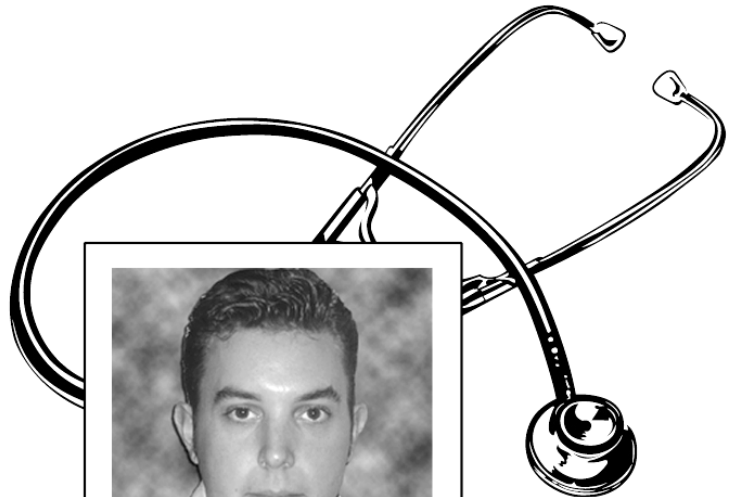


DR. AIETA'S PATIENT SPOTLIGHT



Dr. Frank Aieta, N.D.

To further educate readers on the benefits of natural medicine I would like to periodically highlight particular patients from my practice who have improved their health through naturopathic care.

The first such patient is western Massachusetts native Thomas Lockwood. Tom was a professional Jai-Alai player in Hartford during the 1980s and early 90s. On our first visit, Tom gave me a brief history about the game of Jai-Alai and recounted all the injuries he sustained from playing this fast paced game for many years. He injured just about every area of his body and was in a considerable amount of pain on a daily basis. He had also been recently diagnosed with a condition called Meniere's disease, which is a disorder characterized by recurring dizziness or vertigo, some hearing loss and a ringing sound in the ears.

Tom exhibited all of these symptoms, but the most prominent one was the dizziness that was really affecting his daily living. Tom initially came to see me for treatment of his musculoskeletal injuries, but I felt that the Meniere's disease was affecting him much more and needed to be addressed first.

Tom stated: "I had been getting dizzy for the past five months and decided to seek treatment. After visiting Baystate Medical Center and then being referred to an ear, nose and throat specialist, I started undergoing evaluations. They administered a number of tests regarding my balance and hearing. Their conclusion was that I had Meniere's disease and there really was no

cure and that I would have to just live with it or undergo some radical surgery on my head.

"This was not acceptable to me," he continued. "After months of this anguish, I was referred to Dr. Frank Aieta by one of my colleagues. He said Dr. Aieta would look at my condition from another perspective and would be able to give me other treatment options. Given the fact that I had already done four months worth of testing, I figured it couldn't hurt."

But Tom didn't stop there.

"By the end of our first visit, Dr. Aieta was pretty confident that he knew what was causing my Meniere's disease" Lockwood added. "He uncovered the fact that I was drinking a large amount of Diet Snapple and Diet Coke during the normal workday. Apparently the aspartame (artificial sweetener) can be toxic to the nervous system and can cause dizziness and ringing in the ears as well as migraines and other nervous system problems. I was amazed that none of the 'specialists' had even inquired about my consumption of aspartame-containing products. What was more amazing was that after a month of eliminating these products from my diet and taking herbs and supplements to help detoxify my system, my symptoms had resolved 100 percent."

What Tom was experiencing is not uncommon among people who consume large quantities of aspartame-containing products. Aspartame, when heated above 86 degrees Fahrenheit gets converted

over to something called methanol — or wood alcohol — which is a known poison. This conversion process occurs in the body, or if the aspartame-containing product is improperly stored like a case of Diet Coke sitting in a 90-degree warehouse.

This methanol breaks down even further in the body to something called formaldehyde, which is a deadly neurotoxin that can cause all types of neurological symptoms including Meniere's disease.

At present, Tom continues to avoid products containing aspartame, and his so-called "Meniere's disease" has never returned. In fact, many of his musculoskeletal aches and pains that he attributed to his years of playing Jai-Alai have also seemed to improve since stopping aspartame.

I chose to present this case because the majority of the population is consuming some type of food product with aspartame in it on a daily basis, possibly contributing to

many of today's health problems.

"Aspartame disease" has been shown to mimic symptoms or worsens the following diseases: fibromyalgia, arthritis, multiple sclerosis (MS), Parkinson's disease, lupus, Multiple chemical sensitivities (MCS), diabetes and diabetic complications, epilepsy, Meniere's disease, Alzheimer's disease, birth defects, chronic fatigue syndrome, lymphoma, Lyme disease, attention deficit disorder (ADD), panic disorder and migraine headaches.

Dr. Aieta is a board certified and licensed Naturopathic Physician with a private practice in West Hartford, Conn. He specializes in the treatment of disease, utilizing natural therapies such as acupuncture, homeopathy, spinal manipulation, clinical nutrition, and herbal medicine. If there is a specific topic you would like Dr. Aieta to address in an upcoming article, you can e-mail him at DrAieta@aol.com.

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