

Monosodium Glutamate MSG

It is rather alarming that MSG, a known neurotoxin, is found in the most unlikely foods disguised or euphemistically labeled as innocent or yummy sounding food ingredients. Recently, through the internet, in a book called *In Bad Taste: The MSG Symptom* by Dr. George Schwartz, and various references to MSG by Dr. Russell Blaylock, you would be shocked and dismayed by what you read. Before getting into this, consider this information to better put MSG into proper perspective.

There are two kinds of MSG, natural (if you can believe that) and synthetic. Natural MSG is known as L-glutamic acid, an amino acid that is found in plants and animals and is harmless. It is harmless because our digestive process slowly breaks down this natural or "bound" glutamic acid and through a bodily function it is delivered to receptors in the body and brain. Stay with me and wake up now, as the technical stuff is almost done. Even though harmless, eating too many foods high in glutamate will eventually reach the bloodstream. These foods include tomatoes, mushrooms, dairy products, corn, molasses, wheat, and even tobacco.

Here we go... in a factory, the "bound" glutamic acid in these foods is broken down or made "free" by various processes referred to as hydrolyzed, autolyzed, modified, textureized, or fermented, and is refined to a white crystal that resembles sugar. It is then mixed with salt and used as a flavor enhancer for those manufacturers too lame to put out a product with natural, harmless ingredients. It is affectionately known as mono-sodium glutamate or the "Darth Vader" of the free world.

Now, lets cut to the chase. **YOU MUST READ LABELS!!!** If it says, autolyzed yeast, yeast extract, hydrolyzed vegetable protein, hydrolyzed protein, or textureized vegetable protein, **IT IS MSG**. If it says, maltodextrin, barley malt, whey protein, soy protein isolate (or words to that nature), **IT IS MSG**.

Gelatin (used in vitamin capsules) contains MSG.

Most smoke flavor or "flavorings" contain MSG.

Soy sauce, made from the fermentation of soy beans contains MSG and pure MSG powder can be added to cheaper brands of soy sauce to enhance its flavor.

Confirmed with Fearn Foods, the manufacturer of Spike, Spike contains MSG.

It is in vegetarian meat analogs, "hot dog analogs", soup broths, bouillon, and products using the words containing protein fortified, enzyme modified, rice syrup, brown rice syrup, citric acid, milk powder, dry milk solids, annatto, spice, carrageenan, guar gum, and lecithin (if from hydrolyzed soy products). But wait, there's more!

Candy, drinks, gum, packaged salads with citric acid, low fat milk, stevia (if coupled with maltodextrin), Accent, Lawry's Seasoning Salt, Torula Yeast, Adobo salt, Chinese Seasonings, and believe it or not, internal feeding materials and some fluids administered intravenously in hospitals.

So, what is one to do?

Learn to cook and eat naturally, forget fast foods, processed foods, animal products and dairy products and eat an organic vegan plant based diet that is as much organic as possible.

Let your spices be natural from foods and herbs. And above all, before you buy anything packaged and/or processed, **YOU MUST READ LABELS**.

One more thing, politicians that receive campaign contributions from large food companies have made it so that legislation has been passed to **NOT** list MSG as an ingredient but to euphemistically use the words mentioned above.

Learn more: http://www.naturalnews.com/026973_MSG_food_foods.html#ixzz1NryA5KMc

The food additive MSG (Mono-Sodium Glutamate) is a slow poison. MSG hides behind 25 or more names, such as "Natural Flavoring." MSG is even in your favorite coffee from Tim Horton's and Starbucks coffee shops! I wondered if there could be an actual chemical causing the massive obesity epidemic, and so did a friend of mine, John Erb. He was a research assistant at the University of Waterloo in Ontario, Canada, and spent years working for the government. He made an amazing discovery while going through scientific journals for a book he was writing called "The Slow Poisoning of America" .

In hundreds of studies around the world, scientists were creating obese mice and rats to use in diet or diabetes test studies. No strain of rat or mice is naturally obese, so scientists have to create them. They make these creatures morbidly obese by injecting them with MSG when they are first born. The MSG triples the amount of insulin the pancreas creates, causing rats (and perhaps humans) to become obese. They even have a name for the fat rodents they create: "MSG-Treated Rats."

When I heard this, I was shocked. I went into my kitchen and checked the cupboards and the refrigerator. MSG was in everything -- the Campbell's soups, the Hostess Doritos, the Lays flavored potato chips, Top Ramen, Betty Crocker Hamburger Helper, Heinz canned gravy, Swanson frozen prepared meals and Kraft salad dressings, especially the "healthy low-fat" ones. The items that didn't have MSG marked on the product label had something called "Hydrolyzed Vegetable Protein," which is just another name for Mono-Sodium Glutamate.

It was shocking to see just how many of the foods we feed our children everyday are filled with this stuff. MSG is hidden under many different names in order to fool those who read the ingredient list, so that they don't catch on. (Other names for MSG are "Accent," "Ajinomoto," "Natural Meat Tenderizer," etc.) But it didn't stop there. When our family went out to eat, we started asking at the restaurants what menu items contained MSG. Many employees, even the managers, swore they didn't use MSG. But when we ask for the ingredient list, which they grudgingly provided, sure enough, MSG and Hydrolyzed Vegetable Protein were everywhere.

