

# Acknowledgments

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This book is written first and foremost for our children, our good friends, and large extended family, all of whom make our lives worth living. It is also for all those who would benefit from an MSG free diet - in our opinion, that includes all of us.

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by

Deborah L. Anglesey

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The writer, editors, publisher, and others referred to in this book are not responsible for any adverse reactions or results from the use of the recipes or information offered therein. The author has shared the information based on her own experiences, experiences shared by other MSG-sensitive individuals, and the resources referenced in the book.

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# The Discovery (Author’s Story)

To explain more clearly how this simple food additive has affected my life and many of those around me, I must go back a little in time to the early part of 1975. My husband, Mike, and I were living in our first home in Seattle, Washington, with our three young children, Kris (four years), Shelli (two years), and baby Michael. It was an exciting and happy time in my life, filled with fun and work. I had great friends with whom I shared tole painting and Chinese cooking classes. I was full of energy, was still wearing the same dress size I wore when I got married, had a sweet and very helpful husband, and felt very busy but happy. Then suddenly I started experiencing chest pains. The first time it happened, the area around my heart hurt with knifelike pains and jabs whenever I tried to breathe in. Mike and I were terrified as I lay on the floor unable to get my breath. Mike was about to give me mouth to mouth resuscitation and call for an ambulance, when my normal breathing began to return. I felt so weak afterwards that I went to bed and later resumed life's normal demands. But a few days later, the same thing happened, and then again every three to five days. After a couple of weeks, I visited my doctor who gave me a complete physical and then declared my heart was "very strong" and everything else was very normal. He asked me if my life and marriage were "OK,” if there were any problems. After all, I was reminded, I'd just had a baby and two other children and it was likely that stress was manifesting itself this way. I was shocked and embarrassed to think that I wasn't able to cope emotionally with the rigors of my chosen lifestyle. He suggested that I get out more with adults, take lots of restful baths, etc. I enrolled in a second Chinese cooking class with my sister and two other friends. It was great fun, but my symptoms continued. After a few months, I looked terrible. I'd lost some weight, my face was puffy, there were bags under my eyes and the girl who was nicknamed, "The roadrunner" in college, now walked around the house feeling like her arms and legs were dragging 50 pound weights. Getting the kids fed and dressed became huge chores. My idea of a successful day was when I could manage getting all three to nap at the same time so that I could rest, too. All I wanted to do was sleep. I put on a happy face at church, because it would have been embarrassing if anyone knew my secret: that I was unable to cope. I often had terrible headaches lasting two to three days. After a year, I confided in a close friend and she suggested a different doctor. Same tests, same results: "You're as strong as a horse - good heart. Try to relax more.” The third doctor I saw told me, "It's all in your head, as far as I can tell." I felt humiliated. Three years and three more doctors later, I gave up. I then became acquainted with a nurse who eventually treated me like a big sister. One day, after an especially trying week, I blurted it all out to her. I felt like such a failure and hypocrite. My family and friends thought I had it "all together”. I had always been labeled "capable”, the lucky one, the one who could handle anything. In three years I had gone from a confident, cheerful mom and wife to a person I could barely understand or like very much. Cranky, tired, and always achy, my poor husband was at a loss as to how to help me. My friend listened and suggested another physician. I trusted her opinion and got an examination from this kind doctor. He told me my symptoms were very much like those of a young patient of his whose first attack happened on the football field during a game. Tests showed he had asthma and this doctor suspected the same of me. I saw an allergist and had the scratch tests done, which on a scale of 1-10, showed I was an 11, being mostly sensitive to mold, weeds, and dust. The immunization shots began. After a year I did feel somewhat better with fewer headaches and chest pains. However, I seemed to catch every viral or bacterial infection to come my way. Sore throats and bronchial infections plagued me often and the headaches I did get were still severe and sometimes debilitating. I learned to accept them and do the best I could on my better days.

Several years later, something new began to happen to me. I called them my stomach episodes. Whenever Mike and I ate out, my stomach would feel full less than half way through the meal. Within one half to one hour later, I'd be belching uncontrollably and racing to the nearest bathroom, suffering explosive and burning diarrhea. Following that, I'd have a terrible thirst and throbbing headache. For two or three days my stomach felt as though a tank had run over it. My mouth and tongue felt terribly dry and I'd be very thirsty. The whole time I'd be weak, headachy, and light headed, feeling chills or flushes and sometimes my fingers or toes felt numb. Another symptom appeared. The bones in my feet or hands would hurt if squeezed at all. My knees would sometimes ache. I wondered if it was arthritis. Also, I suffered from frequent urination, getting up two to four times at night. The episodes continued and often happened after I ate at home, also. Mike bought me some electrolyte powder to help replace some of the minerals and liquids I often lost. Soon I was developing hemorrhoids due to the painful diarrhea. My doctor told me it was colitis or irritable bowel syndrome and suggested hemorrhoid surgery in the near future. I was in my early forties. Meanwhile, after suffering pain from a uterine fibroid tumor and heavy bleeding, I had a complete hysterectomy. While recuperating, I again developed terrible diarrhea. Mike kept trying to pump up my strength with canned chicken soup and lots of orange juice. It was a very slow recovery and I was convinced that I was a real wimp and poor health was my fate. A couple of months later, I developed a urinary tract infection. Resting at home, I faithfully took my prescribed medication, but only got worse. Again I suffered terrible burning diarrhea, and headaches that were worse than ever. After three days on the medicine, my husband took one look at me when he got home from work and said, "You look worse, not better," and ordered me to call the doctor's office. Fortunately, a nurse was put on the line. I told her of the problem. She told me to quit taking the medication immediately because I was obviously allergic to sulfa drugs. She too was sensitive to sulfa drugs, and consequently, was the first person to give me insight into part of the cause of my health problems. She told me I was probably allergic to sulfites too. What were sulfites? She explained that a lot of processed foods contained sulfites, as preservatives, and that I should go to a health food store for resource books on food additives. This I did and was shocked at how many foods I often ate that contained sulfites, i.e., dried apricots, fruit juice, fruit syrups, sauerkraut, soda pop, bottled lemon juice, dehydrated and French fried potatoes. Sulfites are even used to clean and disinfect commercial cooking equipment and storage bins. It was also sprayed on salad bars to keep the fruits, vegetables, and salads fresh appearing, although that practice is now prohibited. I cleaned out my cupboards and refrigerator of as much of the culprit as I could and noticed fewer stomach episodes, cramping, and headaches. I continued to read and send for more information from various sources. Then came the holiday season of 1994. I was trying to be so careful to avoid sulfites as I prepared all the family favorites during this busy time. But my symptoms got worse and I became depressed. I told myself that perhaps it wasn't sulfites after all. Maybe IBS (Irritable Bowel Syndrome) would continue to plague me forever. But I didn't give up. I tried even harder after the holidays to eat healthy foods, read labels and memorize the various names of sulfite compounds on labels. Then my 20 year old son called from Miami. He was suffering horrendous migraines. He was weak and getting outpatient treatment for a bronchial infection he couldn't shake. He had a battery of tests including an MRI and allergy tests. Since nothing could be found, the doctors felt he was just suffering from stress and allergies to the grasses that grew there. He suffered dizziness, an inability to concentrate or recall well, and after his bout with bronchitis, returned home to see if he could recuperate here. What had happened to my usually strong, happy and healthy son? When we picked him up at the airport, I saw a different young man from the one who had left a year earlier. Something pricked my memory. I noticed the bags under his eyes, the tired look and the puffy face. It was like a mirror of myself when I first started having health problems while in my twenties. Had he inherited my constitution? I never once believed he was suffering from stress. I knew my son. This was a person to whom everything came easily. He'd even had his own lawn care business at age 16. Confident, athletic, intelligent, I could not shake the belief that there had to be something else going on here. I watched him closely. During his headaches, he'd hole himself up in a darkened room with a blanket covering him, chilled and in terrible pain, the strain showing in his hurting eyes. He said his arms would feel heavy and numb. He'd complain that he couldn't remember anything or speak clearly during and shortly after the episodes. He was becoming depressed and anxious about his future, which included college and a medical profession. How could he study with such debilitating headaches? He felt like a failure at 20. We took him to local doctors. He had a brain wave test, CAT scans and an MRI, visited a neurologist, allergist, and two other specialists. All said he was very healthy. One doctor, a psychologist (after all, it had to be in his mind since the tests were all negative) gave him a book about coping with stress. Even some relatives chose to believe it was his inability to handle a lot of demands or responsibility. This again was all too familiar with my own earlier experience. As for my condition, I was becoming very tired of unexplained headaches and sporadic diarrhea. I'd had all the unpleasant tests, including ultrasound and upper and lower gastro intestinal series and all were negative. I noticed my vision blurring, especially during and after headaches. I had learned all that I could about sulfites, was avoiding all the specified foods containing them and still I was not free of several symptoms. I’d also gained 16 pounds in nine months, often had “blue” days when I felt a little black cloud hovered over only me and found my energy level fading. The word “depression” wasn’t in my vocabulary. That happened to other people, not me.

Then one morning in February 1995, I woke up with a massive headache and felt the familiar nausea, accompanied by belching and some chest pains, too. It had happened so many times in the last 21 years, but the memory of that particular morning is crystal clear in my mind. I was totally whipped and though people know me as an upbeat optimist, I finally felt beaten. For the first time I cried - for my son, and for myself. I'd often counted all my blessings to get me through hard times, but this morning, my Dad's words of "If you don't have your health, you don't have anything.” ran through my mind. I slid from the bed to my knees and sought help and comfort from a higher source. Desperately pouring out my heart, I told God that I couldn't handle it anymore. I told Him that I would rather die than feel this rotten all the time, and that I wanted to be able to enjoy my children and grandchildren and not be a burden. As an intensely peaceful feeling calmed me, I felt the distinct impression that the answer was in my file about sulfites. I got up and with a feeling of real confidence and anticipation, I rushed to get my file. It was filled with the familiar information that I had read several times before. Again, I leafed through, pausing for a moment on a bulletin sent by the MSG Sensitivity Institute, concerning MSG. I'd never read it, believing sulfites to be the sole cause for my health problems. After reviewing everything I had, and flipping two more times through the pages on sulfites, the article on MSG seemed to pop out at me, so I began to read it. Suddenly, I could feel an excitement growing inside of me. The article was describing all the symptoms that my son and I had been experiencing, often using the exact words that we had used to describe them! I immediately called my husband at work and told him I knew without a doubt what the culprit was and had been for years: Monosodium Glutamate. I, like most people, had assumed that MSG was found only in Chinese food. Little did I know it was in our cereal, catsup, crackers, mayonnaise, tuna, yogurt, diet food, soft drinks, salad dressings, processed meats, most fast foods, and frozen snacks and meals, seasonings, canned soups and entrees, and even most ice creams. In addition, many restaurants load their foods with this so-called safe flavor enhancer, often unaware of its hidden sources and names.

