Diet Soda, Aspartame Linked to Premature Deaths in Women

(NaturalNews – Mike Adams) A decade-long study of 60,000 women has confirmed that drinking diet soda sweetened with aspartame is linked with a 30 percent increase in heart attack risk and a 50 percent increase in death risk.

The findings, presented at the *American College of Cardiology*(1), have already been partially swept under the rug with the false explanation that diet drinks don't necessarily *cause* these risks but are instead merely correlated with them. "Women who toss back too many diet sodas may be trying to make up for unhealthy habits," claims an article on CNBC,(2) while citing no evidence whatsoever to support the claim. Keep in mind that any time a synthetic vitamin is correlated with increased mortality, the entire scientific community immediately describes those synthetic vitamins as "causing" death. **Correlation is causation only when industry-funded scientists say it is**.

Aspartame is a neurotoxin

What scientists refuse to explore – even when the data clearly show a strong death risk association – is that **aspartame is a neurotoxin**. The reason why women who drink diet soda have a 50 percent increased death risk is, of course, far more likely to be caused by **what's in the diet soda** rather than some lifestyle choice.

Aspartame, after all, is made from the feces of **genetically engineered bacteria**. It is not a natural sugar but rather a chemical compound created in an industrial lab. Used in diet sodas, it breaks down into a number of chemical compounds including **formaldehyde** and methanol. During digestion, the

formaldehyde is oxidized into **formic acid**, a chemical known to cause toxicity in mammalian biology. Formic acid is also secreted by ants as part of their “chemical weapons” arsenal.

Aspartame linked to long list of neurological problems

Aspartame denialists try to pretend that all this formaldehyde, methanol and formic acid has no effect on human health. Their argument is identical to that of GMO denialists: “GMOs are harmless!” It’s even the same argument as mercury denialists: “Mercury is harmless!”

Why, then, is aspartame so frequently linked to blurred vision, headaches and neurological problems when repeatedly consumed in the form of diet drinks? In fact, there are over 90 side effects linked to aspartame consumption, including headaches/migraines, dizziness, seizures, nausea, numbness, rashes, depression, irritability, insomnia, hearing loss, vision problems, loss of taste vertigo and memory loss.

Soda companies and misinformed doctors all try to pretend none of these side effects are real – that people are all *imagining* headaches, blurred vision, numbness, insomnia and so on. That’s how unethical the soda industry is: they poison their own customers with a neurotoxic chemical, then call them delusional when they suffer neurological side effects.

If you drink diet soda, you are murdering yourself

The bottom line in all this? If you drink diet soda, you are essentially murdering yourself. Call it “slow suicide.”

There are a thousand beverages healthier than diet sodas: tea, fruit juice, mineral water, raw almond milk… even non-diet sodas are better for you than diet sodas! (And diet sodas have been conclusively proven to have no effect whatsoever on weight loss. So drinking them is a useless diet gesture to begin with.)

If for some reason you are still drinking diet soda, **find a healthier beverage** and stop poisoning yourself to death.

From the *American College of Cardiology* website:

[A] study led by Ankur Vyas, MD, of the University of Iowa found that postmenopausal women who consumed two or more diet drinks a day were 30 percent more likely to experience a cardiovascular event and 50 percent more likely to die from related cardiovascular disease than women who never, or only rarely, consumed diet drinks. The analysis of 59,614 participants in the Women's Health Initiative Observational Study, who had an average age of 62.8 and no history of cardiovascular disease, saw that after an average follow-up of 8.7 years, the primary cardiovascular outcome occurred in 8.5 percent of the women consuming two or more diet drinks per day compared to 6.9 percent in the five-to-seven drinks per week group; 6.8 percent in the one-to-four drinks per week group; and 7.2 percent in the zero-to-three per month group. The difference persisted when researchers adjusted for other cardiovascular risk factors and co-morbidities. The association between diet drinks and cardiovascular disease warrants further study to define the relationship, Vyas said.

Sources for this article include:

1) http://www.cardiosource.org/en/News-Media/Pu…
2) http://www.cnbc.com/id/101536768