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Subject: Re: A Lawsuit Against McDonald's That May Actually Make Sense?

Posted by [Crimson](#) on Fri, 20 Oct 2006 22:49:40 GMT

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I was a Diet Pepsi addict for like 8 years or so. I read about the "controversy" and decided I would take their suggested 60-day challenge. I am about 40 days into it. I have noticed that my lower back pain is significantly reduced, my minor acne is even less, my appetite is significantly reduced... I also used to have problems with my blood glucose level getting low several times a day. This doesn't happen anymore.

Other people have mentioned feeling like they were in a "brain fog" and were better when they stopped using aspartame, but I don't feel any different mentally.

The reduced appetite and reduced back pain alone are good enough reasons not to drink that shit anymore.

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