I sent for information from NOMSG (National Organization Mobilized to Stop Glutamate) and some other suggested resources in the article. Then I ordered two books through our local bookstore. I cleaned out half my cupboards and refrigerator. Using the information, I ate meals without MSG for the first time in years. Incredibly, all my symptoms disappeared, reappearing only after eating MSG by mistake, usually at a restaurant or at parties. Unbelievably my post nasal drip, something I’ve endured since childhood, also disappeared. I sent my son the information and though skeptical at first because of his bad experiences, he eventually tried MSG elimination and reclaimed his health.

It has been several years since our discovery. But in that time I've been able to share the information that I've gleaned with many fellow victims of MSG toxicity. One of my acquaintances has Parkinson's Disease. She has fewer symptoms as long as she avoids MSG and other toxic additives. My next door neighbor confided in me about her health problems. I gave her the information. In a couple of days she came over to ask for MSG free recipes and said she had thought she was dying, but now knows her stomach problems and sometimes fuzzy memory are caused by MSG. Her mother had Alzheimer's. Dr. Russell L. Blaylock, the author of Excitotoxins: The Taste That Kills, believes that MSG and other neurotoxins, such as aspartame and L-cysteine, cause or exacerbate many neurodegenerative diseases. My husband's father is so sensitive to MSG, his throat closes off if he eats it and he must induce vomiting. His mother had Alzheimer's disease for several years before she passed away. The author also shows a link to attention deficit disorder, anxiety attacks, chronic fatigue syndrome, multiple sclerosis, glaucoma, depression, and asthma. Incidentally, after giving my findings to my own doctor, he suggested stopping my allergy shots to see if MSG was the cause for my asthma attacks and headaches. It was. After 20 years of injections, I no longer needed them. I never did.

The FDA may call MSG safe, but independent researchers estimate at least 30% to 40% or more of the population may be MSG sensitive in varying degrees. Dr. Schwartz, a toxicologist and author of, In Bad Taste: The MSG Symptom Complex, maintains that everyone reacts to MSG if enough is ingested. He classifies it as an addictive drug. Many are unaware of the reasons for their symptoms and are being misdiagnosed, mistreated, and are suffering needlessly. Some of those people are my friends, relatives, and my children. Man is slow to learn and change when it concerns food and money. Well-paid lobby groups funded by the multi-billion dollar food industry are constantly working to make MSG appear safe to the public. They send pamphlets to schools and health professionals, and post websites to “educate” us about MSG’s virtues (The International Food Information Council, Glutamate Association, International Glutamate Technical Committee). I believe change will eventually come, but until then, fellow sufferers, and the health conscious, this book is for you. I hope it will enlighten and help answer the question I hear most, “What can I eat, now?”

This book is dedicated to Mike, my supportive husband and "editor"; to Krista, Richelle, Michael, and Craig, our incredible children; to Kate, our granddaughter who came too early and left us too soon; to our other fifteen grandchildren; to supportive family and friends; to my late father and his sister, whose last years we believe, were filled with needless suffering; and to the Lord above for His help and guidance. It was truly a miracle that led us to the answers we were seeking.

By way of an update, our son, Mike, who started my quest, was able to complete chiropractic school, and owns a practice nearby. Originally, he considered traditional medical school, but decided to concentrate on causes for symptoms, versus treating them with drugs. He found chiropractors to be more aware of nutrition and food additives, including MSG. Our youngest son, Craig, is also a chiropractor and both alert their patients to the dangers of MSG. Today, both are very active husbands and fathers.

When our son-in-law was finishing up dental school, he was president of his class and trying to juggle his time between studying for finals, boards, and graduation activities. He stopped going home to eat the healthy foods that my daughter made. Instead, he would grab fast foods and bags of chips when he was hungry. Eventually, he was rushed to the hospital with chest pains and racing heart. All heart tests proved negative. His wife tried to suggest that it was due to the junk food he had been subsisting on and his retort was always, “That’s YOUR family’s problem.” By the third visit to the ER, he asked her to start packing his lunches. He lost weight that he had begun to put on and said he had so much more energy. All symptoms disappeared. He has sent several of his patients my way.

Included in this book is a section that shares several more such stories. We’ve received thousands more and could actually print several books worth of MSG horror stories. Fortunately, as more people make the MSG connection to their symptoms, they are spreading this information to their doctors, friends, and family. We sincerely hope that you will do the same.

P.S. Please share your own MSG story on our Discussion Board, accessible at www.msgmyth.com.

# An Introduction to Monosodium Glutamate, a Powerful Flavor Enhancer

Glutamic acid is just one of many amino acids that are the building blocks of proteins. It occurs naturally in many foods such as tomatoes, milk, and mushrooms. It is also found in the cells of our bodies, including mother’s milk, and involves a wide variety of brain functions since it acts as a neurotransmitter. This natural glutamate in plants and animals is known as L-glutamic acid. Our normal digestive process slowly breaks down this natural or “bound” glutamic acid and it is eventually delivered to glutamate receptors in our body and brain. Broken down this natural way, it is harmless. However, for the person extremely reactive to excess glutamate, eating too many foods naturally high in glutamate is not recommended. Even bound glutamate will eventually reach the blood stream. In a factory, however, the bound glutamic acid in certain foods (corn, molasses, wheat, yeast) is broken down or made “free” by various processes (hydrolyzed, autolyzed, modified or fermented with strong chemicals, bacteria, or enzymes). The major process today involves a fermentation process in which bacteria excrete free glutamate from the corn substance they are mixed with. Sodium is added to make a salt-like substance which is more soluble. This substance is known as monosodium glutamate or MSG. It is 78.2% free glutamic acid, 12.2% sodium, and 9.6% water. It is odorless and has no distinct flavor, although some describe a salty/sweet flavor. This factory created substance is comprised of L-glutamic acid, D-glutamic acid, pyroglutamic acid, carcinogens, and other contaminants. This factory made version causes sensitive individuals more serious reactions than any other form of glutamic acid. Keep in mind, D-glutamic acid is rarely found in nature, and never in the natural foods we eat.

We are getting so much MSG from the growing number of processed food items that we have come to rely on. When glutamate is in its pure concentrated form, it must be labeled as MSG on food products containing it. Since free glutamate can be a component part of certain food additives, such as autolyzed yeast or hydrolyzed protein, the FDA allows it to go into food not labeled as MSG. A label may say “yeast extract”, “calcium caseinate”, or “beef flavoring”, but the product still contains varying amounts of “free” glutamic acid. This makes it very difficult for consumers who are trying to avoid it. It is also very dangerous for those who suffer severe reactions to it. But food manufacturers only value MSG’s ability to enhance product flavors and big profits.

Glutamate from dried seaweed (Kombu) has been used for thousands of years in East Asian countries. Today, free glutamate or MSG is made from many different raw materials (mostly corn, molasses, and wheat) using various chemical processes previously mentioned. Strong acids, alkalis, enzymes, bacteria, and heat are used to hydrolyze animal, vegetable, or milk products, also producing food additives rich in free glutamate. Calcium caseinate and sodium caseinate are products of hydrolyzed milk protein. Maltodextrin and citric acid come from processed corn and although corn syrup and cornstarch are not as highly processed as maltodextrin is, they may not be totally free of glutamate as a result of their production. Yeast extract or autolyzed yeast is made by chemically processing natural yeast to create or isolate more free glutamic acid, and is now being widely substituted for pure MSG in many processed foods. Many such food labels state proudly, “No MSG”, but the yeast extract contains a substantial amount of free glutamate. Whey protein concentrate or protein isolate will contain free glutamate since hydrolyzed milk proteins are present or added. Soy protein isolate and soy protein concentrate are high in processed free glutamate and are often a component of textured protein, baby formula, cereal, energy bars, and drinks. Most smoke flavor or smoke flavorings use hydrolyzed protein to intensify flavor. Gelatin, which is a highly processed by-product of animal protein, and soy sauce, made from a fermentation process of soy beans are also rich in free glutamate. Pure MSG powder is sometimes added to cheaper brands of soy sauce which increases the free glutamate content, intensifying the flavor. Carrageenan is made from a type of seaweed known as Irish moss. It may contain free glutamate depending on how it’s processed. Hydrolyzed milk protein may be added to it.

When I talk to people about MSG, most think it is a food preservative. Actually, MSG just makes food taste better. It stimulates the taste buds and eventually the brain receptors into perceiving salt and sweet sensations instead of bitter or sour. Food producers jumped on the flavor enhancing bandwagon as soon as WWII was over and Japan gave us our first taste in their soldier’s rations. MSG can mask inferior or stale food, or tinny flavors in canned food, just as it enhances frozen or dry foods.

Dr. George Schwartz, a physician and toxicologist, states in his book, In Bad Taste: The MSG Symptom Complex, that MSG is a neurotransmitter which is “a substance which stimulates brain-cell activity.” He goes on to explain that the problem with this is that brain cells are being over excited and they burn themselves out, thus supporting his and other researchers’ theories about the correlation of MSG to Alzheimer’s Disease and other neurological disorders, such as Parkinson’s and Fibromyalgia.

We know the effect MSG has on brain cells, but I wanted to know why people suffer other adverse conditions, such as joint pain, stomach problems and vision problems. In his book, Dr. George Schwartz explains the mechanisms of MSG toxicity. Basically, he describes the amino acid, glutamic acid, as being joined to other amino acids in a protein by peptide linkages. Normally, when we eat a protein rich food, the linkages are slowly broken apart during the digestive process. But when factory created MSG is consumed, it has no linkages to break down, since this has already been done in the production. It is now “free” glutamate and not bound to other amino acids. Consequently, the “free” glutamate is very rapidly absorbed into our system and the amount of glutamic acid absorbed in our blood stream can be eight to ten times the normal amount. It can even be absorbed through the membranes of the mouth and esophagus. Bound glutamic acid is naturally found in body cells as part of the protein composition. Remember, it’s the “freed-up” forms of glutamic acid produced in factories that can act quickly as a powerful drug affecting not only brain cells, but also intestinal muscles, blood vessels, and any system the blood carries it to. We are discovering glutamate receptors in various parts of the body, not only in the brain. The brain controls every vital function in our body. When MSG reaches the brain and the organs it controls, it can affect normal breathing, nerves, heart rhythm, and hormone secretion. Settling in joints and muscles, it can cause “gout” or arthritis and tendinitis‑like symptoms. I know several people who have put up with years of painful cortisone shots in the joints and powerful prescription drugs only to find out recently that MSG was the source of all their suffering. One woman needed a walker to get around prior to her MSG-sensitivity discovery. So before you put that tasty, flavor-enhanced morsel in your mouth, ask yourself, “Do I want toxins in my system, destroying the cells of my body?” The more MSG you can avoid, the less chance you will have of developing any number of terrible conditions and diseases.

Hydrolyzed vegetable protein is made by boiling certain vegetables or certain legumes for hours in vats of water and sulfuric or other acids and is then neutralized with caustic soda. It is dried to form a powder which is high in “free” glutamate, aspartate and cysteic acid (excitotoxins). It also contains known carcinogens and dicarboxilic amino acid (safety unknown). MSG is often added to the hydrolyzed powder. Finally the product is bagged and shipped to food companies where it is added to many foods, including baby food.

