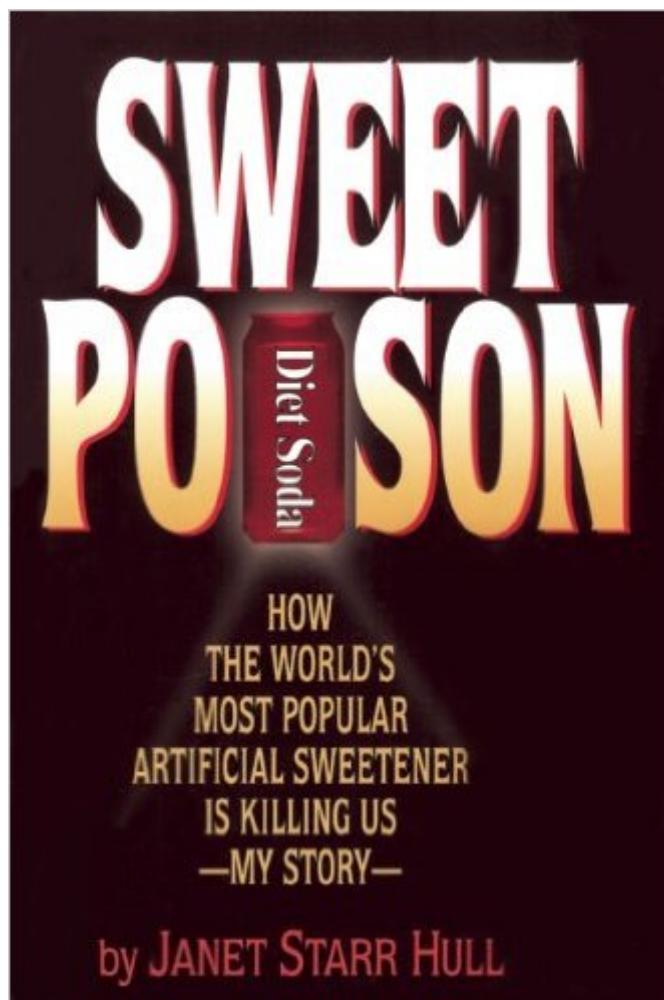


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Sweet Poison: How The World's Most Popular Artificial Sweetener Is Killing Us – My Story



Synopsis

Millions of dieters using chemical sweeteners will be shocked by firefighter Janet Starr Hull's story. Diagnosed with a deadly case of Grave's Disease after she collapsed on the job, Hull was told she would die. Searching for the cause of her illness, Hull discovered that the chemical sweetener aspartame found in Nutrasweet was to blame.

Book Information

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Average Customer Review: 4.1 out of 5 starsÂ [See all reviewsÂ \(63 customer reviews\)](#)

Best Sellers Rank: #1,468,378 in Books (See Top 100 in Books) #46 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Additives #269 inÂ Books > Health, Fitness & Dieting > Nutrition > Macrobiotics #1220 inÂ Books > Health, Fitness & Dieting > Safety & First Aid

Customer Reviews

What is important about Janet's book is not whether or not she is a great writer (as a very long life of obsessive reading, I can tell you, there are very few) or whether she made mistakes about the minutiae of science. What is important, is that she is right. I know. I've been there. About four years ago, my mother told me that she saw a segment on the news about the adverse effects of aspartame (weight gain, headaches, hair loss, etc.) and told me because she knew that I drank diet drinks. At that point, I was drinking one can of Diet Coke, Monday through Friday, in the afternoon at work because that was what was available. At home, I was drinking Diet Rite which uses Splenda. I was not using any other diet products and still don't. So, I thought it was no big deal to just drink the regular Coke with sugar for a week to see if I noticed any difference. At that point, my feet were in such increasing pain from "arthritis," I felt I was fast on my way to using a wheelchair. The condition had gotten increasing worse for more than ten years. I came home one Friday night and was not even sure I could walk the few feet to the bathroom. I had spent a fortune on extremely expensive doctors, shoes, inserts, etc. Within four days of not drinking aspartame, I was able to walk up and down stairs for the first time in many years. About 90 percent of the pain was gone. The balance of

the pain went away over a period of months, and today (even though I am four years older), I am in no pain at all, and take a great deal of delight in buying really cheap shoes. My brother-in-law gets migraines from aspartame (obviously, he is not genetically-related to me).

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