

# MSG is Poisoning You

## THE DANGERS OF EATING MONOSODIUM GLUTAMATE

**ALSO IN THIS ISSUE: ASPARTAME IS ANT POISON / EXCITOTOXINS ARE DEADLY**

**Monosodium Glutamate (MSG) is a strange chemical added to food, which the food industry says is placed there “to make the food taste better.” But the real reason it is added is because MSG is addictive—so you will want to keep eating and buying that food product! Here are important facts about MSG:**

**MSG causes obesity!**—John Erb was a research assistant at the University of Waterloo, and spent years working for the government. Later, he made an astounding discovery while going through scientific journals for a book he was writing, called *The Slow Poisoning of America*. **In order to study diabetes in test animals, in hundreds of studies around the world scientists feed mice and rats MSG so they will become extremely overweight!**

No strain of rat or mice is naturally obese, so the scientists somehow have to make them that way. They produce these morbidly obese creatures by injecting them with a chemical, known as MSG, when they are first born. **The MSG triples the amount of insulin the pancreas creates, causing them to become very obese!** Scientists even have a title for these fat rodents: They call them “MSG-Treated Rats.”

**MSG causes nerve damage in children!**—MSG, added to the food you serve on your table or eat at restaurants, causes **brain damage in children**. It also affects how their nervous systems form during development; so that, in later years, they may have **learning or emotional difficulties**. Women should not eat MSG during pregnancy! Parents should not allow their children to eat it! —Frankly, the grown-ups should not eat it either!

There is scientific evidence that MSG permanently damages a critical part of the brain known to control hormones, so that **later in life a child might have endocrine problems**.

**What MSG is found in—MSG seems to be in just about every type of processed food!** Campbell’s soups, Hostess Doritos, Lays flavored potato chips, Top Ramen, Betty Crocker Hamburger Helper, Heinz canned gravy, Swanson frozen prepared meals, Kraft salad dressings (especially the “healthy low fat” ones).

MSG (also called *hydrolyzed vegetable protein*) is a key ingredient in foods sold at Burger King, McDonald’s, Wendy’s, Kentucky Fried Chicken, and Taco Bell. Even the sit-down ones like TGIF, Chilis,

Applebees, and Denny’s use MSG in abundance.

**Why MSG is added to foods**—Manufacturers claim that MSG makes the food “taste better.” But **the real reason it is added to food is the addictive effect it has on the human body**.

And we wonder why the nation is overweight? The MSG manufacturers themselves admit that it addicts people to their products. It urges people to choose their product over others, and makes people eat more of it than they would if MSG was not added.

**So not only has MSG been scientifically proven to cause obesity,—it is an addictive substance!**

Since its first introduction into the American food supply over fifty years ago, MSG has been added in even larger doses to the prepackaged meals, soups, snacks, and fast foods we are tempted to eat everyday.

**Ignoring the research studies**—The FDA has set no limits on how much of it can be added to food. They claim it is safe to eat in any amount, in spite of the fact that **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 IA. 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 RC, 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. Hypertens 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*

Yes, that last study is not a typo, *it was written in 1978*. Both the medical research community and food “manufacturers” have known MSG’s side effects for decades!

**Leads to dangerous diseases**—MSG is linked to **diabetes, migraines, headaches, autism, ADHD, and Alzheimer’s**. A drug that blocks the effects of MSG is being used to treat Alzheimer’s disease! Yet the unsuspecting continue to eat MSG daily in their

food.

Researchers have found a relationship between MSG and some of the dreaded **neurodegenerative diseases** such as **ALS, Parkinsonism, Huntington's disease, and Alzheimer's disease**, which all affect the elderly. Scientists used to think that in adults, brain cells were protected from invasion of MSG. Now, however, researchers realize that there are at least five areas in the brain that are not well-protected.

**Hidden Sources of MSG**—MSG manufacturers and the processed food industries are continually devising new “disguise names” for the MSG added to food. **Here is a partial list of the most common names for disguised MSG:**

- *Food additives that always contain MSG:* Monosodium Glutamate, Hydrolyzed Vegetable Protein, Hydrolyzed Protein, Hydrolyzed Plant Protein, Plant Protein Extract, Sodium Caseinate, Calcium Caseinate, Yeast Extract, Textured Protein (Including TVP), Autolyzed Yeast, Hydrolyzed Oat Flour, and Corn Oil.