Since MSG and hydrolyzed protein are produced by processing or fermenting natural ingredients such as molasses, corn, wheat, soybeans, sugar beets, sugar cane, tapioca, and other vegetables, it would be easy to assume it has health benefits. But a growing number of people are finding the opposite to be true. The FDA says a “small” number of people are sensitive to MSG. Michael Taylor, then Deputy of Policy for the FDA, in a Nov. 4, 1991 60 Minutes TV interview, stated that possibly 2% of the U.S. population are MSG reactive, about 5,000,000. But a chart called “Major Causes of Restaurant Syndrome” in the Jan-Feb 1987 NER Allergy Proc. Book, Vol. 8, No 1, estimates that 15 to 20% of our population is sensitive, about 50,000,000. Dr. Blaylock, M.D. and Dr. Schwartz, M.D. both believe the numbers are much higher, perhaps 40% to 50%. Many people don’t tie MSG to their health problems because reactions to MSG may occur anywhere from 10 minutes to 36 hours after eating a meal containing it. This is an important fact to remember when making the connection of MSG to symptoms.

An article in Science Magazine, Vol. 247, discussed a 1992 meeting of the Society for Neuroscience which debated the toxic effects on the brain of excitatory amino acids. Of glutamate it stated that besides stimulating some neurons to higher activity like other amino acids, glutamate “also acts as an excitotoxin: when present, it can actually stimulate nerve cells until they die.”

For twenty years the New England Journal of Medicine has published research papers, citing the neurotoxicity of MSG.

There are no current limits on the amount of MSG that can be added to a food product and we have no way of knowing the amount we are consuming daily. Since most MSG is added as a component part of other ingredients, it is not recognizable or labeled as MSG and is therefore hidden from our view. Consequently, average consumers have no way of knowing just how much excess glutamate they are really consuming each day. The amount of MSG added to our processed food has doubled each decade since the 1940s. I was told by former NoMSG members that it used to take 16 chickens to make a vat of commercial chicken soup. Now it takes a couple of chickens and some MSG.

Much of the above information was gleaned from the \*MSG Healthline, Issue No 1, Jan 1993, in an article entitled, Introducing: Monosodium Glutamate. The title was ironic for me, for this was the article referred to in my story which first “introduced” me to MSG and resulted in the immediate discovery of the cause for all my suffering and that of my son.

## Lobby Groups for the Glutamate Industry

To see how the glutamate industry promotes the use and “safety” of MSG, you can most likely find web sites for the Glutamate Association, The International Food Information Council (IFIC), and the International Glutamate Technical Committee. Often these lobby groups are mistaken for government agencies. They are organizations funded by the food industry, independent of the FDA. However, the FDA listens to them as do health and medical professionals. The Glutamate Association is a corporation created by Ajinomoto, a Japanese Company which produces MSG. Members include or used to include Ajinomoto U.S.A., Inc., Archer-Daniels-Midland Co., Campbell Soup Co., Corn Products Corp., Thomas J. Lipton, Inc., McCormick & Co., Inc., Pet Inc., Pfizer, Inc.,Takeda, and Tri-State Specialties Incorporated Seasonings. According to the Encyclopedia of Associations, IFIC represents the interests of the glutamate industry. DO NOT be fooled by their educational or scientific format. When browsing the Internet for MSG information, the mentioned organizations will likely respond to your search. They represent and are supported by the glutamate producers and the multi-billion dollar food industry. Their propaganda promotes MSG’s safety, thus keeping food and glutamate companies “healthy” and us ill. I recently received an e-mail from a woman in Seattle. The food service director of the school district where she works brought her some pamphlets that she had received in the mail from the Glutamate Association. She assumed that these were being sent to all school districts across the nation. One is entitled, “A Look at the Facts”, and the other is “Glutamate, Nature’s Flavor Enhancer”. The information blurs the lines between naturally occurring glutamate in foods and free, factory created glutamate, thus confusing the reader. It proclaims MSG’s safety and includes endorsements by various organizations and clinics. It also makes the claim that MSG is always listed in the ingredient statement of any food unless it is a natural component of other foods such as cheese, tomatoes, or protein-based foods. What percentage of the country even knows that hydrolyzed protein and more than 100 food additives have substantial amounts of free glutamate in them? If MSG were as safe as they propose, and people weren’t complaining about it, would such a strong and expensive campaign, directed even at our public schools, have even been launched?!

Check their web sites to familiarize yourself with their tactics, but be cautious. They are well done. I am hearing from more and more physicians who want our information. Increasing numbers of doctors, nurses, and dieticians are ordering our book. They are putting 2+2 together and listening to patients. Many others are referring some of their patients to our site and our book.

# Aspartame - Another Potent “Neurotoxin”

In 1998, as I listened to a news report on TV, I was elated to hear research scientists, one of them Dr. John W. Olney, declare nationally that their studies showed aspartame caused brain tumors and cancer in lab animals. I naively thought that, surely, people will see the danger of artificial sweeteners and perhaps other factory produced neurotoxins, like MSG.

Soon after that announcement, we visited my husband’s parents. His mother had suffered horrible migraine headaches for many years and though she told me they aren’t as diligent as we are to avoid MSG, that her headaches are now infrequent and not as severe. When I later opened their refrigerator to get something, I saw several cans of diet pop. I suppose my gaping mouth betrayed me, but after considering whether to bite my tongue, I decided to ask Dad if he had heard the recent “hoopla” about aspartame. He replied that he didn’t buy into everything “they” say. I was concerned because his mother had Alzheimer’s, and his throat closes off when he ingests too much MSG. Aspartame, MSG, and L-cysteine are the major excitotoxins added to food. They all have a similar destructive effect on our brain. But that experience was a reality check for me. Most people will prefer to believe what they want to believe about the foods they love and enjoy. I, too, found it very difficult at first to give up some of my favorite foods and drinks. I’ve learned that if a person feels that by using sugar substitutes in foods and beverages, they will lose weight or prevent pounds, no one will have much influence. Besides, we’ve all been programmed to believe that our food is safe or “they” would have told us otherwise. I would like to inject my own opinions here in an attempt to provoke some consideration by people trapped in the world of aspartame consumption.

Several years ago, when I became tired all the time as a result of MSG, I began to stop at the local convenience store for a big diet cola. To me, it was the only defense I had against dropping from intense fatigue before I could get all the day’s demands accomplished. Drinking diet colas woke me up. I could tell when my body began to crash and needed more caffeine. I also popped Excedrin often to combat terrible headaches and fatigue. I had so many health problems, I figured that caffeine was the least of my worries, and it sometimes would raise my mood level, too. Then, when I learned about excitotoxins and gave up MSG, I decided to do the same with aspartame, which meant no more diet colas or any soft drinks, most of which contain glutamate rich additives. At first it was difficult because in my mind, I truly believed that caffeine was the only thing keeping me going. But a very unexpected thing happened. After two weeks, I began to feel a new natural “high”. Energy I hadn’t felt in years returned and lasted all day. I was no longer on a mood roller coaster, and I began to lose weight. I believe that once the aspartame, caffeine, and MSG were not bombarding my system, it could function in a much more normal and efficient manner. My immune system was boosted, my muscles became stronger, I lost weight, and I could walk vigorously without the heavy dragging feeling I formerly experienced. Please reconsider the high aspartame, caffeine, MSG, or low fat diet you may be consuming in an attempt to lose weight or forestall it’s gain.

The following information was taken from an article sent to me by MSG activist, Kaye Wanke, and was published by the Aspartame Consumer Safety Network, Inc., P.O. Box 780634, Dallas, TX 75378. It is entitled “Aspartame and Flying -- the Untold Story” by Mary Nash Stoddard and George Leighton. In it, the authors reveal that since the organization’s hotline began in 1988, they have had over 600 pilot related calls. Pilots call to tell about their discovery that aspartame caused several of them to lose their licences to fly because they were unaware at the time that the diet shake, sodas, or aspartame sweetened coffee they had been consuming had any relation to symptoms that could have caused fatal results. They have described terrible in-flight incidents which involved seizures, vertigo, tremors, temporary black outs, visual problems, convulsions, disorientation, confusion, and loss of memory. One pilot said, since the FDA hasn’t addressed the issue and declared it unsafe, the FAA can’t recognize aspartame reactions in their regulations. He was able to retain his job by agreeing to go through an alcohol rehab center with his doctor using some syndrome name on his report. He had never had an alcohol problem, but he was forced to go through the motions just for the record. Another pilot, USAF Major Michael Collings, testified at the third Senate hearing on the safety of aspartame. He related that he remembered that he was free of tremors whenever he flew to remote areas where there was no access to diet soda or sugar-free drinks. But his tremors eventually became so severe that a grand mal seizure finally hospitalized him and ended his flying career. He even had to turn down two invitations to join the prestigious Thunderbirds. He eventually learned of the cause of his seizures in 1985. Another pilot, willing to reveal his experiences, is George E. Leighton, one of the article’s authors whose vision became so blurred that he could not read panel instruments and narrowly avoided an accident in landing. He said that even partial impairment to a pilot can have tragic results. Leighton now tries to spread the word to other pilots and he investigates suspicious flying incidents. After submitting a letter to the editor of the U.S. Air Force “Flying Safety” magazine, they printed an “Aspartame Alert” to all Air Force pilots. In his letter, he mentioned that certain individuals in government have used their power to misdirect the FDA, the FAA, and the DOD about the safety of aspartame because of special interests. He went so far as to say that if some of these people had not intervened, a grand jury would, more than likely, have indicted some of the producers of aspartame for fraud and criminal behavior in the concealment of the dangerous effects of aspartame from the FDA. It is pilot Leighton’s opinion that lives and careers are being risked and that aspartame is just as dangerous to pilots and their flight crews, as a faulty flight instrument or other component. We applaud pilot Leighton’s activism and courage.

Aspartame was discovered in the 1960's and has enjoyed a rather controversial success, first being approved and then rescinded in the 1970's due to a brain tumor issue. Over the objection of scientists it was again approved in 1981. Aspartame is composed of two synthetically created amino acids, phenylalanine and aspartic acid. It is in a methanol base (10% wood alcohol). It breaks down into formaldehyde, formic acid, and diketopiperazine, which has been shown to be a brain tumor causing agent. Aspartame will break down into its component parts at temperatures over 85 F. The article by Stoddard and Leighton went on to say that, for this reason, some researchers suspect that the Desert Storm or Gulf War Syndrome could actually be a serious reaction to aspartame. Large soft drink companies provided free diet drinks to rehydrate our soldiers during the Gulf War. It lay on pallets in the dessert heat.

The FDA receives thousands of complaints about aspartame. Reports to the agency include symptoms of headache, nausea, balance problems, sleep disorders, numbness, depression, vision problems, memory loss, tinnitus, and even death. Aspartame has been often identified by doctors and researchers as an environmental trigger for several conditions:

Chronic Fatigue Syndrome

Post Polio Syndrome

Carpal Tunnel Syndrome

Anxiety/phobia Disorders

Multiple Sclerosis

Eosinophilia Myalgia Syndrome

Alzheimer’s

Lyme Disease

Manic Depression

Epilepsy

Graves Disease

Heart Disease

So many of these conditions are the same as those caused or aggravated by MSG, which is not coincidence. Both contain a similar powerful chemistry to destroy our health. Both are powerful excitatory neurotransmitters created from amino acids, and both effect the same neurons in the brain. We ask everyone to consider the real consequences of a habit of ingesting aspartame and MSG laced foods and beverages. Please use your brain (while it can still function) to kick unhealthy and addictive eating and drinking habits now. Indifference can be deadly.

