



Still doubting the dangers of aspartame?

Maybe this study, scrap that...3 (!) studies will change your mind. This is a must-know. One diet soda a day increases...

leukemia, multiple myeloma and non-Hodgkin lymphomas:

The combined results of the new studies showed that just one can (355 ml) of diet soda daily leads to:

- 42 percent higher leukemia risk in men and women (pooled analysis)
- 102 percent higher multiple myeloma risk (in men only)
- 31 percent higher non-Hodgkin lymphoma risk (in men only)

These results were based on multi-variable relative risk models, all in comparison to participants who drank no diet soda. It is unknown why only men drinking higher amounts of diet soda showed increased risk for multiple myeloma and non-Hodgkin lymphoma. Note that diet soda is the largest dietary source of aspartame (by far) in the U.S. Every year, Americans consume about 5,250 tons of aspartame in total, of which about 86 percent (4,500 tons) is found in diet sodas.

Study Links:

<http://www.ncbi.nlm.nih.gov/pubmed/23097267>

<http://www.ncbi.nlm.nih.gov/pubmed/16507461>

<http://www.ncbi.nlm.nih.gov/pubmed/17805418>

Adapted from: [http://www.naturalnews.com/037772\\_aspartame\\_leukemia\\_lymphoma.html#ixzz2AxzeiQ9N](http://www.naturalnews.com/037772_aspartame_leukemia_lymphoma.html#ixzz2AxzeiQ9N)

As you know I take a "moderation" stance on most things concerning diet...well scrap that in this case. No more diet sodas for me, not even in cheats - at least not if the soda contains aspartame. The effects appear to be huge by even consuming a tiny dose (1 can) of this.

And I'm going to make a controversial statement now but if you do have a cheat, go for the real thing with real sugar, at least over this.

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