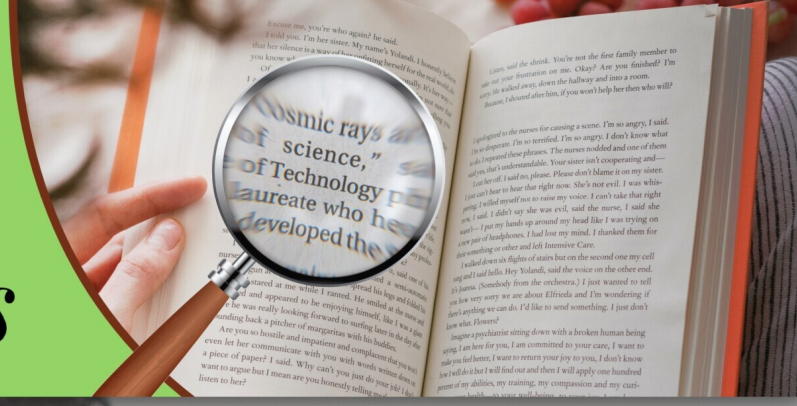
BaronE Health Reviews



Aspartame, dangerous for health?

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Holistic Natural Health Experts

About us

Why Barone Health Reviews ?

Because today, although there is an incredible amount of information on the internet about health, finding authentic, professional, unbiased knowledge that is accessible to everyone's understanding is difficult.

In this era of technology and globalization, where there is an overwhelming amount of information, this may seem shocking but it is the sad truth. A responsible, self-reliant person can spend months searching for answers and solutions for their health and never find them.

On the internet, it is possible to find all types of information on health: courses, products, methods, practices, advice, opinions, explanations, scientific studies, devices, techniques, medicines, life experiences, anatomy, biology, medical research, etc...

Drowning in this ocean of health content, how can an average person tell the difference between lies and truths, misinformation and information, propaganda and knowledge, technical data and knowledge applicable to daily life?

How is this different from ebooks, webinars, articles, etc.?

Like all content created by Holistic Natural Health Experts, the health review contains our independent expert opinions, tips and recommendations for anyone looking to improve their health.

However, the review offers you a different perspective. Unlike our articles, ebooks and webinars, where we develop our knowledge of a specific health topic with you, in the health analysis, we start from an external source that we dissect and analyze.

What will I learn?

By dissecting and analyzing these external sources, we show you how we avoid the countless traps present in the majority of content available on the internet (especially free content). A bit like a magician revealing his tricks!

By bringing to light what is hidden behind a so-called "revolutionary" method, a "miracle product" or a so-called "holistic" medicine, you realize what is really possible and what is charlatanism or simply pure fraud.

This way, you make better decisions for your health, based on knowledge and true understanding.

Who are the Barones ?

We are a family of three holistic health experts. Barone Santé is the name of our natural medicine practice in Switzerland, opened since 1993. Barone is simply our last name: Marina, Pascal and Philippe-Abraham Barone.

We have over 30 years of training and experience and have helped over 5,000 clients improve their health through natural medicines.

In 2021, our health education and online consultation platform is born: Holistic Natural Health Experts.

Since then, we never stop working for the health of our patients and developing this platform for all people who want to learn about health and gain independence.

Original article

https://sciencebasedmedicine.org/aspartame-and-cancer/

> *Aspartame and Cancer*
>
> *Despite the leaked new classification as a "possible" carcinogen, the evidence still shows aspartame is safe.*
>
> *Steven Novella on July 5, 2023*

This introduction already suggests a bias in favor of a substance that has long been known to cause health problems, an indisputable biochemical fact. Let's see, then, how further evidence could guarantee the safety of aspartame, and whether such evidence is scientific and free from conflicts of interest.

> *It was recently leaked that the World Health Organization (WHO) is about to change their classification of the artificial sweetener, aspartame, to category 2b – possibly carcinogenic to humans. This has caused some confusion, and has fed existing conspiracy theories about the sweetener. For some reason, even before the web, there was a viral campaign to spread fear and misinformation about aspartame. This took on a life of its own, and could not be quelled by something as pedestrian as evidence.*

The author starts strong by claiming that a new classification of aspartame as a probable carcinogen would have fueled "existing conspiracy theories about the sweetener."