We used the Internet to look up the Desert Storm Syndrome and received a summary of the report to the National Commander. The following symptoms that manifest this syndrome are: “fatigue, signs or symptoms involving skin (including hair loss), headache, joint and/or muscle pain, neurological signs or symptoms, signs or symptoms involving the upper or lower respiratory system, sleep disturbances, gastrointestinal signs or symptoms (including diarrhea and constipation), cardiovascular signs or symptoms, abnormal weight loss.”

Veterans are seeking compensation for their mysterious syndrome. Doctors are having a hard time diagnosing the problem and many call it a “complex of ill-defined and often poorly characterized symptoms. It may not be one distinct illness, but several.”

Is it possible that large amounts of aspartame they ingested in their sodas plus the amount of MSG in their meals along with other chemical assaults that they were subjected to are really the reasons why many of our soldiers might be victims of our own neurotoxic “friendly fire”? The aspartame/Desert Storm Syndrome connection is just a theory, one of many. However, we have to wonder how the government would handle a national health risk revelation considering how the FDA has chosen to minimize the effects of aspartame, MSG, and other so-called “safe” additives. It will be a costly mistake to ignore the mounting evidence.

Excellent books to read about aspartame:

Aspartame, Is It Safe? by H.J. Roberts, M.D.

The Deadly Deception by Mary Stoddard

The Bitter Truth About Artificial Sweeteners by Dennis Remington, M.D.

Bittersweet Aspartame by Barbara Mullarkey

Sweet Poison: How the World’s Most Popular Artificial Sweetener is Killing Us by Janet Starr Hull

Movie: Sweet Misery

European Number on food labels for aspartame is E951.

# Recent Disease Statistics

Years ago, those of us involved in the MSG issue, predicted that with the escalating use of processed foods containing MSG and other factory created excitotoxins, that we would witness a rise in certain health problems associated with this class of food additive. Fifteen years ago, it was very difficult to get the public, let alone health professionals, to take what we said about MSG seriously. But we believed that it would eventually become accepted as people saw their children’s, loved ones’, and their own health become riddled with mysterious and often unexplainable symptoms. There are now health disorders of epidemic proportions that are inexplicable and without known causes or cures. These include autism, fibromyalgia, chronic fatigue, ADHD, asthma, and a host of neurological disorders. Irritable bowel syndrome, seizures, depression, Type II diabetes, obesity, reflux disorder, and even migraine headaches are now effecting children at alarming rates. The “experts” are trying to blame the sugar or fat content in processed foods for obesity, but they are overlooking a highly processed substance that can over-stimulate brain cells to death and disrupt our entire endocrine system: MSG, a substance used to fatten up lab animals. It is also a powerful inflammatory agent and vaso-constrictor. New drugs (glutamate blockers) to counteract the effects of glutamate receptors in the brain are being developed today even though the glutamate proponents falsely claim that exogenous glutamate (from food) cannot cross our blood brain barrier.

“I consider it ironic, that the pharmaceutical industry is investing vast resources in the development of glutamate receptor blockers to protect CNS (central nervous system) neurons against glutamate neurotoxicity in common neurological disorders, while at the same time the food industry, with the blessing of the FDA, continues to add great quantities of glutamate to the food supply.”

Richard C. Henneberry, Ph.D.

Director, Neuroscience Program

Conte Institute for Environmental Health

Testimony before the Federation of American Societies for Experimental Biology (FASEB) and the Food and Drug Administration (FDA) Bethesda, MD, April 7, 1993.

Since 1997, the number of people that we hear from has grown significantly. School nurses and teachers contact us, expressing their concern at the growing number of students lining up for their behavior or mood altering drugs each day at school. Rage Disorder, school shootings, and teen suicides continue to rise. Coincidence? Look at school lunches and the typical teen diet.

Despite the huge pro-MSG campaigns spearheaded by the multi-billion dollar food industry and smoothly run by its PR people or the “glutes” as they are known in D.C., the truth about MSG’s so-called safety is rapidly spreading on a grass roots level. People are becoming more aware of the ineffectiveness of the FDA to protect our health. Since the burden of proof of a product’s safety lies directly on the shoulders of its producers, it behooves each of us to learn all we can about food additives and drugs, and to question the validity of industry sponsored testing and literature.

# Scientific Statistics

Ex-food scientist, Carol Hoernlein gave us permission to print information from her web site at www.msgtruth.org. After developing health problems due to years of handling and exposure to MSG in her food industry job, Carol tried to warn her employer, a well known company, about MSG’s harmful effects after much independent research. It fell on deaf ears. She left the industry out of conscience. Thanks, Carol, for all your good work.

Keep in mind the amount of MSG added to our processed food has increased with each decade since the 1940’s.

“If one was to conclude that MSG exacerbates or causes certain diseases based on their connection to glutamate in the body, one would also expect:

1. The incidence of those diseases to increase with the dramatic increase in the consumption of MSG.

2. An additional rise associated with the approval and increased use of aspartame (especially since the early 1990's when the patent expired), which the human body can easily convert to glutamate, and which acts on many of the same receptors (NMDA, etc...)

That being said, there is actually a dramatic correlation. Consider:

ADHD

According to the following link, there has been a 500% increase in the number of prescriptions written for ADHD since 1991:

http://www.educationworld.com/a\_issues/issues148a.shtml

ALS

In Britain A.L.S. deaths were 4 times higher in the year 2000 than in 1952, with a dramatic increase just in last decade. See the chart on this next link:

http://www.vs.gov.bc.ca/stats/quarter/q2\_01/xl/chart1.xls

Asthma

According to Scientific American, June 2000, pg 30 "Asthma Worldwide", asthma was rare in 1900. Now it is considered epidemic. It kills 5,000 Americans yearly, and 180,000 worldwide according to to the World Health Organization. Asthma is now the most common childhood chronic disease...

The rise in asthma was 42% in the US from 1982 1992. The death rate rose 40% from 1982‑1991 according to the following link:

http://www.cehn.org/cehn/Resconfrptxt.html

Atrial Fibrillation

Mortality rates for atrial fibrillation have almost doubled in England and Wales since 1993 according to this link:

http://www.statistics.gov.uk/pdfdir/hsq0201.pdf

Autism

Autism increase is possibly linked to MMR vaccines (which can contain free glutamate as gelatin) according to these articles based on autism rates in Scotland climbing 18% in just one year. Note also that dramatic increases are also being found in the US as well as Britain, with a particularly large jump just in the last decade:

http://news.bbc.co.uk/1/hi/programmes/newsnight/2224126.stm

http://news.bbc.co.uk/1/hi/programmes/newsnight/2232111.stm

http://www.sundayherald.com/21347

http://www.vaccinationnews.com/DailyNews/March2002/ExpertSaysMMRWillBeProved.htm

http://www.nas.org.uk/mediacen/aaw.html

Depression

In Canada from 1995‑ 2000 visits to doctors for depression rose 36% in just 6 years. Also, since 1996 prescriptions to treat depression increased 63%.

According to the following link, China, a large consumer of MSG, accounts for 42% of all suicides in the world:

http://www.chinatoday.com/data/data.htm

According to the following link, suicides have increased ‑ especially in the age groups of those who consume large amounts of MSG in fast foods:

Note: "Persons under age 25 accounted for 15% of all suicides in 1998. From 1952‑1995, the incidence of suicide among adolescents and young adults nearly tripled. From 1980‑1997, the rate of suicide among persons aged 15‑19 years increased by 11% and among persons aged 10‑14 years by 109%. From 1980‑1996, the rate increased 105% for African‑American males aged 15‑19."

http://www.cdc.gov/ncipc/factsheets/suifacts.htm

Type I Diabetes

Over 80% of people studied with Type 1 diabetes have antibodies against glutamic acid debarboxylase (GAD) . GAD is the enzyme the body uses to turn glutamic acid, (glutamate) into gamma amino butyric acid (GABA). The theory is that the cells of the pancreas and consequently, the body's ability to produce insulin, are attacked by the immune system because GAD is found on the outside of pancreatic cells. The body starts attacking GAD but in the process may destroy pancreatic cells as well.

http://www.diabetes.org/DiabetesCare/Supplement198/s5.htm

Type II Diabetes

According to WebMD, "There has been a 10‑fold increase in the number of children with Type 2 diabetes during the past *five* years." (Italics ours). And over 85% of these children are also obese.

Update 2007: Reuters ran an article November 10, 2006 stating that South Korean scientists are concerned about the Diabetes epidemic in Asia. It is effecting people at a younger age than cases in the West. In addition, most of these people are not overweight. They estimate that by 2025, 333 million people worldwide will be afflicted with diabetes, up from 194 million now.

High Blood Pressure

According to ABCNews August 24, 2004:

"Nearly a third of American adults have high blood pressure ... Just over a decade ago, closer to one in four Americans had high blood pressure, and two decades ago the rate actually was declining. ... About 65 million American adults now have high blood pressure 30 percent more than the 50 million who did in the previous decade, according to a report published Monday in Hypertension: Journal of the American Heart Association."

Migraine

In the US there has been a 60% increase in chronic migraine headaches from 1980 1989 according to this link:

<http://www.cdc.gov/mmwr/preview/mmwrhtml/00001982.htm>

A recent Reuters article “Study Finds first genetic link to Common Migraine”, discussed common DNA variant affecting regulation of glutamate. Aug. 30, 2010. Follow link: <http://www.reuters.com/article/idUSTRE67S1PN20100830>. We know MSG affects DNA.

Myopia

The rise in myopia in Asian populations is causing much concern according to the following links:

50% of teenagers in China today are nearsighted compared to 15% in the 1970’s:

http://www.chinatoday.com/data/data.htm

Myopia increase in Singapore:

http://www1.moe.edu.sg/speeches/2001/sp24082001.htm

Higher rates of myopia in Asians:

http://www.health.gov/healthypeople/Document/HTML/Volume2/28Vision.htm

Obesity

According to recent research published in the Dec. 12 issue of The Journal of the American Medical Association, “From 1986 to 1998, the number of non‑Hispanic white children who were overweight doubled from 6% to 12%. The research suggests that roughly one in five African‑American and Hispanic children are overweight ‑‑ a startling 120% increase during the 12‑year study period." (Italics ours.)

And, according to the following link, obesity among young people in China is growing at 10% each decade.

http://www.cnn.com/2003/HEALTH/11/02/china.obesity

Tinnitus

According to the following link, "Dr. Allen states that between 1971 and 1990 the incidence of hearing problems increased by 26 percent among persons aged 45 to 64, and by 17 percent among those aged 18 to 44."

http://www.drkoop.com/news/focus/august/hearing1.html”

We cannot say without the needed tests that MSG causes or worsens these cited conditions and others, such as autism or M.S., but we do know for a fact that many people have written, e-mailed, and phoned us to say that they or their child no longer suffer from the symptoms of these diagnosed disorders because of excitotoxin elimination.

