

# SWEETEN POISON

Diet Soda

HOW  
THE WORLD'S  
MOST POPULAR  
ARTIFICIAL SWEETENER  
IS KILLING US  
—MY STORY—

by JANET STARR HULL

Janet Starr Hull

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



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When certified nutritionist Janet Hull became gravely ill, she discovered aspartame poisoning was to be blamed for her lifestyle threatening sickness. not a meals additive. She tells her story and the experiences of others and unveils startling evidence of a cover-up. Her investigation uncovered disturbing factual statements about aspartame concealed from the public since the 1970's &#151; including documents contradicting item safety and the fact that aspartame was originally authorized as a medication &#151;



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You will not believe how good this book is and what it says. This book is filled with facts which will astonish you. This publication finally explains my violent panic disorders that were happening 3 to 4 nights per week and the sores in my mouth that no doctor could explain. This When you hear the horror stories of aspartame, end and really listen because there is something to them. It's crazy just how many people still have no idea the truth. This book chronicled all my unexplained symptoms. Since scanning this I've asked around at numerous health providers, also the dental hygienist was informed by her professors to remain from diet drinks - back in the 80's!! twenty pages later he quit diet sodas and is savoring better health because of it. The facts contained herein are really shocking and the magnitude of the coverup can be even more shocking. It can be a must read.. this book is a casino game changer my hubby was a die hard NutraSweet user, I read the book first and gave it to him. What hidden sources? Pleased with transaction Exceptional book with very needed details. Weird but accurate. My hair continues to be falling out in wads but I really believe that will stop too in a matter of a couple weeks or a month. Many thanks for sharing this knowledge. I've avoided aspartame for 2 a few months and my fingernails have started growing and the muscle tissue in my legs feel better. I switched from aspartame to stevia but dizziness got even worse. Years ago I discovered that drinking diet soda was causing me to possess bouts of despair. After scanning this book Inwas able to remove fake sugar from my mother's diet and she actually is now free of all of her horrendous symptoms. Also after I halted drinking soda, aspartame in gum -and other hidden resources - was leading to me to possess vertigo, nausea, center palpitations, etc. for a long time. this is essential read for anybody with a diet soda addiction. Aspartame are available in any items listing "natural flavors ". It's criminal, really. These manufacturers are poisoning us. 5 stars so you can get some truth to customers. Writer advocates stevia which is just as bad. I have already been using aspartame heavily for years but it was just recently that I started to get dizzy. It's crazy just how many people still have no idea the reality about aspartame. I bought this book to find the low down on artificial sweeteners which it does a reasonable job of doing aside from stevia. The Mayo Clinic lists the very best side effect of stevia as dizziness, while author Hull sings its praises. A reserve that everyone should examine and pass on to everyone they know. Best book I've read in years... This book is full of facts that will astonish you which is a minimum of a crime perpetuated on people in over 100 countries around the world which have trained with approval that it's safe for human consumption. It really is pure greed that's behind the FDA qualification. Luckily, I quickly understood that it was chemically induced. This publication was a Godsend for me! Beware of the subtle killer..! Not really impressed. It could indicate the difference between lifestyle and loss of life, at least a wholesome pain-free existence.... Once I halted aspartame both went apart over night. Happy with transaction. This reserve is an attention opener and I would suggest it to everyone that beverages or eats anything with aspartame in the ingredient listing. Furthermore, my husband LOST 10 lbs soon after stopping the diet sodas. I've avoided aspartame for 2 months and my fingernails have started developing and the muscles in my legs feel a lot better. RECOMMEND This Book I've been using Alka-Seltzer Plus cool medicine. It never would have occurred to me to check on if they make use of an artificial sweetener. I understand now that my symptoms like memory space loss and fatigue could be due to aspartame poisoning. Thank you for making me aware. -Friendly Community Nutritional Biologist Excellent book It's been the last piece of evidence I had a need to stop my addiction to diet coke. Four Stars Information provided helped my partner stop drinking diet coke after 30+ yrs of drinking about 6 cans/day! A fine exemplary case of bad science This book bases most of it's key arguments on anecdotal evidence, does not provide non-biased research (or even scientifically referenced research), and ultimately chooses to selectively blame aspartame when there are so many cofounding variables in play. We'll see if my wellness improves within 30 days..



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