



TREE OF LIFE
QUANTUM BIOFEEDBACK

Toxic Excitotoxins & Sweeteners

Excitotoxin - stimulates neural cells to death.

Aspartame (Nutrasweet, Sweet n Low, Amino Sweet)

-Excitotoxin, NEUROTOXIC, especially in children. Enters blood brain barrier. Causes death of brain cells. Puts HOLES in the brains like salt on the road rusts a car. Formaldehyde is a byproduct, which causes neurologic damage, cancer, and MS.

- **Over 92 Symptoms or diseases have been commonly reported:**

Headaches (most common), **migraines**, **seizures**, **increased appetite**, nausea/vomiting, **insomnia**, **hypothyroid**, **irritable bowel** numbness, hyperactivity, extreme fatigue, **tremors**, gastrointestinal, hyperactivity, behavioral, **agitation/irritability**, hearing loss, breathing difficulties, blurred speech, tinnitus, rashes, fatigue, tachycardia, heart palpitations, **anxiety attacks**, **joint pain**, muscle spasms, **decreased neurotransmitters** (serotonin, tyrosine, dopamine, norepinephrine, adrenaline), **depression**, hormonal imbalance, PMS, Graves Disease, Hypoglycemia, **weight gain**, **chronic fatigue syndrome**, **MS symptoms**, **changes in vision**, blindness, **retinal tears**, tunnel vision, dizziness, vertigo, brain damage (especially in the fetus and small children), **brain tumors**, Parkinson's, mental retardation, birth defects, **fibromyalgia**, lymphoma, high blood pressure, and high cholesterol. Alters Gut microflora and causes weight gain, GI problems, and depression.

Typical foods: diet soda, flavored water, chewable and liquid medications, jello, pudding, drink mixes, jelly, syrups, whipped topping, cocoa, low sugar ice cream, yogurt, CHEWING GUM, mints.

From the Dr. Janet Starr Hull on Aspartame: *more sugar cravings, more diet drinks, more depression, more medications, more carbohydrates, more weight gain, more depression, more diet products, more medications. A never ending cycle. Do you see the picture*

Splenda (Sucralose)

- Not safe, but highly toxic to the body.
- Sugar around a carcinogenic chlorine molecule (17-40% of chlorine absorbed and underplayed in studies). Similar to drinking bleach or a swimming pool.
- destroys beneficial bacteria in stomach, causes infertility, miscarriage, genetic damage, organ damage and swelling (kidneys, liver), diabetes, bladder irritation/burning, shrinks thymus gland (immunity), diarrhea, and has been linked to kidney stones. Drastically alters gut flora and causes weight gain, GI problems, and depression.

Typical foods: Ketone Bars/Shakes, Carb Free Protein Bars, Protein Shakes, Diet soda, Flavored water, chewable and liquid medications, Jello, pudding, drink mixes, jelly, syrups, whipped topping, cocoa, low sugar ice cream, yogurt, CHEWING GUM, mints, and baked low sugar items.

High Fructose Corn Syrup (HFCS)

- not natural and cheaper than sugar, contains 50-55% Fructose Sugar
- causes no satiety so you eat or drink more than you would with sugar.
- rapid fluctuations in blood sugar and a lag of insulin. Hyperglycemia and then hypoglycemia, shakes, and hunger shortly afterwards, makes you overeat throughout your day. Gives type II diabetes in healthy people.
- releases cortisol (fight or flight hormone) and fat storage, thus obesity, especially in the belly. Depletes adrenal glands due to releases of cortisol.
- feeds yeast/Candida and causes foggy brain and impaired thinking.
- causes inflammation of vessels (thus heart disease)

Causes: high blood pressure, high cholesterol, gout, fatty liver disease (even in children and young adults), Hyperinsulinemia, insulin resistance, hepatic insulin resistance, diabetes, weight gain, inflammation, overeating, 30% increase in fat produced from liver, leptin resistance, no satiety, brain signals that you are starving, pancreatitis, unending glycogen storage in liver, & metabolic syndrome. Processed by liver similar to alcohol without the cerebral buzz. Alteration of Gut flora, yeast overgrowth, bad bacteria overgrowth & weight gain. Contains GMO Bt Toxin that alters gut bacteria.

Typical foods: Soda Pop (high amounts), All Candy (not purchased from health food isle or store), Granola Bars, Cereal Bars, Cereal, Some Fruit Juices, Power Drinks, Sports Drinks, Juices, Sweet Beverages, Powerade, Gatorade, Cookies, salad dressings, pasta sauce, anything Sweet!

YouTube Watch: Sugar: The Bitter Truth on YouTube for politics & biochemistry of it!

Note: Agave Sugar is 70% Fructose Sugar and possible to cause similar health concerns.

Monosodium Glutamate (MSG): Excitotoxin (Neurotoxic) –aka “free glutamic acid”

Similar additives to avoid 100% with the same neurotoxic effects on glutamate receptors in brain: **autolyzed yeast, hydrolyzed yeast, yeast extract, calcium caseinate, sodium caseinate, textured protein, gelatin, glutamic acid, hydrolyzed protein, hydrolyzed vegetable protein, hydrolyzed soy protein, monopotassium glutamate, natrium glutamate, dry milk powder.**

- Substituted for everything salty because less expensive and enhances food flavors so can't quit eating (overeat always), alters taste buds to not like simple mild foods (always need more and more salt, MSG, hot sauce, stronger flavorings), fries out glutamate receptors in the brain (death of brain cells).

Causes: growth of tumors, migraines, seizures, inflammation, enhanced pain, irritability, stroke, brain tumors, asthma, increased release of free radicals in the brain. Especially in children.

Examples: Typical foods high in “free glutamic acid”: soup, soup mixes, dried soups, broth mix, vegetable Dip, Campbell's Soup, Progresso Soup, Ramen Noodles, Asian Dehydrates, Hamburger Helper, Accent, Lawry's Seasoning Salt, gravy mix, Enchilada sauce, chips, popcorn, broth, seasonings, “natural flavoring”, Asian food, salad dressings (Ranch Dressing), bacon, sausage, ham, pepperoni, Alpine Touch, croutons, crackers, Glutino®, barley malt, anything salty, & vaccines.

NOTE: Some individuals react to foods with excessive amounts of glutamate or aspartate amino acids in proportion to other amino acids (not balanced).

- ☐ If you react HIGHLY to these types of foods, have severely impaired GABA, GAD1 homozygous mutation (+/+), or GAD antibodies, you may avoid foods that are “HIGH” in isolated glutamate or aspartate amino acids.
 - Ex. Matured hard cheeses, cured meats, fish sauce, soy sauce, soy, whey protein, “isolate” protein powders, walnuts, peas, mushrooms, very-ripe tomatoes, & broccoli.

Interesting Reading:

Blaylock, R., *Excitotoxins: The Taste that Kills*, Santa Fe: Health Press, 1994.

Hull, Janet Starr, *Sweet Poison, How the Worlds Most Popular Artificial Sweetener is Killing Us –My Story-*, New Jersey: New Horizon Press, 1999.

Hull, Dr. Janet Starr. *Splenda, Is it Safe or Not?* Dallas: Pickle Press, 2004.

www.janethull.com (Free monthly e-newsletter w/ archives about food additives and toxicity)

www.aspartame.com

Sugar: The Bitter Truth (Lecture on YouTube)