# Symptoms or Conditions Which Can Be Caused by MSG Sensitivity

Based on books by Dr. Blaylock and Dr. Schwartz

Numbness or paralysis

Swelling of hands, feet, face

Mitral valve prolapse

Arrhythmias or paroxysmal atrial fibrillation (which can lead to stroke)

Rise or drop in blood pressure (a fluctuation)

Tachycardia (rapid heartbeat)

Angina (pain in and around heart and ribs)

Heart palpitations (change in heartbeat, or irregularities, such as atrial fibrillation)

Shuddering, shaking, chills

Tendinitis and joint pain, TMJ

Arthritic-like pain

Muscle aches - legs, back, shoulders, neck

Flu-like symptoms

Stiffness - jaw, muscles

Heaviness of arms, legs

Mental dullness

Depression

Dizziness, light headedness

Disorientation, mental confusion, bi-polar

Anxiety or panic attacks

Hyperactivity, especially in children (A.D.H.D.)

Attention Deficit Disorder (A.D.D.)

Behavioral problems - delinquency, rage, and hostility

Feelings of inebriation

Slurred speech

Balance problems

Aching teeth

Seizures, tremors

Loss of memory

Lethargy

Sleeping disorders - insomnia or drowsiness (chronic fatigue)

Migraine headaches - facial or temporal

Eye symptoms - tired or burning eyes to blurry vision, optic neuritis

Neurological diseases: ALS, Parkinson’s, M.S.

Prostate, infertility, thyroid problems

Ear problems - tinnitus or Meniere’s Disease

Weight problems

Mouth lesions, sores

Diarrhea

Nausea

Vomiting

Stomach cramps and gas

Irritable bowel, colitis, and/or constipation

Swelling of/or painful rectum

Spastic colon

Extreme thirst

Water retention and bloating (stomach swells)

Abdominal discomfort

Asthma symptoms

Shortness of breath

Chest pain

Tightness of chest

Runny nose and sneezing

Postnasal drip

Bronchitis-like symptoms

Hoarseness, sore throat

Chronic cough - sometimes a tickle cough

Gagging reflex

Skin rash - hives, itching, rosacea-like reaction

Mouth lesions, small waxy bits in throat, tonsils

Tingling numbness on face, ears, arms, legs, or feet

Flushing, tingling, burning sensation in face or chest

Extreme dryness of mouth, “cotton mouth”, or irritated tongue

Dark circles or bags under eyes, face swelling

Urological problems, nocturia, uncontrollable bladder or swelling of prostate

Difficulty focusing

Pressure behind eyes

Seeing shiny lights

Burning sinuses, broken sinus capillaries

Gastro esophageal reflux, acid reflux

Cartilage, connective tissue damage

Gout-like condition (usually knees)

Gall bladder or gall bladder like problems

Kidney pain - Loin Pain Hematuria Syndrome

Restless Leg Syndrome

Paralysis—throat, side of face, part of body

Some women have reported to us that they have experienced unusually heavy or delayed menstrual bleeding and early labor or miscarriage associated with MSG consumption. Some women had hysterectomies because of excessive bleeding that they believe was MSG caused. We have heard from people telling us that only after eliminating MSG were they able to conceive. National news reported that in recent years sperm count has dropped significantly in the U.S. Since the hypothalamus part of the brain is most damaged by excitotoxins, its many functions can be affected, since it controls our appetite, metabolism, fight and flight, and fertility.

There are probably other symptoms, but those listed are most often reported to those of us involved in the issue and to our web site’s discussion board at www.msgmyth.com.

Note to pet owners:

One man wrote that he had to change his dog food after his veterinarian told him that MSG was causing his pet’s violent itching. A woman sent an e-mail to us about her dog finally losing his battle with seizures that, she learned too late, were MSG induced. Many veterinarians are aware of the harm MSG will cause animals. Please research the ingredients in your pets’ food.

Another flavor enhancer that has been brought to our attention is tetra sodium pyrophosphate. We have had reports of animals becoming severely ill after ingesting pet food coated with this substance. We have also heard from a doctor who was rushed to emergency after eating canned clams containing this same additive. Be assured that the food industry scientists are continuing to develop new food chemicals with clean (safe sounding) labels.

We need to become educated consumers to protect our health and that of our families. We must learn all we can about our environment and how it is affecting our health. We may be able to do little about air and water quality, but we can become more savvy about what we eat.

# Common Names of Free Glutamate-Containing Ingredients Found on Food Labels

The following substances always contain factory created free glutamate, the harmful form found in MSG.

|  |  |  |
| --- | --- | --- |
| MSG | Gelatin | Calcium glutamate (E623) |
| Monosodium glutamate | Hydrolyzed Vegetable Protein (HVP) | Textured Protein |
| Monopotassium glutamate (E622) | Hydrolyzed Plant Protein (HPP) | Yeast Extract |
| Glutamate (E620) | Autolyzed Plant Protein | Yeast food or nutrient |
| Glutamic Acid (E620) | Sodium Caseinate | Autolyzed Yeast |
| Vegetable Protein Extract | Senomyx (wheat extract labeled as artificial flavor) | Any hydrolyzed protein |
| Calcium Caseinate | Sodium caseinate | Magnesium glutamate (E625) |
| Monoammonium glutamate (E624) | Soy protein, soy protein concentrate, soy protein isolate | Whey protein, whey protein isolate |
| Natrium glutamate | Ajinomoto | Vestin |
| Anything hydrolyzed or autolyzed |  |  |

The following substances often contain some factory created free glutamate in varying amounts. Please note that some food labels list several of these items, which can add up to a considerable and dangerous amount in one product:

|  |  |  |
| --- | --- | --- |
| Malted Barley (flavor) | Natural Flavors, Flavors, Flavoring, seasonings | Citric Acid (when processed from corn), Citrate (E330) |
| Barley malt |  | "Low" or "No Fat" items |
| Malt Extract or Flavoring | Smoke flavoring | Dough Conditioners |
| Maltodextrin | Soy Sauce | Yeast Nutrients |
| Caramel Flavoring (coloring) | Soy Sauce Extract | Carrageenan (E407) |
| Stock | Wheat, rice, corn, or oat protein | Bouillon |
| Broth | Gluten and gluten flour or powder | Pectin (E440) |
| Amino acids (as in Bragg's liquid amino acids and chelated to vitamins) | Algae, phytoplankton, kombu extract, sea vegetables, wheat/ barley grass powders, seaweed, alginate seaweed extract | Protein powders: whey, soy, oat, rice (as in protein bars shakes and body building drinks) |
| Natural Chicken, Beef, or Pork, Flavoring "Seasonings" (Most assume this means salt, pepper, or spices and herbs, which sometimes it is.) |  |  |

Ingredients suspected of containing enough processed glutamate to cause highly sensitive individuals to react:

|  |  |  |
| --- | --- | --- |
| High fructose corn syrup | Corn starch | Corn syrup |
| Fructose (from corn) | Modified food starch | Reduced fat milk (skim, 1%, 2%) |
| Spice | Caramel color or flavoring | Lecithin from soy |
| Lipolyzed butter fat | Dextrose | Rice syrup |
| Brown rice syrup | Milk powder –dry milk solids | Whey powder |
| Gums (guar, vegetable, xanthan) | Most low or no fat foods | Anything enriched or vitamin enriched |
| Corn syrup solids |  |  |

These substances work synergistically with MSG to enhance flavor. If they are present, so is MSG.

|  |  |
| --- | --- |
| 1 | Protease, protease enzymes: When seen on label, have been used to break down proteins. Consequently, they create processed free glutamate. Look for words like “enzyme modified”, “enzymes”, “fermented protein”, “protein fortified” , or fortified anything (milk to shampoos). |
| 2 | Disodium 5’ – guanylate (E627)  Disodium 5’ – inosinate (E631)  Disodium 5’ – ribonucleotides (E635) |
| 3 | Reaction flavors |

Watch out for the following as they often contain free glutamate or other harmful ingredients, or are used in conjunction with MSG:

Gelcaps (if made from animal gelatin (which is over 11% free glutamic acid) or hydrolyzed vegetable protein), vitamin binders or fillers (some contain cornstarch, dextrose, and other protein rich formulas and amino acids created from milk, yeast, soy, etc.) Some vaccines also contain free glutamate, including flu vaccines.

Poultry and meat injected with MSG containing substances and broth (some beef loins sold to restaurants have been injected.)

Phosphate rinses or basting materials - Some people report MSG-type reactions. (fish, shrimp, and poultry). Beef may be rinsed in phosphates to prevent infections. By law, it should be labeled as such. However, violations do occur and should be reported to the USDA. Much of the pork today is tenderized with basting injections containing phosphates, pyrophosphates, or lactic acid (Hormel).

Candy, drinks, gums, and breath mints can contain MSG and aspartame.

Prewashed salads: some rinsed in citric acid solution (some meats and produce are also).

Mouth wash and toothpaste that contain aspartame, “natural flavor”, and carrageenan (even in some compounds dentists use to clean teeth).

Nutritional supplements/drinks/bars for the elderly and dieters, binders and fillers for cough and other medications, prescription and OTC drugs, and children’s medications and chewable vitamins.

Baby formula - often have soy protein and corn syrup, dry milk solids, whey protein, and other hydrolyzed proteins.

Enteral feeding materials and some fluids administered intravenously in hospital. I do fine with Ringers Lactate instead of glucose.

Cosmetics, cleaning agents, shampoos, hair mousses, gels, conditioners, lotions, soaps (lecithin, soy, silk, oat and milk proteins, citric acid, citrates, hydrolyzed proteins).

Low fat milks - milk and whey solids are added to pump up the protein content. Some states require that milk must contain a certain percent of protein. Milk solids assure the percentage.

Disodium guanylate and disodium inosinate additives (food additives often used to enhance MSG. If they are on label, MSG is usually present.

Aspartame - Another excitatory neurotoxin created from amino acids. Recently aspartame made national news when researchers announced test results that showed aspartame caused brain lesions and cancer in lab animals. Producers quickly tried to dispute the findings. It is found in candy, gum, toothpaste, beverages, diet foods, breath mints, mouthwash, medicines, and vitamins.

L-cysteine - Another amino acid excitotoxin used in some baked goods, breads, and flour tortillas. It’s often in dough conditioners.

Fermented Wheat Protein - Known as NFE-S

Stevia - This highly sweet herb is used as a sweetener in many parts of the world. By itself it is fine, however packets of Stevia in maltodextrin and other bases may contain free glutamate.

MSG rich seasonings - Some brand names of MSG containing products/seasonings follow: Accent, Glutacyl, Kombu Extract, Subu, Monopotassium glutamate, Ajinomoto, Glutavine, Lawry’s Seasoning Salt, Vestin, Chinese Seasonings, Gourmet Powder, Mei-jing, Wei-jing, Zest, Glutamate, Spike, Torula Yeast, Adobo salt.

The E-number for the food ingredient monosodium glutamate in Europe is E621. The E-numbers for ingredients containing glutamate are: 620, 622, 623, 624, 625, 627, 631, and 635.