- *Food additives that frequently contain MSG:* Malt Extract, Malt Flavoring, Bouillon, Broth, Stock, Flavoring, Natural Flavors/Flavoring, Natural Beef or Chicken Flavoring, Seasoning, Spices.

The tricky part for consumers is that, because current labeling requirements permit it, **free glutamate can be hidden under more than 40 different names**. Some common names are natural flavoring, natural chicken flavoring, natural turkey flavoring, etc., or basically any new name a manufacturer chooses. **If MSG is not harmful, it would not be hidden in the labeling.**

**Additional information**—When any product contains at least 79% *free glutamic acid*, it must be called MSG. Quantities of less than this amount do not fall under MSG labeling restrictions, and can be called any number of innocent sounding names, such as “natural flavoring.” In larger quantities, **free glutamate is toxic to everyone**; but, for those who cannot metabolize it effectively, even very small doses can act like a poison. MSG stimulates or damages glutamate receptors, making them more sensitive to subsequent ingestion of MSG. Science suggests that **free glutamates may act as a “slow neurotoxin” with damage, such as dementia, only becoming apparent years later.**

**Brain lesions have been produced again and again experimentally** using hydrolyzed vegetable protein (MSG). Also, it has been determined that **when these substances are combined together, as can be found in the lengthy ingredient list of many prepared foods, they become much more toxic** than when used individually. Commercial soups, sauces, and gravies that are in liquid form are even more toxic than solid form, because **liquids are rapidly absorbed and attain high concentrations in the blood.**

The **glutamic acid in vaccines** are often described as “stabilizers,” *i.e.*, ingredients to keep the virus alive. In reality, they are a hidden source of processed free glutamic acid (MSG). **This, along with mercury (a**

**brain poison which is in all vaccines to kill viruses and bacteria in it), are two of the causes of autism in infants and small children.**

Although most vaccines are included, here are two examples which have MSG:

The Chicken pox Vaccine by VariVax (Merck & Co., Inc.). This vaccine includes “L-monosodium glutamate” and “hydrolyzed gelatin.”

Another example would be Merck's M-M-R vaccine. The product insert states that the growth medium for measles and mumps includes “amino acids” and “glutamate.” It also states that the medium for rubella includes “amino acids” and “hydrolyzed gelatin.” Finally, it states that the “reconstituted vaccine” for subcutaneous administration includes hydrolyzed gelatin.

It is common knowledge, among chemists, that the amino acids—“glutamic acid,” “aspartic acid,” and “L-cysteine” are neurotoxic. It is also known that **any hydrolyzed protein, such as the hydrolyzed gelatin, will contain some processed free glutamic acid (MSG), some aspartic acid, and some L-cysteine**, all considered to be neurotoxic by neuroscientists. Even without hydrolyzing gelatin, **gelatin contains over 11% processed free glutamic acid (MSG) and some aspartic acid and L-cysteine**. It is present as a result of the manufacturing process that results in gelatin.

One of the things that makes immediate diagnosis of MSG as the cause of a sudden physical problem is the different reaction times experienced by different people. **Some people eat MSG and react immediately with headaches, etc.** Some react as late as 48 hours after ingesting MSG. A second consideration is the fact that some react to a small dose of MSG in a meal, while others are distressed by a larger amount. But a given person will always react in the same way to MSG.

In research studies, H. Schaumburg found that approximately **30% of our population suffered immediate, adverse reactions when fed MSG in an ordinary diet** at levels readily available on a given day. Other independent researchers confirmed his observations.

**Protecting the profit margin**—A research scientist took his concerns to one of the highest health officials in Canada. While sitting in his government office, the official told him, “Sure I know how bad MSG is, I wouldn't touch the stuff!” Yet this top level government official refused to tell the public what he knew. Tragically, the major media also refuses to tell the public, fearing legal issues with their advertisers, lest it hurt their profit margins.

Dr. Russell Blaylock (in a September 27, 2006, interview) stated that **excitotoxins have been found to dramatically promote cancer growth and metastasis**. (The glutamic acid in every MSG-containing ingredient is an excitotoxin.) Blaylock also discussed how **MSG can cause sudden cardiac death**. (See page 4 for more on Excitotoxins.)

# Aspartame is Ant Poison

## ANOTHER KILLER IN YOUR DIET

**Ant poison**—As you may know, insecticides are especially dangerous if breathed or swallowed by humans. **Here is the most powerful ant poison known to man, with the possible exception of DDT**, which is so deadly that it has been banned for decades.

