

# NEWS UP-DATE

January 2008

The Friday morning and monthly Carer's sessions have been suspended at this present moment due to lack of attendance.

The situation will be reviewed in three months to see if there is any rekindled interest in these services, and if there is sufficient response they will be restarted.

If there is anybody who is interested in either of these services being reinstated they can call John Hill or tell him and he will relay their names to the committee.

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[www.mstrust.org.uk](http://www.mstrust.org.uk)

## People with secondary progressive MS sought for clinical trial

Dr Jeremy Chataway - Consultant Neurologist Imperial College Healthcare NHS Trust & National Hospital for Neurology and Neurosurgery

Simvastatin is widely used as a cholesterol-lowering drug, but evidence suggests that it may also be useful in MS. Firstly, it seems to reduce the number of areas of inflammation on the MRI scans of people with early MS, and may have that effect in secondary progressive MS; secondly it might improve the immune system in MS; finally it might be neuroprotective. These are a lot of 'mights' so we need to have further proof – hence this trial. The study will look at the MRI brain scans of people taking simvastatin and those not taking it and we will also look at how people are doing in terms of their day to day living.

The researchers need 140 people to take part for two years each, having three MRI scans during that time.

### To take part, you need to be:

between 18-65 years old

have worsening secondary progressive MS (NOT primary progressive)

at best able to walk 500 metres; at worst 20 metres (frame allowed)

not on disease-modifying drugs (eg beta interferon)

be able to travel to the MRI centres in Sussex or Bucks.

If you are interested, call: 020 8383 0675 or email: [mstc@imperial.ac.uk](mailto:mstc@imperial.ac.uk) for a patient information sheet.

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## MS Survey

Do you have MS? Will you help us improve MS services? Will you take part in the big MS survey?

During January, the MS Trust and the Royal College of Physicians are working together to conduct the biggest ever survey of MS services across England and Wales. We want to see whether services have improved since NICE issued its MS guidelines in 2003.

If you have MS please help us reflect your experience in the national picture. The survey will take only 10 mins to complete – just ring the MS Trust on 01462 476700 or go to [www.mstrust.org.uk/survey](http://www.mstrust.org.uk/survey) and let us have your views.

*I don't know who wrote this, but it is worth reading all the same. I did a search on Google and the controversy is confirmed. (Sent to Susan O'Neill by a friend)*

In October of 2001, my sister started getting very sick. She had stomach spasms and she was having a hard time getting around. Walking was a major chore. It took everything she had just to get out of bed; she was in so much pain.

By March 2002, she had undergone several tissue and muscle biopsies and was on 24 various prescription medications. The doctors could not determine what was wrong with her. She was in so much pain, and so sick she just knew she was dying. She put her house, bank accounts, life insurance, etc, in her oldest daughter's name, and made sure that her younger children were to be taken care of.

She also wanted her last hooray, so she planned a trip to Florida (basically in a wheelchair) for March 22nd .

On March 19 I called her to ask how her most recent tests went, and she said they didn't find anything on the test, but they believe she had MS.

I recalled an article a friend of mine e-mailed to me and I asked my sister if she drank diet soda? She told me that she did. As a matter of fact, she was getting ready to crack one open that moment.

I told her not to open it, and to stop drinking the diet soda! I e-mailed her the article my friend, a lawyer, had sent.

My sister called me within 32 hours after our phone conversation and told me she had stopped drinking the diet soda AND she could walk! The muscle spasms went away. She said she didn't feel 100% but she sure felt a lot better. She told me she was going to her doctor with this article and would call me when she got home.

Well, she called me, and said her doctor was amazed! He is going to call all of his MS patients to find out if they consumed artificial sweeteners of any kind.

In a nutshell, she was being poisoned by the Aspartame in the diet soda...and literally dying a slow and miserable death.

When she got to Florida March 22, all she had to take was one pill, and that was a pill for the Aspartame poisoning! She is well on her way to a complete recovery.

And she is walking! No wheelchair! This article saved her life.

If it says 'SUGAR FREE' on the label; DO NOT EVEN THINK ABOUT IT!

I have spent several days lecturing at the WORLD ENVIRONMENTAL CONFERENCE on "ASPARTAME," marketed as 'NutraSweet,' 'Equal,' and 'Spoonful.'

