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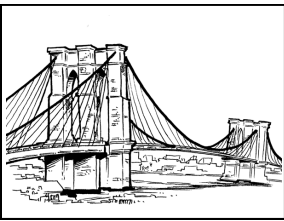
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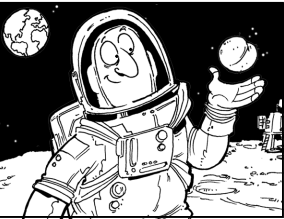
Time to Fall Back
REMEMBER TO Set Your Clocks BACK ONE HOUR Sunday Night

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The Brooklyn Bridge, in New York, is a suspension bridge that contains enough wire in its cables to stretch more than halfway around the world.

THANKS FOR READIN'



The first fruit eaten on the moon was a peach.

See River Talk News in full color at www.rivertalknews.com

SWEET, BUT POISON - A MUST READ

A Note from the Editor: I'm not a doctor of course, but I've been preaching this message for several years. I saw a quick little blurb on a TV News program that said something to the effect of "... artificial sweeteners have been linked to the almost epidemic spread of Adult Onset Diabetes...". It only made sense to me.

After all what does our body do when our tongue tastes sweetness? It produces insulin to counteract the sugar it just took in. Well... if it didn't really take in any sugar than it only makes sense that we didn't need the extra insulin our bodies just made.

Anyway, the following article is from an email. I've been hearing a lot of hooplah about Aspartame recently and I thought I share this with you.

I can tell you that I have grown Stevia (thanks to Ken Mabry giving me a small 'start' several years ago, and it is indeed sweet, and very easy to grow once you have the hang of it.

As I always tell you, read this, do your own research and make your own decisions. And I always tell you, thanks for readin'... Dodi

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.

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.

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.

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.'

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.

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

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.

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.

She told me she was going to her doctor with this article and would call me when she got

Continued on Page 10

ACROSS

- Vehicle compartment
- Bad (pref.)
- Legal weight of a rupee
- Certified Public Accountant (abbr.)
- Chin. dynasty
- Olive genus
- Mulberry of India
- Hing
- Jutlander
- Mother of Pollux
- Dadaist
- Carriage
- Syphilis
- Oaf
- Palestine Liberation Organ. (abbr.)
- Lady's title
- Civet
- Limb
- Adjective-

forming (suf.)

- Thought
- Bull (pref.)
- Maple genus
- Hop
- Treatment
- Stag
- Acacia (2 words)
- Edible seed
- Viking
- Adriatic seaport
- Sphere
- Concert halls
- Fertilizer ingredient
- Drop

DOWN

- Circuit Court of Appeals (abbr.)
- Amazon tributary
- Alopecia
- Sing
- S. Afr. fox
- Central Intelligence Agency (abbr.)
- Dolt
- Tribe symbol
- Foul-smelling
- Maiden loved by Zeus
- Wider than AAAA
- Overjoy
- Donkey
- Borden calf
- N.Z. bird
- Hard question
- Sambar deer
- Millrace
- Boll (2 words)
- Weakly colored (pref.)
- Monster
- Kitchen tool
- Pitch
- Braz. timber tree
- Rom. province
- Coagulated milk
- Female friend (Fr.)
- Employ
- Man's name: abbr.
- Father: Arabic
- Exclude
- Age
- Warp yarn

Answer on Page 2

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