Tell your friends that **this lethal ant poison is aspartame** (also called Nutrasweet)—which is placed in many of the processed foods and drinks that you eat.

Aspartame was discovered in 1965 by Searle Laboratories, when one of its chemists, Jim Schlatter, accidentally licked his finger while working with the substance. Finding that it was intensely sweet, Searle decided it could make far more money marketing it as a food sweetener, instead of as an insect poison.

**If you are bothered by ants you cannot get rid of, open a packet of aspartame sweetener** and dump it in a corner where only ants can find it. That small amount of the chemical will kill ants for over two years.

Unfortunately, small black ants are too smart to touch it. So, if you will mix it with a little apple juice, they will take it to their nest—and the entire colony will be dead within 24 hours. Truly, a powerful poison!

Aspartame is also excellent for fire ants, which as you may know are very hard to kill. Sprinkle some on the ant nest. Fire ants will ignore it until it gets wet, so spray it with water. The ants excitedly grab it and take it into their mound. All will be dead within 2 days.

Because aspartame is a neuropoison, it interferes with the nervous system of the ants. When applying it, **do not let any of the aspartame touch your skin, and do not breathe it.**

**Nerve damage**—Aspartame in liquids (such as Diet Coke and other “diet drinks”) begins to change into *formaldehyde* above freezing temperature. The FDA states that an individual can safely consume 97 packets a day!

**The symptoms of aspartame are similar to those of multiple sclerosis and Alzheimer’s disease.** Ever since it was approved by the FDA in 1985, there has been an increase in brain tumors.

The FDA reviewed Searle’s original studies of this artificial sweetener, in which rats were fed aspartame daily with their meals for one year. **Brain tumors developed in 12 of the rats fed aspartame.**

In another study done at the University of Wisconsin on rhesus monkeys, they were fed aspartame daily. After day 200 of a one-year study, **the monkeys developed epileptic seizures.** After the study ended, the aspartame was discontinued and the monkeys were watched for 60 days. There were no more seizures.

**In addition to convulsions in humans, aspartame has also been known to cause headaches, nausea, vision problems, blindness, and cancer.**

Formaldehyde is a known carcinogen; and **it causes retinal damage of the eye. Interfering with DNA replication, it causes birth defects.**

Jerome Bressler, now retired, was an FDA employee when so many devious things were being done to get the chemical approved. In a conversation with Dr. Betty Martine, Dr. H.J. Roberts, and Dr. Russell Blaylock, he admitted that the studies on aspartame were so bad that, when his report on it was retyped, the FDA removed the worst 20%. Dr. Roberts wrote his congressman demanding the FDA release the other 20%; but they refused, saying it was confidential.

**Chemical contents**—Aspartame is a sweetener. Of this, 90% is made from two amino acids, *phenylalanine* and the excitotoxin *aspartate (aspartic acid)*, to which *methyl alcohol* is added. It is the *methyl alcohol* which, at body temperature, totally changes into *formaldehyde* and DKP (*diketopiperazine*). Both of those chemicals cause serious problems in the nervous system. They should never enter the body.

**Aspartame breaks down within 20 minutes at room temperature into four primary toxic and dangerous ingredients.** Here they are:

(1) DKP (*diketopiperazine*) (When ingested, this converts to a near duplicate of a powerful brain-tumor causing agent). (2) *Formic Acid* (ant venom) (3) *Formaldehyde* (embalming fluid). (4) *Methanol* (wood alcohol, an extremely dangerous substance which can cause blindness).

**Foods it is found in**—Fully 70% of all food or drink complaints to the FDA are about aspartame. **It is sold under dozens of brand names such as NutraSweet, Equal, Equal Measure, Spoonful, and Canderl.**

The substance is found in diet soft drinks, sugar free gums, sugar free Kool Aid, Crystal Light, baked goods, puddings, light yogurt, childrens’ medications, some cheap vitamins, and thousands of products claiming to be ‘low calorie,’ ‘diet,’ or ‘sugar free.’

“Diet drinks” are loaded with aspartame and no food. The empty stomach increases the damage. Components of aspartame go straight to the brain, causing headaches, mental confusion, and faulty balance.

In a 1993 decision, the FDA approved aspartame as an ingredient in numerous food items which require heating. On June 27, 1996, without giving public notice, the FDA removed all restrictions from aspartame and allowed it to be used in every possible type of food, including all heated and baked goods.