Sazón - Latin American slang word for some MSG containing seasonings.

Many vitamin and mineral supplements including herbs, prescription drugs, and hormone replacement drugs contain MSG in the form of gel caps, maltodextrin, and other hydrolyzed protein. In all the years we have been talking to people, we have learned that when they were still getting some kind of reaction after trying to eliminate MSG, the main culprits were usually vitamins and medications, gel caps, some herbal preparations, protein drinks, milk, wheat, dairy products, corn or soy by-products.

Senomyx - A recently developed glutamate rich additive derived from wheat containing more glutamate than MSG. The FDA allows it to be labeled as “artificial flavor”. The New York Times article of April 6, 2006 states: “We’re helping companies clean up their labels.”, said chief executive Kent Snyder. This is a blatant affront to the public’s intelligence and proves how important it is to food companies that we are kept in the dark. It is widely known in the food industry that “clean labeling” means MSG does not have to be listed on a product label.

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# Processed Foods Commonly Containing Free Glutamate

Gelatin desserts

Skim, 1%, 2%, non-fat, or dry milk

Whipped cream topping substitutes

Evaporated milk

Half & Half

Buttermilk

Creamers (non-dairy)

Processed cheese and spreads

Yogurt

Chocolates

Candy bars

Low fat dairy & diet foods

Margarine and some butters

Ice cream

Flavored potato chips, snack chips

Cereal - dry and cooked

Breads

Baked Goods from bakeries

Frosting and fillings (baked goods)

Cured & processed meats - cold cuts, hams, sausages, and hot dogs

Catsup

Mayonnaise

Chili sauce

Mustards

Worcestershire sauce

Soy sauce

Pickles

Bottled spaghetti sauce

East Asian seasoning & sauces (oyster, teriyaki)

Canned tuna, oysters, clams, including smoked

Barbeque sauce

Canned, frozen or dry entrees and pot pies

Side dishes or sauces

Pizza - fresh or frozen

Flavored teas (often says natural flavors)

Seasoned crackers, chips, pretzels

Seasoned popcorn (microwave), theater popcorn

Seasoned , frozen, canned potatoes

Seasoned vegetables

Potato "tots" and french fries

Dry soup mixes and dips

Salad dressing and dry mixes

Some peanut butters

Canned soups, chili

Croutons, stuffing mixes

Bouillon, canned stock (chicken, beef, vegetable)

Some bagged vegetables and salads

Bottled gravy

Dry gravy and seasoning mixes

Tomato sauce

Stewed tomatoes

Egg substitutes

Seasoning salts

Packaged puddings and pie mixes

Deli salads and chicken (fried or rotisserie)

Flour - if malted barley flour added

Some whipping creams

Cottage cheese, sour cream

Cream cheese

Some cheeses

Canned refried beans

Yogurt

Powdered or liquid whey, soy, or rice beverages including diet drinks, baby formulas, and supplemental beverages for body builders and the elderly (including Bragg’s liquid amino acids).

Protein bars

Yeast (Most contain varying amounts of glutamate though usually small as long as plain yeast is used, few or no additives.

Nutritional, brewer’s, or torula yeast

Gelatin and/or pectin candies (shaped worms, bears, dinosaurs, etc.)

Canned tomatoes, puree and paste

Nuts (especially flavored or seasoned)

Salt containing dextrose or corn starch

Tofu and other soy products (if fermented or hydrolyzed)

Table salts - Flowing agents and Iodine carriers may contain MSG (corn starch, dextrose)

Vegemite, Promite, and Marmite

Some green and sea plant powders

\* Don’t despair. Safe versions of many of these foods are available in most grocery stores. Visit our bulletin board on site www.msgmyth.com and network with others to share food information. There are several helpful topics available. Memorizing the free glutamate additives and reading labels will help also in locating safe versions of these foods.

# Definitions and Helpful Information

**Ajinomoto** - Name of both the Japanese manufacturer and MSG product.

**Annatto** - Used to color butter, cheese, and other foods yellow. Some claim sensitivity to it. Perhaps the annatto bean, when processed, releases free glutamate. I have been informed by one butter producer that annatto is sometimes “spiked” with MSG.

**Autolyzed Yeast and Yeast Extract** - This is a food additive, not bread yeast. Yeast is put through autolysis which is a lot like hydrolysis. A substantial amount of free glutamate is released. Pure MSG may also be added to yeast extract without adding it on the food label. Torula yeast is also high in free glutamate as is brewer’s yeast.

**Baked goods** - When I experienced dizziness after eating some bagels from our grocery store’s new bakery, I asked for a list of ingredients. Besides using the typical malted flour/wheat flour, I was informed that they also add liquid malt to enhance color and flavor to the bagels and to most of their pastries and bread products. Luckily a local bagel shop does not add liquid malt and they get our business now. Some severely sensitive people find that if they eat even small amounts of baked goods made with the flour that contains malted barley flour, they may not get a severe reaction but will often feel generally poor. Symptoms may be fatigue, congestion, or mild nausea, even itchy skin. Some baked goods contain whey and dough conditioners which may contain yeast nutrients such as soy protein or citric acid, which contain free glutamate. Some flour tortillas now contain L-cysteine or other excitotoxins, as do many baked goods. Many very sensitive people avoid baked goods made with any yeast and eat those using baking powder or soda, instead. Even plain baker’s yeast will contain some percentage of free glutamate. I enjoy homemade bread, but never over do it.

**Barley Malt** - This is sprouted barley. It is dried and ground into flour and added to wheat flour. It adds a sweet flavor. It contains some free glutamic acid, but the problem is that the enzymes released in sprouting begin to break down the protein of the wheat flour it is added to, thus creating more free glutamate. It is only added to flour when the wheat quality that season is poor; however, the flour companies do not change the labels on their bag so there is no way to know if it has been added or not. Other by-products of malted barley or barley malt are coffee-free roasted grain beverages and liquid malt syrups, used in baked goods and cereals to improve color and flavor.

**Beverages** - Some frozen fruit juices are fine if they are 100% juice, though most contain preservatives and corn syrup which may contain free glutamate residues. Juice drinks in cans, bottles or little boxes are often MSG flavor enhanced. And, for sulfite sensitive people, avoid white grape juice and bottled fruit juice mixes which use corn syrup which may contain sulfites too. Sulfites are often added to sodas and juice drinks as preservatives. Most carbonated beverages contain MSG, aspartame if diet, sulfites, and lots of artificial color and flavor. We drink lots of water. I keep my huge mug filled with it and take it everywhere. I called Seneca Company in N.Y. to ask about their concord grape juice since I started experiencing a sulfite type reaction after drinking two glasses. The plant manager said that I should avoid drinking it since they often dump leftover sulfur treated white grape juice into the concord juice. We plan to bottle more grape juice this year. We do it the easy way. Put to cup sugar in a quart bottle and pour about a cup of hot water in and swirl bottle to dissolve. Add 3 cups grapes and fill with hot water. Seal. Place in hot water bath and process 25-30 minutes. To use, simply drain juice into a pitcher and rub pulp through strainer with a wooden spoon or use a food strainer. Add water and sugar to taste. Delicious. Add a little pure fruit juice to mineral or carbonated water for a refreshing change.

**Bread yeast** - This type of yeast is produced by growing it on a nutritious base. This base often consists of some form of hydrolyzed protein. A Red Star spokesman told us that their plain dry yeast product contains a small amount of free glutamate. However, he said yeast extract contains anywhere from 7 to 24% glutamic acid, depending on its production by different companies. We’d suggest trying various brands to determine sensitivities. Or try our yeastless bread recipes (tortillas, biscuits, muffins, yeastless bread). Avoid brewer’s and nutritional yeast.

**Butter** - Some brands contain annatto, added seasonally, which may cause a reaction in some individuals. Some of the salts added may also contain flowing agents that contain free glutamate residues. Lately we have noticed the words “natural flavoring” on unsalted butters. We have also been told by producers that this means citric acid or flavor enhancers have been added. So please do your research with butter.

**Calcium Caseinate** - This is the calcium by-product of milk protein hydrolysis, which contains free glutamate. Often it is present in milk solids, milk powder, or dry milk products. This free glutamate rich substance is added to canned tuna, cold cuts, and more.

**Candy** - Many of the “gummy” candies are loaded with gelatin, not to mention artificial color, artificial flavor, and corn syrup. Candy bars are full of whey, milk solids, flavoring, pectin, vegetable gums, etc. Ingredients are often under a fold and the print is tiny, but read them carefully. Some MSG sensitive people say that pectin candies also bother them. Also, better quality and imported chocolates are better bets than the more commonly found cheaper ones. Some confection producers add sulfites to chocolates or it’s in the coconut or dry fruits used. Sulfites are known to provoke asthma, stomach, or respiratory problems. Some sugar coated nuts are okay, too. We eat dried fruit like candy at our house so our dehydrator is often in use. Easy candy recipes are included in this book.

**Canned broth, Bouillon cubes** -Most canned broth, especially the inexpensive ones contain a lot of MSG. Some health food stores and grocery stores carry broth claiming it to be MSG free, but it may contain free glutamate in another ingredient such as autolyzed yeast. Read the labels. Bouillon cubes are taboo. Even powders or broth which claim to have no MSG, contain free glutamate due to long cooking and processing, or additives like yeast extract.

**Canned or frozen vegetables and fruit products** - If you suspect that you are reacting to any canned or frozen vegetables or fruits, you may be sensitive to citric acid or other preservatives. Also, some free glutamate may have been added to canned foods to cover tinny flavors. Corn syrup in commercial fruit products may also contain some free glutamate and/or sulfites.

**Canned Tuna** - Most bargain tuna contains calcium caseinate and broth, which are two free glutamate and/or MSG containing products. I once wondered why tuna sandwiches made me so ill. Besides the tuna and mayonnaise, I would add MSG treated mustard and seasoning salt. There are low sodium versions without broth. Be sure to look on back label and be sure it says tuna and water or olive oil only, or tuna, water, and salt. The low sodium versions are usually okay, but read the label carefully.

**Carmel or Caramel Coloring** - It is reported that this is sometimes a by-product of malted barley or corn (hydrolyzed) and can contain free glutamate residue.

**Carrageenan** - A seaweed derivative used to thicken products like ice cream, processed cheeses, toothpaste, cottage cheese, cream, eggnog, half and half, buttermilk, yogurt, etc.. Most seaweed and algae are high in natural glutamate. It is sometimes mixed with pure MSG or hydrolyzed milk protein, but the label may only state “carrageenan.”

**Catsup, Worcestershire Sauce** - Most catsups contain MSG. Some people claim that Muir Glen brand is okay (found in health food stores or sections). We always make our own catsup and skip the Worcestershire sauce in recipes.

**Chicken and Turkey** - Look for poultry with labels that say “No additives or preservatives”. Often poultry is dipped in a broth solution containing MSG. “Naturally processed” or “all natural” ingredients can be misleading as MSG is a “natural” product. Turkey is often injected. Some people report being affected by the phosphate solutions added to some poultry. Read labels and clean poultry well. Call poultry plants and ask how they treat their product.

