

# DR. CHRISTOPHER'S Herbal Legacy Newsletter

October 1, 2014

## Ant Poison? Or Excitotoxins For Humans?

David Christopher, M.H.

If you have an ant problem and you do not want to spend money on Orkin or buy environmentally hazardous products, then may I suggest using Aspartame and the ants will surely die. If you are not familiar with Aspartame then try: NutraSweet, Equal, Spoonful or Crystal Light. These artificial sweeteners will surely kill the ants and maybe even you. The body tries to protect you from these Excitotoxins by storing them away in fat cells, which becomes a very stubborn fat to remove from your body. You can exercise and diet to excess but it is virtually impossible to lose these fats that store poisons.



An added insult of these artificial sweeteners is that they also accelerate weight gain. When an artificial sweetener is taken into the body, the body perceives the sweetness and releases insulin to utilize the recently acquired energy source. But no glucose is available, so the body sends out signals to consume carbohydrates and alleviate the jitters that accompany elevated insulin levels. These extra calories promote weight gain.

It is so sad to see people struggling with obesity, carrying around their 32 oz. "diet soda" truly believing that it will help them with their weight. These chemical sweeteners do not kill you right away but they cause various diseases and have also recently provoked suicide. Parkinson's disease is one of many diseases triggered by these insidious chemicals. The following is an interesting correlating example from the book "Take Control of Your Health and Escape the Sickness Industry" by Elaine Hollingsworth.

*Inside Hollywood, there has been much speculation about the cause of the Parkinson's Disease suffered by actor Michael J Fox, but the star's addiction to Diet Pepsi (which contains aspartame) is no secret. One cast member who worked with Fox said he drank*

*at least 12 cans a day. I have no way of knowing if that is true, since I have not spoken with him. I do know, however, from my own Hollywood days, that whenever a celebrity endorses a product, he or she is provided with an unlimited supply, and if there is a movie or TV show involved, cases are sent each week. Given Michael's long-standing commercial endorsement of Diet Pepsi, it's hardly surprising that not only is he himself now a victim of the neurological disease, but that several crew members who worked with him have also been reported as suffering the same terrible affliction. PepsiCo, Monsanto and their partners-in-crime have a lot to answer for.*

These newsletter articles, by design, are meant to be short and easy to read. Therefore in-depth information is available at [www.aspertame.com](http://www.aspertame.com) and [www.dorway.com](http://www.dorway.com).

**David Christopher** is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.