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Michelle Ramirez
Office of Environmental Health Hazard Assessment
P.O. Box 4010, MS-12B
Sacramento, CA 95812-4010

Re: Proposition 65 containing Aspartame

I am a former resident in Sacramento, California. I moved to assist my elderly parents.

I wish to state that I am in favor of including Aspartame as a known carcinogen on the labeling of food and medications.

With that stated, I would like to share a piece of my difficult life with you and the reason behind my strong support. In this past year, I wrote a letter to the editor was published in a local New Mexico newspaper.

I have in my adult life developed numerous and severe food and drug allergies. Most of my allergic reactions started with manufactured chemicals to supplement food taste and longevity on the shelf. It did not stop there, but has expanded to "healthy" foods, including eggs and organic peaches. Amongst the foods that I am unable to eat are any artificial sweeteners including Aspartame.

Aspartame was actually one of the first artificial sweeteners that my body rejected. Where I live now in Santa Fe, NM, I am a part of a large community of re-located individuals who have moved here to locate clean food and clean housing. I define clean as being manufactured chemical free.

I am at a sever disadvantage over many people, as labeling laws do not require labels indicating that additives that are known allergens to myself be listed anywhere on the package. I know that Aspartame is a required listing, but many people believe that this is a safe alternative to eating sugar.

I firmly believe, but will never prove that it is these other ingredients and additions that have caused me to live a difficult life. I believe that everyone has a right to be informed and to make their own decisions. I see Proposition 65 as one of the first steps towards this process, so even though I am no longer a resident in California, I would like to express my thanks and appreciation for stepping forward and stating what needs to be said. I have attached the letter that was published on Tuesday July 19, 2016 in the Santa Fe New Mexican.

My letter was on my playing Russian Roulette every time I eat food from a regular store, where my allergies are not required to be listed on the label.
Barbara A Arntzen

Enclosure

Dear Editor:

"Is your food killing you?"

Everyone needs to be aware of what they are eating. I play "Russian Roulette" every time I eat! This is because what I am allergic to is not required to be placed on a food label. I am unable to eat food that was not cooked in my house. I am still learning what standard/everyday foods are "non-food" for me. I believe that many suffer from the same sickness that I do and it has continued unidentified for the source and the cause.

My symptoms include the usual food allergy symptoms of: rash, anxiety, and itching, but they extend way beyond these simple problems. When I eat GMO foods, my feet develop severe callouses, crack open and look infected with fungus - THEY ARE NOT! It is a GMO allergy. My fingers and hands develop rough skin that splits open and refuse to heal. They also peel. My abdomen develops open ulcers that remain open for up to two months. I am unable to bandage these as the condition comes with sensitivity to adhesives, leading to more open ulcers. The least obvious of the symptoms, is the non-stop appetite; eat, eat, eat, even when you are full. The body is trying to flush out the poison.

Without GMO labeling laws, I am doomed to continue to have severe health problems along with others.

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