**Chocolate** - Some chocolate contains whole milk solids or whey, both sources of free glutamate. Sees informed us that when “milk” appears on the label, it means dry milk. Baking cocoa is okay to use. Lecithin, made from glutamate rich soy beans, may contain free glutamate residues depending on how it is processed. It is often added to chocolate to make it smoother. If it is a hydrolyzed product, it will most likely contain free glutamate. Also, the caffeine and tyramine in chocolate effects some people negatively. People who get frequent headaches are advised to avoid chocolate.

**Citric Acid** - Most citric acid today is made from hydrolyzed corn and manufacturers usually do not bother removing the free glutamate residues. Due to the number of complaints that we receive about reactions to citric acid, it may be that companies are adding more free glutamate substances to the product. This would add to its appeal as a flavor enhancer and preservative when used by food companies.

**Corn Products** - Many individuals who are “allergic” to corn may in fact be actually reacting to the free glutamate that is in many corn byproducts as a result of processing. Most MSG is produced by fermenting corn today. Fresh corn on the cob is tolerated by most MSG sensitive individuals. However, they will probably react to corn syrup, dextrose, dextrin, maltodextrin, and all other products made by hydrolyzing or fermenting corn. Other examples are: alcohol, caramel color or flavor, and citric acid (rarely made from citrus fruits anymore). The following products may contain cornstarch: baking powder, confectioner’s sugar, bleached flour, excipients which are binders and fillers in tablets (vitamins, medications).

**Croutons** - Most are seasoned with MSG. To make your own, stack buttered or oiled bread slices that are seasoned with garlic powder and any of your favorite spices or herbs. Cube and toss in fry pan on range or place in 350 deg oven and stir occasionally while they are toasting. Stale or dry bread cubes may be used plain or drizzle with oil or melted butter and sprinkle on the herbs and spices and toss. Toast in the oven until lightly golden. For weight watchers, toss plain toasted cubes over salad, soups, or casseroles. They add great texture.

**Disodium Guanylate/Disodium Inosinate** - Expensive flavor enhancers used in conjunction with less expensive MSG. If you see it on a label, chances are MSG is also present.

**Dough Conditioners** - Can contain MSG, L-cysteine, gluten, or other hydrolyzed proteins. Used to improve texture of breads and pastries. “Yeast nutrients” may also be on labels and may contain MSG.

**Evaporated Milk** - Milk solids are often used and since it’s heated, processed and concentrated, it contains free glutamate. I use whole organic milk, additive free cream, or safe rice or nut milk instead.

**Fat Substitutes** - New ones are being developed continually. Beware!! A few on the market are: Guar Gum, hydrolyzed proteins (soy wheat, oat, gluten), modified food starch (made from soy, potatoes, whey, corn), xanthum gum, Appetize, Caprein, maltodextrin, and Olestra. We are not claiming all of these products contain free glutamate. We just know people are reporting reactions.

**Fresh Milk** - Milk processors sometimes add dry milk solids, dry whey, and occasionally gelatin, all of which contain free glutamate, to milk to boost the protein content and bulk, especially in skimmed milk. Organic whole milk is a better choice. We dilute Organic Valley Whole Milk with water to cut fat intake. Dairy products are discussed in another chapter.

**Gelatin** - A natural, hydrolyzed protein rich product derived from animal bones, tendons, skins, etc.. Besides the well-known gelatin desserts, it is used to make gummy-type candies, many prepared foods, and vitamin and medicinal capsules. Sometimes it is added to skim milk to build it up. After eliminating my daily multivitamin and vitamin E gelcap, the chronic pain I experienced at the back of my neck, disappeared. Gelatin always contains processed free glutamate, the form found in MSG, since the original source is rich in natural bound glutamate. Vegetable capsules can contain free glutamate depending on the source material used (corn, tapioca, soybeans, wheat).

**Herbs and Spices** - We grow, dry, and use all kinds of them now. There are wonderful books available on their usage and great recipes to try. Garlic salt sometimes contains hydrolyzed protein as do many seasoning salt blends. When herbs and teas are dried commercially, many of the volatile oils are heated away. Flavor enhancers are sometimes added to intensify what flavors are left.

**Hydrolysis** - Process by which natural foods are broken down into component parts with the aid of heat, water, acids, and/or strong alkalies.

**Hydrolyzed Protein** - FDA Backgrounder, August 31, 1995 definition: "Hydrolyzed proteins, or protein hydrolysates, are acid‑ treated or enzymatically treated proteins from certain foods. They contain salts of free amino acids, such as glutamate, at levels of 5 to 20 percent. Hydrolyzed proteins are used in the same manner as MSG in many foods, such as canned vegetables, soups, and processed meats.”

**Instant and Special Bread Yeast** - Many contain yeast nutrients and L-cysteine (another neurotoxic amino acid) which make the bread rise more quickly. Some often contain free glutamate.

**Kombu Extract** - A glutamate rich product extracted from seaweed. Seaweed was the original source of MSG in Japan many years ago. But this was originally a naturally dried product which probably contained a lot less free glutamate, compared to what is produced today. Our neighbor, who is sensitive to MSG, recently toured China and said she didn’t get sick once. But she does at Chinese restaurants here. She ate in rural towns where seaweed was steeped in water and lightly sprinkled on some dishes.

**Maltodextrin** - Made from hydrolyzed corn, either free glutamate is a residue left during it’s manufacture, or MSG may be added to it and sold to food manufacturers that way. Other corn byproducts that may contain free glutamate depending on processes used: dextrose, dextrates, corn syrup, invert sugar, and fructose.

**Molasses** - Crude molasses is often used to produce MSG. It is naturally high in glutamate. Although it’s important to avoid sulfured molasses, many individuals report that they can react to molasses and most brown sugars. You will have to judge any sensitivity yourself. Unless stated otherwise, molasses contains sulfites, also.

**Mayonnaise** - Most have “natural flavors” or MSG added. For those sensitive to sulfites, some contain sulfur-treated lemon juice, or sulfites are added as a preservative more often than not.

**MSG** - Monosodium glutamate - A flavor enhancer most often produced from corn using bacteria and a fermentation process. The resulting salt-like substance contains approximately 78% pure free glutamic acid. Only this free glutamate rich substance has to be labeled as such.

**Mustard** - There are MSG-free mustards, but many have it added. Wine mustards contain sulfites. We use dry mustard powder and organic prepared mustard in recipes.

**Natural Flavors (flavorings)** -The Food and Drug Administration in the Code of Federal Regulations [21 CFR 101.22(3)] defines natural flavor in this way:

“The term "natural flavor" or "natural flavoring" means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.” This means that autolyzed yeast or other free glutamate additives can be present, since they are permitted by the FDA to use this designation on labels. This is very confusing since some ingredients designated as Natural Flavors, are safe, such as organic lemon oil. Companies do not have to divulge their unique Proprietary Ingredients as registered by law so that their product cannot be duplicated. The Proprietary Ingredients are often designated as Natural Flavor(s) or Spice.

**Oils** - We avoid corn and soybean oils in the event they contain glutamate residue. Recent studies tend to point to olive oil, butter, and even coconut oil as better choices. Be aware that some oils contain sulfites. We do use safflower and sunflower oils.

**Processed Meats** - Most are highly salted, MSG seasoned and nitrate treated. Many contain calcium caseinate and smoke flavoring, too. Sliced leftover meat loaf, chicken, turkey, and roast beef make great sandwiches (use additive free meats).

**Red Meat** - Some roasts and steaks (beef and pork) are being injected with or dipped in free glutamate containing solutions such as broth or hydrolyzed protein. Phosphates and chlorinated water can also be sprayed on cuts to prevent e-coli. Tenderized pork often contains free glutamate and substances that cause reactions. I buy organic and grass-fed beef whenever I can.

**Seasoning Salts** - One brand claims to be MSG free, but it contains “spice” and “maltodextrin”. Another adds yeast extract. Be wary. Make your own by adding your favorite herbs and spices to salt or sea salt. Many plain salts contain dextrose or cornstarch, which may contain free glutamate residues. We use canning salt.

**Sodium Caseinate** - A sodium salt of hydrolyzed milk protein, containing free glutamate. Often present in milk solids, milk powder, or dry milk products.

**Soups** - Canned and dry packed versions are loaded with MSG. Check health food stores or grocery stores for safer versions. But even they fall short sometimes because their producers are unaware of hidden MSG. We make extra soup and stews from scratch and freeze the leftovers. Avoid all cup and ramen style soups. It’s even added to some of the dry noodles. Do not boil rapidly, but simmer on low heat. My method: Saute onions and meat. Simmer vegetables separately. Combine and serve. I have used a crock pot successfully. Some may react to high protein foods cooked for long periods of time.

**Spaghetti Sauce** - The most commonly purchased brands contain MSG and corn syrup. We have seen some commercial brands, usually in health food stores, that claim to contain little or no MSG. But remember, many contain citric acid which affects some people. We often make our own sauce in large batches and freeze the extra for later. A food processor is a great aid in pureeing tomatoes, garlic, and onion. Remember, tomatoes are high in natural glutamate and long cooking creates more free glutamate. I saute my garlic in olive oil, then add seasonings (red pepper flakes, sugar, salt, pepper, basil), toss in diced fresh or my own frozen tomatoes, and just heat through.

**Spices/Seasonings** - The FDA doesn’t allow pure MSG to use this designation on food labels, but the USDA does for some of its meat products such as sausage and cold cuts. MSG is in a lot of the spice and seasoning mixes used in the meat industry.

**Soy Protein Isolate and Soy Protein Concentrate** - Products created from soybeans that can contain free glutamate in varying amounts according to type of process used. They are used for flavoring and increasing the amount of protein in a product. Monsanto’s mission is to promote soybean use internationally, as well as other genetically modified products.

**Smoke Flavors (flavoring)** - Can contain hydrolyzed protein or pure MSG to enhance the flavor. Added to hams, bacon, and even crackers and cheese.

**Soy Sauce** - Soy beans are very high in protein. When fermented, some free glutamate is produced. There are some cheap brands that are made by adding pure MSG, hydrolyzed proteins, and Carmel coloring. Some sensitive people can handle small amounts of soy sauce. We avoid it. Sauces like oyster and teriyaki contain quite a bit of free glutamate and/or MSG.

**Soy Milk** - There is much controversy about soy products. We’ve heard all the benefits. However, a Hawaiian study indicated that soy used regularly over the years causes diminished brain capacity. We know it is extremely high in glutamate, so we avoid it. The more processed a soy product is, the more free glutamate it will have. Soy milk is moderately processed, but your body will tell you if you should avoid it. Some of the thickeners and sweeteners added contain free glutamate.

**Sugar -** We use organic and regular white cane sugar and go easy on brown sugar because of the molasses (sulfites, plus it is high in natural glutamate). Honey is a good substitute for sugar. We avoid sugar made from sugar beets, which are high in natural glutamate. The refining process can create free glutamate. Some people do well with stevia (no fillers) as a sugar substitute.