**Be careful what you buy at the store! Do not purchase processed foods in any form.**

Aspartame is an intense form of an *excitotoxin*, which is explained more fully on the next page.

# Excitotoxins are Deadly

## BOTH MSG AND ASPARTAME ARE EXCITOTOXINS

Here is a biochemical summary, from Russell Blaylock's book, *Excitotoxins*, showing how and why these substances damage your body:

**How excitotoxins were discovered**—In 1957, two ophthalmology residents, Lucas and Newhouse, were conducting an experiment on mice, to study a particular eye disorder. During the course of this experiment they fed newborn mice MSG and discovered that all of the mice demonstrated **widespread destruction of the inner nerve layer of the retina**. Similar destruction was also seen in adult mice. The results of their experiment was published in the *Archives of Ophthalmology* and soon forgotten. For ten years prior to this report, large amounts of MSG were being added to adult foods, and also to baby foods, in doses equal to those of the experimental animals.

Then in 1969, Dr. John Olney, a neuroscientist and neuropathologist working out of the Department of Psychiatry at Washington University in St. Louis, repeated Lucas and Newhouse's experiment. His lab assistant noticed that the newborn of MSG exposed mice were **grossly obese and short in stature**. Further examination also demonstrated **damaged organs (pituitary, thyroid, adrenal, and reproductive dysfunction)**. Physiologically, they demonstrated **multiple endocrine deficiencies—including TSH, growth hormone, LH, FSH, and ACTH**. When Dr. Olney examined the animals' brains, he discovered damage to the **hypothalamus**. Later studies indicated that the damage by monosodium glutamate was much more widespread, affecting other organs in the brain.

**Diseases they cause**—An increasing number of scientists are convinced that a group of compounds, called excitotoxins, play a critical role in the development of several **neurological disorders—including migraines, seizures, infections, abnormal neural development, certain endocrine disorders, neuropsychiatric disorders, learning disorders in children, AIDS dementia, episodic violence, lyme borreliosis, hepatic encephalopathy, specific types of obesity, and especially the neurodegenerative diseases, such as ALS, Parkinson's disease, Alzheimer's disease, Huntington's disease, and olivopontocerebellar de-**

generation.

**More added to food every year**—The amount of these neurotoxins added to our food has increased enormously since their first introduction. For example, since 1948 the amount of MSG added to foods has doubled every decade. By 1972 262,000 metric tons were being added to foods. Over 800 million pounds of aspartame have been consumed in various products since it was first approved. Ironically, **these food additives have nothing to do with preserving food or protecting its integrity**. They are all used to alter the taste of food. MSG, hydrolyzed vegetable protein, and natural flavoring are used to enhance the taste of food, so that it tastes better. Aspartame is an artificial sweetener. Both are addictive.

**How they excite the nerves to death**—Excitotoxins are substances, usually acidic amino acids, that react with specialized receptors in the brain in such a way as to lead to destruction of certain types of neurons. Glutamate is one of the more commonly known excitotoxins. MSG is the sodium salt of glutamate. This amino acid is a normal neurotransmitter in the brain. In fact, it is the most commonly used neurotransmitter by the brain. Defenders of MSG and aspartame use usually say: How could a substance that is used normally by the brain cause harm? This is because **glutamate, as a neurotransmitter, exists in the extracellular fluid only in very, very small concentrations—no more than 8 to 12uM. When the concentration of this transmitter rises above this level, the neurons begin to fire abnormally. At higher concentrations, the cells undergo a specialized process of delayed cell death, known as excitotoxicity; that is, they are excited to death.**

**Slow, gradual damage**—In many of the neurodegenerative disorders, **neuron energy deficiency often precedes the clinical onset of the disease by years, if not decades**. The severe, negative effects of excitotoxin food additives are generally slow in developing. **It may take years before Alzheimer's dementia, Parkinson's disease, or amyotrophic lateral sclerosis gradually develop as a result of excitotoxic changes in the brain.**

**REMEMBER THAT MONOSODIUM GLUTAMATE, ASPARTAME, AND RELATED EXCITOTOXINS ARE ONLY FOUND IN PROCESSED FOODS AND DRINKS. (MOST MEAT AND MILK ARE PROCESSED.) THEY ARE NOT FOUND IN ANY OF THE FOODS WHICH ARE NATURAL (FRUITS, VEGETABLES, ETC.) — WHICH ARE THE FOODS THAT GOD MADE FOR US TO EAT!**