What theories? What if we started by explaining that when a synthetic molecule is introduced into the agri-food industry chain, it does not undergo all the tests and investigations necessary to be catalogued as safe? Financial pressure and systemic corruption are such that multinationals are ultimately both judge and jury in the marketing of their products.

Multinationals and the pharmaceutical industry are also the main sponsors of the WHO, which makes no decisions that run counter to their interests.

From here, we can focus on the real issue: does aspartame, as a sweetener, pose a health problem?

> *There must be something about the narrative that resonates – aspartame seems to good to be true. It is 200 times sweeter than sugar, and so can give the foods we love a sweet taste without the calories. Something in our "Simpsons" programmed sensibilities and baseline cynical nature says – it must be unhealthy. Also, the appeal-to-nature crowd that demonizes anything they arbitrarily deem not natural found a convenient target to sow fear and mistrust in mainstream institutions.*

Wow, the tone is set: "the followers of the appeal to nature, who demonize everything they arbitrarily consider unnatural, have found a convenient target to sow fear and mistrust in traditional institutions".

We thought we were talking about science...but we're not. Here, the author makes a principled accusation that is ultimately irrelevant to the question of whether aspartame is good or bad.

Let's start at the beginning: aspartame is an artificial sweetener.

Do we really need artificial sweeteners? No.

Are there natural sweeteners without calories (or with insignificant calorie content)? Yes.

We've described them in our book Healthy Eating: Your Fundamental Right.

At this point, we could stop here and claim peremptorily that aspartame is harmful and its use unnecessary. However, the aim of these analyses is not only to give you the tools to understand the manipulations generated by this type of article, but also to shed scientific light on the subject, which is sorely lacking here.

Let's not forget that the sweetener craze followed the massive use of industrial white sugar or the famous "high fructose corn syrup". The same multinationals that brought us refined, processed and highly sweetened industrial food then came up with these famous zero-calorie synthetic sweeteners.

Consuming industrial products sweetened with synthetic sweeteners promising fewer calories has nothing to do with healthy eating. It's simply a clever marketing strategy to make consumers, in the midst of the obesity epidemic, believe in calorie-saving synthetic products as the miracle solution.

> *Meanwhile, there have literally been thousands of studies, and over 60 scientific and regulatory bodies around the world have reviewed the evidence and found aspartame to be safe for human consumption. There are also many reviews of the evidence in the published literature, generally finding no clear evidence of any link between aspartame consumption and any disease. It always needs to be noted that the one exception is people with phenylketonuria, who should not consume aspartame.*

Let's take a look at phenylketonuria, a serious but rare hereditary disease. The lack of the enzyme phenylalanine hydroxylase (PAH) in people with phenylketonuria prevents them from breaking down phenylalanine, a component of aspartame. Phenylalanine is an amino acid naturally present in foods. The aim is therefore to limit consumption of foods rich in phenylalanine, making it inappropriate to consume a useless synthetic sweetener rich in phenylalanine.

To understand just how harmful aspartame is, let's look at what it's made of.

Aspartame is made up of phenylalanine, aspartic acid and...methanol.

Here's the biochemical explanation:

When subjected to heat (over 86°C), aspartame breaks down and releases methanol, which is transformed into formaldehyde and then formic acid....

This breakdown of aspartame produces metabolites that are toxic to our bodies. So why is it considered safe?

Well, let's just say it was marketed by...Monsanto (Nutrasweet) and its methanol content has never been denied. The "official authorities", the FDA in the USA and the EFSA in Europe, considered it safe to consume up to 40mg/day per kg of body weight.

This means that a daily dose of 2.4 g for a 60 kg young person is considered safe. But this dosage in itself may be called into question due to the conflicts of interest outlined above.

In reality, this dosage is nothing more than an alibi to enable it to be reached every day and easily exceeded.

Let's take a few examples from the industrial food sector: how much aspartame is consumed per day?

- A liter of Coca-Cola Zero a day contains acesulfame-k and aspartame (estimated at around 600 mg/litre).

- cookies, sweets, yoghurts, breakfast cereals, sauces, cakes, chocolates, desserts, etc. can easily contain between 3 and 10 g of aspartame, when added together.

Today, over ten thousand products sold in supermarkets contain aspartame!

A modern industrial diet far exceeds the 40mg/day per kg bodyweight limit.