In the keynote address by the EPA, it was announced that in the United States in 2001 there is an epidemic of multiple sclerosis and systemic lupus. It was difficult to determine exactly what toxin was causing this to be rampant.

I stood up and said that I was there to lecture on exactly that subject.

I will explain why Aspartame is so dangerous: When the temperature of this sweetener exceeds 86 degrees F, the wood alcohol in ASPARTAME converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis.

Formic acid is the poison found in the sting of fire ants. The methanol toxicity mimics, among other conditions, multiple sclerosis and systemic lupus. Many people were being diagnosed in error. Although multiple sclerosis is not a death sentence, Methanol toxicity is!

Systemic lupus has become almost as rampant as multiple sclerosis, especially with Diet Coke and Diet Pepsi drinkers. The victim usually does not know that the Aspartame is the culprit. He or she continues its use; irritating the lupus to such a degree that it may become a life-threatening condition.

We have seen patients with systemic lupus become asymptotic, once taken off diet sodas.

In cases of those diagnosed with Multiple Sclerosis, most of the symptoms disappear. We've seen many cases where vision loss returned and hearing loss improved markedly.

This also applies to cases of tinnitus and fibromyalgia.

During a lecture, I said, "If you are using ASPARTAME (NutraSweet, Equal, Spoonful, etc) and you suffer from fibromyalgia symptoms, spasms, shooting, pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, unexplainable depression, anxiety attacks, slurred speech, blurred vision, or memory loss you probably have ASPARTAME poisoning!"

People were jumping up during the lecture saying, "I have some of these symptoms. Is it reversible?"

Yes! Yes! Yes! STOP drinking diet sodas and be alert for Aspartame on food labels! Many products are fortified with it! This is a serious problem.

Dr. Espart (one of my speakers) remarked that so many people seem to be symptomatic for MS and during his recent visit to a hospice, a nurse stated that six of her friends, who were heavy Diet Coke addicts, had all been diagnosed with MS. This is beyond coincidence!

Diet soda is NOT a diet product! It is a chemically altered, multiple SODIUM (salt) and ASPARTAME containing product that actually makes you crave carbohydrates. It is far more likely to make you GAIN weight!

These products also contain formaldehyde, which stores in the fat cells, particularly in the hips and thighs. Formaldehyde is an absolute toxin and is used primarily to preserve "tissue specimens." Many products we use every day contain this chemical but we SHOULD NOT store it IN our body!

Dr. H. J. Roberts stated in his lectures that once free of the "diet products" and with no significant increase in exercise; his patients lost an average of 19 pounds over a trial period.

Aspartame is especially dangerous for diabetics.

We found that some physicians, who believed that they had a patient with retinopathy, in fact, had symptoms caused by Aspartame.

The Aspartame drives the bloodsugar out of control. Thus diabetics may suffer acute memory loss due to the fact that aspartic acid and phenylalanine are NEUROTOXIC when taken without the other amino acids necessary for a good balance. Treating diabetes is all about BALANCE. Especially with diabetics, the Aspartame passes the blood/brain barrier and it then deteriorates the neurons of the brain; causing various levels of brain damage, seizures, depression, manic depression, panic attacks, uncontrollable anger and rage.

Consumption of Aspartame causes these same symptoms in non-diabetics as well. Documentation and observation also reveal that thousands of children diagnosed with ADD and ADHD have had complete turnarounds in their behavior when these chemicals have been removed from their diet. So called "behavior modification prescription drugs" (Ritalin and others) are no longer needed. Truth be told, they were never NEEDED in the first place! Most of these children were being "poisoned" on a daily basis with the very foods that were "better for them than sugar."

It is also suspected that the Aspartame in thousands of pallets of diet Coke and diet Pepsi consumed by men and women fighting in the Gulf War, may be partially to blame for the well-known Gulf War Syndrome.

Dr. Roberts warns that it can cause birth defects, i.e. mental retardation, if taken at the time of conception and during early pregnancy.

Children are especially at risk for neurological disorders and should NEVER be given artificial sweeteners. There are many different case histories to relate of children suffering grand mal seizures and other neurological disturbances talking about a plague of neurological diseases directly caused by the use of this deadly poison."

