the problem.

Symptoms can be recurring headaches, unbearable migraines, depression, anxiety, muscle pain, arthritis flare ups, buzzing or ringing in the ears, chronic fatigue, fibromyalgia, irritable bowel syndrome (IBS), Crohn's disease, inflammation, even acid reflux.

The symptoms of ASD can change overnight, depending on which type and how much of the chemical sweetener you consume. Some combinations are especially toxic. Consumers can go from a migraine headache to vomiting, or from vision problems to an upset stomach. Many people experience central nervous system disorders, cramping, nervous twitches and abnormal reflexes.

It is **not a coincidence** that a wave of fibromyalgia cases hit the American troops during the Gulf War. Studies revealed that drinking diet sodas in 120 degree heat lead to serious health repercussions. It was cleverly chalked up under the umbrella term "Gulf War Syndrome," but the same problems are occurring for troops in Iraq and Afghanistan now.

It is also no coincidence that 4 out of 5 fibromyalgia cases affect women, who are more likely to eat diet foods and consume diet drinks than men. Nearly all chewing gum and breath mints are loaded with artificial sweeteners.

The popular saying that "there's not enough artificial sweetener in any specific product to cause health concerns" is a lie. Since 2011, over

25% of all food, drink, gum and candy available contains synthetic sweeteners. This cumulative effect has created ASD, and thanks to little or no regulation of chemical agents in food, it's not going away any time soon.

There is no prescription drug—and there will never be one—that cures the problems that artificial sweeteners create. In fact, over 70 percent of reported cases of fibromyalgia, chronic depression, IBS and acid reflux are caused by consuming chemical agents which have been approved by the FDA for consumption.

Cancer may be the distant, long-term result of consuming chemicals, but ASD is the short term consequence, and it is very serious. If you look to prescription drugs to cure these "chronic ailments," you will experience even more side effects from the prescription medicines, and they may be worse than the ones you already have.

The good news is the cure for Artificial Sweetener Disease is absolutely free and involves no doctor; no health insurance co-pays, and has zero side effects. Here is the secret cure for ASD: throw away your sugar free gum and candy, and then trash all foods and drinks you have that are labeled "light" and "zero."

Read the labels on everything so you can filter out all artificial sweeteners from your products, including aspartame, sucralose, sorbitol, acesulfame-k, aspartic acid, and saccharine.

Eat Well!

PROJECT: PFC MISSION STATEMENT

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Eat Well. Live Well (and Long).