This is all the more true as it is not possible to consume just one synthetic sweetener like aspartame. Industrial foods always contain several sweeteners such as acesulfame k, cyclamate, saccharin, etc., all of which are not recommended or are even toxic to our bodies.

> *But researching risk is complex and the evidence is often misunderstood and misrepresented. One type of such research is pre-clinical, basic toxicology research. This focuses on whether the chemical in question does stuff to cells or biochemicals. How is it metabolized, what are the breakdown products, does it increase or decrease inflammation or oxidative stress, is it a potential mutagen, and many other assays. This kind of research just tells us if a substance is a potential hazard, but not if will confer a health risk.*

Indeed, research into the risks of a substance is complex, and according to the precautionary principle, no unnecessary chemicals should be introduced into the food chain. However, research suffers from systemic corruption, since it is funded by the same multinationals that market their products.

Countless books have been written on this subject; here are 2 references:

- Lethal Remedies and Organized Crime by Peter Gotzsche

- Science for Sale by David L. Lewis

https://www.amazon.fr/Rem%C3%A8des-Mortels-Organise-lIndustrie-Pharmaceut/dp/2763722237

https://www.amazon.com/Science-Sale-Government-Corporations-Universities/dp/1626360715

So, before we can dream of the day when science becomes science again, we need to avoid the most obvious pitfalls of industrial food.

Here, the author alleges that "this type of research simply tells us whether a substance is a potential hazard, but not whether it poses a health risk."

Let's be clear: this statement makes no sense when it comes to a synthetic molecule introduced on a large scale into the food chain. A potential danger from a molecule consumed regularly is a real danger, since this molecule will affect our organism no matter what. A potential danger would be comparable to transporting nitroglycerine in a truck, where, if there's a problem on the road, you'll explode, but if all goes well, you'll arrive safe and sound at your destination.

Another potential danger would be driving on the freeway at 250 km/h, but by chance you arrive at your destination without having caused an accident. Fortunately, potential danger doesn't always materialize.

Let's get back to the studies which, in addition to being carried out by those who market the substance, can present an incredible number of biases.

John Ioannidis, Professor of Medicine (Stanford Prevention Research), Epidemiology and Population Health and, pro bono, Statistics and Biomedical Data Science, has analyzed the intentional and unintentional causes that skew the results of most studies:

"Simulations show that for most study designs and settings, it is more likely for a research claim to be false than true. Moreover, for many current scientific fields, claimed research findings may often be simply accurate measures of the prevailing bias. In this essay, I discuss the implications of these problems for the conduct and interpretation of research."

https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.0020124

> *The difference between hazard and risk is important to understand in terms of this research. A good analogy I often go to is – a shark in a tank is a hazard, meaning that it can potentially cause harm in the right circumstance. But as long as you don't swim in the tank with the shark, the risk is zero. Something happening chemically may be a hazard, but we need to know how the substance is metabolized, will it get to the target tissue and in what dose, and what compensatory mechanisms are there? A potential hazard can be of zero risk depending on exposure.*

This paragraph is very important to show just how much nonsense can be spouted about the toxic effects of a synthetic substance when it comes into contact with our bodies.

Is the analogy of the shark in the aquarium relevant? Absolutely not! It even takes the liberty of playing readers for fools.

When your skin comes into contact with synthetic molecules, when you breathe them in, and even more seriously when you ingest them, they will interact with your body. The only exception would be perfectly neutral molecules, but these are rare. Toxic effects on the body can be caused by four main factors:

- the molecule itself
- its association with other molecules
- its metabolites
- the association of metabolites with other molecules.

What are metabolites?

Metabolites are molecules resulting from the transformation of other molecules. This transformation is carried out by the physico-chemical conditions of our body (acidity, temperature, etc.) and by the action of our cellular, digestive or systemic enzymes, which depend on the state of our organs and our epigenetics.

This means that not everyone metabolizes a substance in the same way... and alcohol is an excellent example of this.

To claim to know exhaustively the four main points we've described for all synthetic molecules is the best pharmacological joke of the century, because it's simply impossible!

It's not a potential risk, but a real one.

To repeat the analogy, the reality is that you're in the aquarium with the shark and you're going to lose something, but you don't yet know what, how much or when.

