I am writing you about my experience with Nutrasweet, because I feel it’s important for you to know the affects that it had on me. This is not some forwarded email that I am passing onto you, though if you’d like to pass it on to your friends and family, please feel free to do so.

Ivie Baker

First of all, the reason I started drinking diet soda was because I am hypoglycemic, which means that I have low blood sugar. When I ingest access sugar, my blood sugar levels actually plummet. I don’t know what a “Sugar High” is. I get the sugar lows which make me very, very tired.

Anyway, about one and a half months ago I started noticing my hands becoming numb at night. It got worse over a very short period of time, to the point that I was waking me up at night. I’d get up and try to shake my hands out to get the feeling back. They were cold and numb. Then, just about every morning I would wake up with those cold, numb hands and I was beginning to worry that something major might be wrong.

Being stubborn and busy in my life, I didn’t make time to go see the doctor. They’d probably want to run me through a bunch of tests and I just didn’t have time to deal with all that. I was hoping that it would go away on it’s own. (I don’t recommend that method, but it was where I was at, at the time).

Then on New Years Eve (2005-2006) my husband and I went over to a friends house to have dinner and play cards while we rang in the new year. I’m not much of a drinker when it comes to alcohol, so instead I opted to drink my favorite diet soda instead. Thinking that I was being “good” by not having any liquor, I managed to drink an entire 2 liter of diet soda (with Nutrasweet) that night. This might not sound like such a big deal, but it was a wake-up call for me.

The next morning, both of my hands were really numb. I guess you could say they were worse that usual. My right arm as numb and tingly all the way up to my elbow. I tried to shake it out, but the feeling wouldn’t go away. So, I got up and drank a bunch of water instead. For some reason, I had a gut feeling that it might have something to do with the diet soda. I realized that the numbness at night tended to be worse on days that I drank more pop. The night before, I had drank a lot more than usual.

It took me over two hours for the numbing, tingling feeling went away. Even then, the strength in that arm seemed week for the rest of the day. I had a hard time keeping my hands warm too.

That’s when I went online and started doing some research about the affects of Nutrasweet. I went onto Google.com and punched in the key words “Nutrasweet Symptoms” and came up with a list of web sites on the subject. I was surprised at the lists and lists of symptoms that Nutrasweet can sometimes cause.

Did you know that Nutrasweet converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis? Isn’t formaldehyde what they put in DEAD PEOPLE to preserve them???

As for the numbness in my hands and arms, this is what I read about my symptoms:

**Neuropathy**
A group of symptoms caused by abnormalities in motor or sensory nerves. Symptoms include tingling or numbness in hands or feet followed by gradual, progressive muscular weakness.

I am convinced that the ingestion of Nutrasweet was the cause of my problems.

It was also stated that Nutrasweet can mimic or worsen other syndroms and diseases, such as: Alzheimer's Disease, Arthritis, Asthma, Cancer, Carpal Tunnel Syndrome, Cataract, Chronic Fatigue Syndrome, Cramping, Diabetes Mellitus, Diarrhea, Edema, Epstein Barr virus, Fibromyalgia, Hypertension,
Hypoglycemia, Lymphoma, Meniere's Disease, Migraine, Multiple Chemical Sensitivity, Multiple Sclerosis, Nausea, Neuropathy, Panic Attack, Parkinson's Disease, Retinopathy, Seizure, Tachycardia, Hives, etc...

Here is a web page full of information: http://www.diagnose-me.com/treat/T88789.html

After reading this, I decided to stop drinking diet soda with Nutrasweet FOR GOOD. I was hoping that the answer to my problems was the ingestion of too much Nutrasweet and with lots of water and avoidance of this sweetener, I’d begin to feel normal again.

It’s been a little over 3 weeks since I’ve had any Nutrasweet and I am feeling much better. I still get the minor numbness from time to time, but nothing like what I was experiencing three weeks to a month ago. I’m flushing those toxins out of my system and each day I feel better. I didn’t notice a major difference until a couple weeks after I stopped drinking diet soda. They say it can take two or more weeks to notice a difference. Now that I am past the third week, I am feeling close to normal.

I don’t care what FDA studies say or what the makers of Nutrasweet claim. They state that this product is safe. BALONEY!!! I am convinced from my personal experience that this stuff is POISON!

Check into it yourself. Please feel free to email me about this if you have any questions. I am not an expert on Nutrasweet, but I can say I have experienced some negative and scary symptoms from the use of this product.

Sincerely, Ivie Baker