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Subject: aspartame

I had just started on Jenny Craig and was VERY sick with headaches. I was taking Excedrin because the headaches were so debilitating. I finally looked at their packaging and saw that Aspartame was in just about everything and I figured that was the culprit. Then I got a bloody nose that wouldn't stop. I went to the doc on a Monday morning -- by Wed. they still couldn't stop the bleeding/hemorrhaging and I went in for emergency surgery where the doc had to un-deviate my septum in order to cauterize the blood vessel. He attributed the whole thing to Excedrin -- thinning the blood too much. I told him about the Aspartame starting the whole thing BECAUSE of the headaches from Aspartame. He didn't buy it. But, I know for sure, I wouldn't have gotten the headaches...and then taken the Excedrin -- which probably did cause the bleeding. Aspartame was the bad guy!

This was exactly two years ago. I solved the problem by never ingesting aspartame again. I haven't had any of the same headaches/problems since -- duh! However, as a nutritionist I was able to detox immediately with milk thistle in the form of a product called Orthochol, which my company mfgs.  
<http://www.infinity2.info/product/professionals/2203.asp>

I can testify if you'd like.

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"How great the reverence I feel when a small bird accepts me as a friend."  
Helen Thomson

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