Herein lies the problem:

There were Congressional Hearings when Aspartame was included 100 different products and strong objection was made concerning its use. Since this initial hearing, there have been two subsequent hearings, and still nothing has been done. The drug and chemical lobbies have very deep pockets.

Sadly, MONSANTO'S patent on Aspartame has EXPIRED!

There are now over 5,000 products on the market that contain this deadly chemical and there will be thousands more introduced. Everybody wants a "piece of the Aspartame pie." I assure you that MONSANTO, the creator of Aspartame, knows how deadly it is.

And isn't it ironic that MONSANTO funds, among others, the American Diabetes Association, the American Dietetic Association and the Conference of the American College of Physicians? This has been recently exposed in the New York Times.

These [organizations] cannot criticize any additives or convey their link to MONSANTO because they take money from the food industry and are required to endorse their products.

Senator Howard Metzenbaum wrote and presented a bill that would require label warnings on products containing Aspartame, especially regarding pregnant women, children and infants.

The bill would also institute independent studies on the known dangers and the problems existing in the general population regarding seizures, changes in brain chemistry, neurological changes and behavioral symptoms.

The bill was killed.

It is known that the powerful drug and chemical lobbies are responsible for this, letting loose the hounds of disease and death on an unsuspecting and uninformed public. Well, you're Informed now! YOU HAVE A RIGHT TO KNOW!

## YOUR JOKES

Wanda's dishwasher quit working so she called a repairman. Since she had to go to work the next day, she told the repairman, "I'll leave the key under the mat. Fix the dishwasher, leave the bill on the counter, and I'll mail you a check." "Oh, by the way don't worry about my dog Spike. He won't bother you. But, whatever you do, do NOT, under ANY circumstances, talk to my parrot!" "I REPEAT; DO NOT TALK TO MY PARROT!!!"

When the repairman arrived at Wanda's apartment the following day, he discovered the biggest, meanest looking dog he has ever seen. But, just as she had said, the dog just lay there on the carpet watching the repairman go about his work.

The parrot, however, drove him nuts the whole time with his incessant yelling, cursing and name calling. Finally the repairman couldn't contain himself any longer and yelled,

"Shut up, you stupid, ugly bird!"

To which the parrot replied, "Get him, Spike!"

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

Two elderly gentlemen from a retirement centre were sitting on a bench under a tree when one turns to the other and says: "Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?"

Slim says, "I feel just like a newborn baby."

"Really!? Like a newborn baby!?"

"Yep. No hair, no teeth, and I think I just wet my pants."

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said,

"Last night we went out to a new restaurant and it was really great I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know... the one that's red and has thorns."

"Do you mean a rose?"

"Yes, that's the one," replied the man.

He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"

### Disclaimer

Articles in this Bulletin are meant for the sole purpose of information only and do not necessary reflect the views of the committee.

## MEMBERS COMPETITION

A £5 prize will be given to the member whose entry has the most correct answers. Even if you can't answer all the questions, send in those you have answered – you could still win!

### USING ONE OF THE INITIAL LETTERS FROM EACH ANSWER WILL GIVE YOU THE NAME OF A FAMOUS LAKE

- 1/ Opened in 1863, it is 41.5 miles long and has 34 stations, which is London's oldest underground line? .....
- 2/ Who did Tom Sawyer and Huckleberry Finn see murder Dr Robinson in the churchyard? .....
- 3/ Which film star has a statue in Leicester Square? .....
- 4/ Hanged in 1962, whose body was exhumed in 2001 for DNA tests and subsequently proved to be guilty of the A6 murders? .....
- 5/ Which London museum was founded in 1917? .....
- 6/ In English what is the practice of omitting the "T" sound from a word (for example Matalan) .....
- 7/ Who was the first woman to make a solo transatlantic flight? .....
- 8/ What is the title given to the Pope's permanent diplomatic representative in another country? .....

Name:

Address:

Send Completed Forms To:  
Mr D Henderson  
74 Windermere Road  
Stockton-on-Tees  
TS18 4LY

All entries to be received by the next social. The winner will be drawn from entries received with the highest number of correct answers.

Answers to last quiz:

1/ Colt 2/ Actuary 3/ Stephen 4/ Pinocchio 5/ Iliad 6/ Amethyst 7/ Newel 8/ Somerset  
9/ Epidermis 10/ Abyssinia **Ans: The Caspian Sea**