



MSG List

Names in which MSG may be concealed, in order to be included in food without disclosure.

- Accent
- Natural flavors
- Hydrolyzed vegetable protein (HVP)
- Ajinomoto
- Natural flavoring
- Hydrolyzed milk protein
- Autolyzed Yeast
- Natural beef flavoring
- Kombu extract
- Bouillon
- Natural pork flavoring
- Mei-Jing/Wei-Jing
- Barley Malt
- Natural chicken flavoring
- RL-50
- Broth
- Natural seasonings
- Textured Protein
- Calcium caseinate
- Gourmet powder
- Seasonings
- Sodium caseinate
- Glutaveve
- Subu
- Flavorings
- Glutacyl
- Spices (sometimes)
- Malt extract
- Hydrolyzed oat flour
- Tamari
- Malt flavoring
- Hydrolyzed plant protein
- Zest

Get This Neuro-Toxin Out Of Your Life! Read Labels!

1. Take the MSG List with you to the store and read labels carefully. Try to avoid any products containing MSG. It may take more time, but the well-being of yourself and your family will well be worth it.
2. The most common source of MSG hiding in a product is "natural flavors." This additive contains approximately 40% MSG. Mayonnaise, ketchup, and mustard often contain "natural flavors" as an additive. Most packaged and canned foods, including teas, diet foods, desserts, ice cream and cakes, commonly contain "natural flavors."
3. Most commercial salad dressings, soups, and meat stocks contain some form of MSG as well as dairy products, sauces, seasoning mixtures, frozen foods, teas and convenience foods. Remember, the motive is high profit at the expense of your health.
4. Avoid processed or dried foods with "flavor packets." These almost always contain MSG. They are often found in boxed rice, pasta, powdered salad dressing mixes and dried soups.
5. Canned gravies, chili, stews and sauces often contain large amounts of MSG.
6. Before buying delicatessen or smoked meat products, check the label. Most sausages and luncheon meats will contain some form of MSG.
7. Worst of all, the label on many products may say "No MSG" when in fact it is loaded! The MSG may be hiding as "natural flavors" or "spices," etc.
8. Most meals served in restaurants across America contain MSG, whether it's a fancy place or a fast food joint. Many restaurants are not aware that their food contains MSG since it may not specifically be listed on the labels.

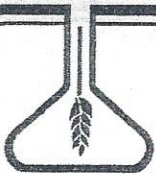
The Cure for Hidden MSG

Think fresh! The more fresh ingredients you can incorporate into your meals, the less likely you are to use products containing MSG. Especially try to make your own salad dressings, sauces, toppings, and gravies. Avoid packaged foods. Check out your local farmers' markets. Best of all, become a "make it from scratch" gourmet. Make your daily cuisine delicious food with no poison!

Blaylock, Russell, *Excitotoxins: The Taste That Kills*, Health Press, 1997.

Schwartz, George, *In Bad Taste: The MSG Syndrome*, Penguin Group: New York, NY, 1988.

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MSG

The Hidden Poison In Your Food

What Did You Eat For Lunch Today?

If you didn't prepare your lunch from scratch, chances are you had a nice dose of MSG (monosodium glutamate)! It may be unbelievable, but the presence of MSG lurking in pre-made foods is now nearly ubiquitous. We were horrified to find out that MSG can legally masquerade under a whole host of harmless-sounding names, such as "natural flavors" or "spices." We thought we had been avoiding MSG for years, only to find out that it is being concealed in almost all our food (including many products in health food stores). MSG is not just something you get from eating at a Chinese food restaurant.

MSG: Nerve Poison

Why are we so concerned about MSG? Because MSG is not an allergen, it is a NERVE POISON! Dr. George Schwartz, M.D., a noted toxicologist and author of In Bad Taste, the MSG Syndrome, points out that the body's reaction to MSG is a drug reaction, not an allergic reaction. This poison, MSG, is harmful to everyone. Even those who did not believe that they are affected by MSG, are being adversely affected nonetheless - since their bodily processes are still being disturbed.

Overt symptoms such as headaches or fatigue may or may not be connected to the eating of this disguised villain, MSG. Why is MSG hidden in so many foods? MSG is a flavor enhancer. Food companies learned that MSG could not only enhance flavor but suppress "off" flavors, bitterness, sourness, and the "tinny" taste of canned foods. The food companies have no intention of giving up MSG which helps out their products.

The Toxic Limit

Our national consumption of MSG went from roughly one million pounds in 1950 to 300 times that amount today. Here's the bottom line: as the dose increases, every single person will react to MSG at some point. At certain doses, it becomes toxic enough to cause illness. As with any poison, at higher doses, it is without exception, fatal. If a person already has immune system or health problems, they may react to very small doses of MSG.

Medical research also links MSG to Alzheimer's Disease, ALS (Lou Gehrig's Disease) and Parkinson's Disease. Not a nice guy, this MSG!

Common Symptoms From Eating MSG (At The Time Of Eating It Or Delayed):

- Headaches
- Irritable bowel syndrome
- Bags under the eyes
- Migraines
- Mental fuzziness/confusion
- Urinary problems
- Nausea
- Shortness of breath
- Prostate problems
- Vomiting
- Heart Attack-like symptoms
- Partial paralysis
- Diarrhea
- Allergy type symptoms
- Mouth lesions
- Upset stomach
- Flushing
- Depression
- Asthma attacks
- Mood swings
- Anger/irritation
- Skin rashes
- Behavioral disorders (especially in children and teens)
- Pain in neck/legs
- Heart palpitations
- Back pain
- Anxiety/panic attacks
- Runny nose
- Insomnia
- Weakness
- Dizziness
- Arthritis

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