Burger King, McDonald's, Wendy's, Taco Bell, every restaurant - even the sit-down eateries like TGIF, Chili's, Applebee's, Perkins, Red Lobster, Sub-Way, Denny's and most in-office cafeteria's ingredients they use to prepare the foods many without knowing - use MSG in abundance. Kentucky Fried Chicken seemed to be the WORST offender: MSG was in every chicken dish, salad dressing. and gravy. No wonder I loved to eat that coating on the skin - their secret spice was MSG!

So why is MSG in so many of the foods we eat? As a preservative, or a vitamin? Not according to my friend John Erb. In his book *The Slow Poisoning of America*, he said that MSG is added to food for the addictive effect it has on the human body. Even the propaganda website sponsored by the food manufacturers lobby group supporting MSG explains that the reason they add it to food is to make people eat more. A study of the elderly showed that older people eat more of the foods that it is added to. The Glutamate Association lobbying group says eating more is a benefit to the elderly, but what does it do to the rest of us?

"Betcha can't eat [just] one," takes on a whole new meaning where MSG is concerned! And we wonder why the nation is overweight! MSG manufacturers themselves admit that it addicts people to their products. It makes people choose their product over others, and makes people eat more of it than they would if MSG wasn't added. Not only is MSG scientifically proven to cause obesity, it is an addictive substance. Since its introduction into the American food supply fifty years ago, MSG has been added in larger and larger doses to the prepackaged meals, soups, snacks, and fast foods we are tempted to eat everyday. The FDA has set no limits on how much of it can be added to food. They claim it's safe to eat in any amount. But how can they claim it's safe when there are hundreds of scientific studies with titles

like these:

"The monosodium glutamate (MSG) obese rat as a model for the study of exercise in obesity." Gobatto CA, Mello MA, Souza CT, Ribeiro I. A. Res Commun Mol Pathol Pharmacol. 2002. "Adrenalectomy abolishes the food-induced hypothalamic serotonin release in both normal and monosodium glutamate-obese rats." Guimaraes RB, Telles MM, Coelho VB, Mori C, Nascimento CM, Ribeiro. Brain Res Bull. 2002 Aug. 'Obesity induced by neonatal monosodium glutamate treatment in spontaneously hypertensive rats: An animal model of multiple risk factors." Iwase M, Yamamoto M, Iino K, Ichikawa K, Shinohara N, Yoshinari Fujishima. AHypertens Res. 1998 Mar.

"Hypothalamic lesion induced by injection of monosodium glutamate in suckling period and subsequent development of obesity." Tanaka K, Shimada M, Nakao K Kusunoki. Exp Neurol. 1978 Oct. No, the date of that last study was not a typo; it was published in 1978. Both the "medical research community" and "food manufacturers" have known about the side effects of MSG for decades. Many more of the studies mentioned in John Erb's book link MSG to diabetes, migraines and headaches, autism, ADHD, and even Alzheimer's. So what can we do to stop the food manufactures from dumping this fattening and addictive MSG into our food supply and causing the obesity epidemic we now see? Several months ago, John Erb took his book and his concerns to one of the highest government health officials in Canada. While he was sitting in the government office, the official told him, "Sure, I know how bad MSG is. I wouldn't touch the stuff.." But this top-level government official refuses to tell the public what he knows.

The media doesn't want to tell the public either, fearing issues with their advertisers. It seems that the fallout on the fast food industry may hurt their profit margin. The food producers and restaurants have been addicting us to their products for years, and now we are paying the price for it. Our children should not be cursed with obesity caused by an addictive food additive. But what can I do about it? I'm just one voice! What can I do to stop the poisoning of our children, while our governments are insuring financial protection for the industry that is poisoning us?

This message is going out to everyone I know in an attempt to tell you the truth that the corporate-owned politicians and media won't tell you. The best way you can help to save yourself and your children from this drug-induced epidemic is to forward this article to everyone. With any luck, it will circle the globe before politicians can pass the legislation protecting those who are poisoning us. The food industry learned a lot from the tobacco industry. Imagine if big tobacco had a bill like this in place before someone blew the whistle on nicotine?

If you are one of the few who can still believe that MSG is good for us and you don't believe what John Erb has to say, see for yourself. Go to the National Library of Medicine at www.pubmed.com <<http://www.pubmed.com/>. Type in the words "MSG Obese" and read a few of the 115 medical studies that appear. We the public do not want to be rats in one giant experiment, and we do not approve of food that makes us into a nation of obese, lethargic, addicted sheep, feeding the food industry's bottom line while waiting for the heart transplant, the diabetic-induced amputation, blindness, or other obesity-induced, life-threatening disorders. With your help we can put an end to this poison. Do your part in sending this message out by word of mouth, e-mail, or by distribution of this printout to your friends all over the world and stop this "Slow Poisoning of Mankind" by the packaged food industry