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From: sailfixer@yahoo.com
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I would like to request that the state of California list Aspartame as a carcinogenic substance and remove it from all food products. I have personal experience with this toxic substance and here is my story. I will keep it short. I consumed aspartame products, mainly diet Coke, off and on for around 20 years until the fall of 2013 when I started noticing a little numbness in my extremities and a rise in blood pressure. Over the next couple of months I also experienced some dizziness. On November 24th of 2013 I entered the hospital with physical symptoms resembling a stroke which included high blood pressure, numbness in my extremities, tinnitus and inter cranial pressure. After testing, it was confirmed that I had not had a stroke but the doctors could not pinpoint what the problem was so I was sent home the next day without a diagnosis and was told to follow up with my regular doctor. I felt better till the following Monday, which was a hot dry day here in California. During the course of the day I consumed three diet Cokes and in the evening my symptoms started to return. At that point I started to wonder if the diet coke was the problem so I did some research on Aspartame and found much negative information about the toxicity of this artificial sweetener and found testimonials from many other users that had stories very similar to mine. Even one of the doctors that examined me confessed that he had a bad experience with aspartame that he said "almost killed him". I was very surprised as most doctors, even though they think consuming aspartame is not good, don't seem to be focusing on or care about the problem. Also, even though aspartame is the most complained about substance in FDA history, they seem not to care also. Very surprising and very disappointing that this agency that is supposed to be protecting the citizens of this country is allowing this toxic substance in our food supply.

I then immediately stopped using aspartame products and after a week and a half of some terrible withdrawal symptoms I started to feel better. Most of my symptoms started to go away with the exception of the tinnitus and elevated blood pressure which I still have three years later. I am very sure that aspartame was responsible for my physical problems as other physical symptoms, some of which I had for years and didn't know the cause also went away, such as muscle and joint pain, gum pain and eye pain. This toxic sweetener has made my physical life much more difficult and uncomfortable. I am also very concerned about other possible problems that may come down the road from my exposure. In short this product has ruined my life as it has for many others and I wish I never would have used it.

I think the biggest problem is that this toxic sweetener is being used in thousands of food and drink products and consumers are ingesting way more than they realize or should. I am really concerned for the young people of today that have been consuming it all their lives, that they will experience many long term health consequences so PLEASE!! for the sake of all the citizens of this country remove Aspartame from our food supply.

Thank You,
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