> *Then we get to animal research, which more directly assesses risk. But in animal research the goal is often to "Mythbuster" the question – stress the system until it breaks, meaning give increasingly higher exposures to a potential hazard to see where it starts to become a risk. Sometimes this is explicitly done in what is called the LD50 test – what is the dose that kills half of test animals? Toxicity is all about dose, and so this research is used to know where the threshold dose of toxicity is. Typically, regulations then build in 1-2 orders of magnitude of a safety buffer.*

As we explained in our book "Healthy food, your fundamental right", the common use of the expression "the dose makes the poison" is a monumental error.

If this concept is valid for natural therapeutic substances, its application to synthetic substances is absurd. It has been proven that endocrine disruptors can damage DNA at very low doses, depending on the individual's epigenetics.

Worse still, toxicity can be passed on to future generations. The case of diethylstilbestrol (DES) and the vaginal cancer in the daughters of women who had taken this "drug" during pregnancy is a case in point, and was yet another medical scandal.

Returning to endocrine disruptors, even "official" institutions are obliged to drop some information.

"By identifying the genetic causes of susceptibility to endocrine disruptors, researchers at UNIGE and HUG highlight a fundamental inequality in the face of the toxicity induced by these ubiquitous products in our environment."

https://www.unige.ch/medias/2019/inegalite-genetique-face-aux-perturbateurs-endocriniens

The author of the article talks about LD50 tests, set up by a pharmacologist in 1920! Totally inappropriate, these tests are just another abomination in the arsenal of animal experimentation.

Testing a substance to the point of killing half the animals, then reducing the dose and claiming that its consumption poses no problem is indoctrination, not science. Moreover, this test is of no use in detecting or assessing any toxicity of a substance at usual doses, and obviously cannot provide any information on medium- or long-term toxicity.

As usual, interaction with other substances is totally omitted. Furthermore, a company wishing to market a synthetic molecule, particularly in the food sector, is never asked to prove its harmlessness when ingested with other synthetic molecules, as this is, of course, impossible to prove.

> *Finally there is clinical and ecological research – is there any actual increase in a negative outcome (such as disease incidence) from controlled or real-world use? This is the definitive evidence about risk. It doesn't matter if a substance changes a chemical in a petri dish, or kills rats when given in massive doses. What matters is if there is any net health risk when used by humans in the usual dose.*

Now we come to the shock argument that is used again and again when synthetic molecules are introduced into the diet.

Totally anti-scientific, the assertion that, as long as there is no real increase in a disease, all is well, should not even be uttered by health professionals.

Why not? For two very important reasons:

- We now know that most so-called diseases of civilization are multifactorial. Any toxic substance, even in small doses, contributes to the onset of these diseases - or should we say, illnesses!

Let's take a concrete example: type 2 diabetes (which affects over 500 million people worldwide). This disease, which generally appears in adults, is linked to junk food, alcohol, obesity, a sedentary lifestyle, etc. But when we talk about junk food, what exactly are we talking about? Bad fats? Meat products? Bad sugars? White flours? Dyes and additives? Fried foods? Ultra-processed products?

With junk food, there's always dysbiosis (an imbalance in our microbiome), which in turn promotes diabetes and chronic inflammation. Sweeteners, including aspartame, generate dysbiosis, but they're not the only ones.

Antibiotics, alcohol, medication, tobacco, drugs, meat, industrial and processed foods, lack of fiber, additives, etc. are all causes of dysbiosis...

Yet dysbiosis, by facilitating chronic inflammation, promotes not only diabetes, but also dozens of other diseases, including cardiovascular, autoimmune, psychiatric and degenerative diseases.

Ultimately, the consumption of aspartame, present in thousands of industrial products, cannot give a clear sign of an increase in any particular disease, even if aspartame is undoubtedly associated with dysbiosis.

https://www.futura-sciences.com/sante/actualites/nutrition-sucres-edulcorants-auraient-impact-notre-microbiote-68032/#les-edulcorants-polluants-environnementaux-

- Wanting a substance to be considered dangerous only if it presents a net risk following controlled use or in the real world is the best way to authorize almost any substance.

The term "controlled use" means nothing. Controlled use (i.e. animal or human experimentation) is always short-lived, whereas it can take several years, even decades, for some substances to express their full toxicity. And in the meantime, as we explained in the four main points of molecule toxicity, aspartame's association with other molecules/metabolites and its impact on our microbiota are specific to each individual organism.

Aspartame is present in thousands of products, which can be consumed in any quantity; that's the definition of the real world.

What's more, aspartame is never the only problematic substance present in industrial drinks or junk food, so it's not possible to isolate aspartame consumption in the real world.

> *With aspartame, as with anything that gets studied enough, there is a lot of noise in terms of things that happen at a petri dish level, or in animal research, but there is no apparent risk of any disease when consumed by humans in normal amounts. Actual risk may come into play with levels of consumption that are inhuman – on the order of 60 liters per day of aspartame-sweetened drinks per day every day.*

As we've just explained, there's no normal amount for toxic and useless substances. What's more, aspartame is certain to become toxic long before we reach the inhuman consumption level of 60 liters of soda a day!

As we mentioned earlier, the FDA in the USA and EFSA in Europe have deemed it safe to consume up to 40 mg/day per kg of body weight, equivalent to a maximum of 2.4 g/day for a 60 kg adult.

Taking into account that one liter of soda contains around 600 mg of aspartame, consuming just 4 liters would already reach 2.4 g!

Of course, few people consume 4 liters of soda a day, but here we've only taken soda as an example. As we've explained, aspartame is present in thousands of food products.

So, with a daily consumption of processed industrial foods (soda, energy bars, ready meals, sauces and condiments, cookies, snacks, candies, soups, yoghurts, etc.), we easily exceed 2.4 g/day.

Aspartame is also present in many chemical medicines, chewing gums and some toothpastes.

Such preposterous and misleading claims are based on two certainties: firstly, no one will check the figures, and secondly, the bigger the better.

And again, not a word about the risk of toxic effects being amplified by accumulation with other substances.

> *With this as context, how do we make sense of the new WHO classification? We need a bit of further context. The WHO classification system is based on hazard, not risk. They are not determining that something actually causes cancer, only whether or not it is a carcinogen. Further, the classification system is based upon the strength of the evidence, not the magnitude of the effect. Classification 1 is that a substance is carcinogenic to humans. This means the evidence is clear, but it says nothing about the effect size – we could be really confident in a tiny effect size. Classification 2A is probable, and 2B (the apparent new classification for aspartame) is possible. Category 3 is unclassifiable as a carcinogen, and group 4 is probably not carcinogenic.*

By trying to defend a classification based on the magnitude of the effect, the author of this article is making a mockery of the victims. Would the unnecessary consumption of a toxic substance be more acceptable if, in the end, only a few people fell victim to it?

In the end, these classifications don't prevent the creation of more and more diseases.

> *A lot of things that we consume every day are in category 2B. Drinking hot beverages is in category 2A, above that of aspartame. Here is a full list of 2B.*
>
> *But even the categorization of 2B is likely to be controversial. Here is the latest review of the question in the published literature, from 2022, which concludes:*
>
> *Taken together, available evidence supports that aspartame consumption is not carcinogenic in humans and that the inconsistent findings of the RI studies may be explained by flaws in study design and conduct (despite additional analyses to address study limitations), as acknowledged by authoritative bodies.*
>
> *Even if we can quibble about the evidence and whether or not there is the possibility of a carcinogenic effect from aspartame, it is not controversial that exposure levels would have to be much higher than what most people consume to confer any risk. At the end of the day the evidence still supports the conclusion that aspartame is safe at human levels of consumption.*

Here again, we have the "evade the topic" tactic. List 2B in the article refers to wikipedia: https://en.wikipedia.org/wiki/IARC_group_2B, where we can see that 95% of the elements on this list are synthetic molecules that a health-conscious person would not consume every day. Of course, they wouldn't eat aspartame either!

In conclusion, we'd like to make two points:

- Aspartame is toxic to health in many ways, and the fact that it is also carcinogenic, and at what dose, doesn't change a thing.

- Aspartame is perfectly useless and should therefore be banned, regardless of its toxicity, because the only beneficiary of its use is the industry that produces it.

Scientific proof of aspartame's toxicity has been established without any possible dispute. Its uselessness is inherent in its very nature. And yet, the fact that it continues to be authorized shows just how far official organizations are from taking citizens' health into account.

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- Ideas for staying healthy and protected while traveling and on vacation
- Strategies for improving your health at work
- Deepened understanding of how your life choices impact your health
- Clarifying health goals that are meaningful and achievable
- Developing a vision of your optimal health and thriving for longevity
- Any other personal requests or concerns on any health related issue

Holistic Natural Health Experts

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