**Stuffing Mixes** - Most are seasoned with MSG. Break up or cube old bread and rolls and place in a pan. Keep pan in the cold oven to dry. Just don’t forget it’s there when pre-heating! Or speed up the process by heating to lowest setting. Turn off heat after half an hour and keep bread in oven. Bag when dry. Mix up with chopped onions, melted butter, celery, seasonings (thyme, sage, tarragon, marjoram, salt, and pepper) and water to moisten when stuffing is needed. Place in processor or roll with rolling pin while in plastic bag to make fine breadcrumbs.

**Table Salt** - Flowing agents and iodine carriers may contain free glutamate (cornstarch, dextrose, alginate). Canning salt is additive free. Some sea salts contain flowing agents, also. Also, people sensitive to phosphates should be aware that tri-calcium phosphate is an anti-caking substance used in many commercial salts. It is added to many butters, too. Canning and Kosher salts are good choices.

**Textured or Hydrolyzed Vegetable Protein** - Substance derived from processed soy products added to foods for flavoring and added bulk. Most often it is high in free glutamate. To speed up production, more companies are resorting to heat and chemicals (hydrolysis).

**Tomato Products** - Citric acid, most often a byproduct of hydrolyzed corn, not citrus fruit, can contain free glutamate residues. It is used in most canned tomato products to raise the acidity to ensure canning safety. Many purees and pastes are citric acid free because they are so concentrated and consequently their acidic content is high. However, if tomatoes have been sitting too long, waiting to be processed, a natural fermentation process can occur, releasing free glutamate. Sometimes to prevent fermentation, sulfite solutions are sprayed over them. Though rinsed, some residues may affect sulfite sensitive individuals. Try various brands to see how you react. Tomato puree can be made by pureeing tomatoes and placing them in a cloth lined strainer over a bowl. Collect and discard water. Freeze or use immediately.

**Tofu** - Made from strained soy milk. Enzymes or other cultures are used to cure and solidify it. Soybeans are high in natural glutamate. Any fermentation process can create free glutamate. The amounts will be determined by the process used.

**Ultra-pasteurized** -Extreme heat is used on some dairy products such as cream and milk. This may create more free glutamate in the product. Most dairy and non-dairy or rice beverages in cartons are ultra-pasteurized. Some sources say that boiling milk for a period of time may release some free glutamate.

**Vegetable Protein (hydrolyzed)** - Hydrolyzed vegetable protein (HVP), made from soybeans and wheat, often contain added MSG along with chicken, beef, or pork flavorings.

**Vinegar** - Most wine and balsamic vinegars contain sulfites. We use organic apple cider vinegar and plain rice vinegar.

**Vitamins** - Look for ones that do not contain cornstarch, dairy products, artificial sweeteners, gluten, or that do not contain minerals and vitamins chelated to amino acids. That means they are often bound to a rice or soy protein product or citric acid (citrate). Oftentimes the fillers and binders used in vitamins contain free glutamate as do the gel caps themselves (gelatin). Look for vitamins that say “excipient free” or avoid them entirely and eat more fresh fruits and vegetables. We have talked to many people who, when they eliminated their vitamin pills, finally discovered they were the very things giving them problems. There are pure vitamin C crystals available and also calcium powders that may work for some. Be advised that calcium from dolomite may contain lead in levels that the FDA considers safe. Since we are not too secure with that statement, we suggest that you do some research if calcium powder is a supplement that interests you. Most ascorbic acid (vitamin C) is derived from corn. However, we have been told that there is no glutamic acid present. Remember, a reaction to a supplement or drug can take up to a month.

**Whey** - When cheese is produced, milk is treated with enzymes and heated to separate the curds from the whey, which is a liquid high in protein. Some glutamate may be freed up by the heat and enzyme activity, but when whey is further processed and then dried to a powder, it will contain more concentrations of free glutamate. It is then bagged and sold as a food product to be used in the manufacture of many products such as ice cream, crackers, boxed macaroni and cheese, candy, and protein powder. The more whey is processed, such as in whey protein or whey protein isolate, the more glutamate it will likely contain. Sometimes hydrolyzed milk solids are added, making it even higher in glutamate. When a label says “whey”, it may contain any of the whey products. Dry whey or dry milk solids are added to low fat milk to give it more creaminess. Since milk is naturally high in glutamate, many severely sensitive individuals avoid or go easy on all dairy products.

**Yogurt** - Try to find plain or vanilla whole milk yogurt and add fruit or jam. Most contain carrageenan, gelatin, pectin, gums, natural flavors, milk solids, and whey. Yogurt is easy to make without extra equipment, using our easy directions. Remember however, that the work of any culture on a protein rich food may create some free glutamic acid. Recipe in next section.

# Shopping Tips

Most people assume that food will be more expensive if they eliminate MSG. We found the opposite to be true since processed foods are the costliest. Instead, we can now afford some foods we thought too expensive before. Some products cost more because they use whole ingredients instead of using flavor enhancers, fillers, and thickeners.

You will need to take a day and systematically go through your cupboards, tossing away MSG and hidden glutamate laden foods using the information on its hidden sources given in this book. Be merciless! Your health benefits are worth it.

Make a shopping list, including ingredients you may need to make some of the recipes you'd like to try in this book or others.

Include:

**Fresh fruits and vegetables** - buy more than usual and try new ones. Include fresh garlic, onions, carrots, sweet potatoes, tomatoes, lettuce, cabbage, and potatoes. Many grapes are often sulfite treated. Choose dark leafy greens instead of head lettuce for more nutrients. I avoid exceptionally huge produce. I buy organic when I can. Plant a garden and buy from farmer’s markets, also. Some waxes sprayed on produce like oranges and broccoli contain hydrolyzed protein and chemicals. Peel or wash well.

**Canned diced, crushed, and pureed tomatoes** - Some highly sensitive people report reactions to citric acid, which is commonly added to tomatoes. We rely on fresh or our own frozen tomatoes primarily. Read labels.

**Lemons and limes** - Use in drinks, salad dressing and marinades. Add a slice to your water.

**Whole sour cream** - Look for products without carrageenan and additives.

**Whole eggs** - Substitutes contain MSG. I avoid eggs laid by chickens that were fed soy products.

**Fresh meats** - Exclude poultry injected with or dipped in a broth solution. Look for poultry labels that say no additives or preservatives. Some people are sensitive to phosphate solutions that are being used to kill E. coli and salmonella. Due to E. Coli outbreaks, beef is sometimes injected with chemicals. Sometimes MSG is added to “improve” flavors. Pork is being tenderized by phosphate containing ingredients and lactic acid, which can also contain glutamate. Avoid cold cuts, and sausages unless the butcher or grocery meat person can give a list of seasonings used. Call around to butcher shops and grocery stores to find specialty sausages and poultry without MSG. Ham and bacon: there are some brands that don’t contain "natural flavoring" or "smoke flavoring", but most contain nitrites or nitrates which are known to cause headaches. I called a Washington chicken processing plant. They said that they do not treat the poultry sold in our state, only those sent distances. I buy organic beef at Costco and from local ranchers.

**Cheese** - Most cheeses are made with low fat milk and enzymes. When low fat milk is used, it often contains milk solids and/or whey solids, which contain free glutamate. The powerful enzymes used today probably break the milk protein into it’s amino acids, one being glutamic acid. Most very sensitive people I talk to cannot handle cheese very well at all. Others can handle mild mozzarella, colby, and jack cheese. Some can tolerate a little Parmesan if imported, not domestic. Many Europeans still use the old cultures (bacteria), not our high-tech enzymes. Go easy on hard or aged cheeses like Parmesan, aged cheddar, Romano, and blue cheeses or avoid. The protein is more broken down, is condensed, and is higher in glutamate, which is found naturally in milk. Most yellow cheeses contain annatto for coloring, which some people react to. We use fresh or whole milk mozzarella, mild Colby jack, jack, or mild cheddar and a little feta. We don’t use it every day (once or twice a week). Avoid the soft processed cheese food in blocks or slices (the kind that needs no refrigeration), cheese spread, or cheese substitutes. The pre-shredded kind can include some processed cheese mixed with regular cheese.

**Whole Milk and Whole cream** - Half & Half, frozen whipped cream substitutes, creamers, and most buttermilk contain carrageenan and/or vegetable gum, which usually are used in conjunction with milk protein products. Skim milk varieties contain milk and/or whey solids and sometimes gelatin. Make your own half cream & half milk. Sour your milk by adding one tablespoon vinegar or lemon juice to each cup of milk in recipes calling for buttermilk. Remove one tablespoon milk first. Some people find better products from small dairies. I use plain varieties of rice milk, homemade nut milk, and organic whole milk (sparingly). The carriers for the vitamins added to some milk may cause reactions. I prefer cream top whole organic milk that is not enriched or ultra-pasteurized.

**Canned Fruit, Vegetables, and Juices** - Many processors add some MSG to their canned products to hide the tinny flavor. Sulfites are often present but do not have to be labeled if under ten parts per million.

**Frozen and Bottled Fruit Juices** - A lot of fruit juices are laced with sulfites as a preservative. Be aware that many bottled fruit beverages and soda pop contain MSG and sulfites. We buy organic pasteurized pure apple cider. Many sensitive people have a reaction to the calcium and vitamin enriched orange juice. The carriers for vitamins and minerals often contain glutamate rich substances. Many people cannot handle the preservatives that are added to many juices.

**Dried peas, beans, rice, pasta** - Some individuals report reactions to enriched pasta. The vitamin carrier can contain free glutamate, but it’s difficult to locate un-enriched pasta. We do better with imported Italian pastas. Try dried lima, chili, black, navy, kidney, and garbanzo beans. Some react to glutamate rich lentils. If you are sulfite sensitive, be sure to read canned bean labels especially on light colored beans as sulfites are often used to prevent darkening. Since I am, I purchase dry garbanzos and limas. Rice comes in many varieties, too. There are brown, red, wild, and others. But avoid boxed flavored varieties. Some sensitive people react to white rice. Since the government requires the nutrients be put back into rice after the hull has been polished off, free glutamate may be present as part of the vitamin/mineral coating. Rinse the rice several times before using to remove the cornstarch or other coatings. Chinese grocery stores carry un-enriched varieties. We prefer short grain brown rice, which has B vitamins and fiber.

**Ice cream** - Most ice creams contain many glutamate containing ingredients (carrageenan, skim milk, dry milk, corn syrup, whey, etc.). We have an ice cream maker (with base that freezes) and make ours with cream, milk, or nut milk. We have enjoyed making ice milk and fruit ices, too.

**Seeds** - Sesame, poppy, sunflower, flax, and caraway seeds are great in breads and rolls. Fennel seeds are good in homemade Italian sausage patties. Try sesame and sunflower seeds in granola.

**Grains** - Old fashioned oat flakes and rolled wheat flakes are great cooked for breakfast or added to granola, cookies, and breads. Highly sensitive people report reacting to Quinoa.

**Cottage Cheese** - Most contain carrageenan, whey, and vegetable gum. If you must eat it, look for the brand with the least amount of ingredients and made from whole, not skim milk.

**Butter** - No more margarine! Fat is fat, no matter where it comes from. Now that we are eating better, our bodies are working more efficiently. But it is still important to cut out fat wherever possible. Moderation is the key. We do most of our baking with real butter, or oil and substitute some of the fats with applesauce in much of our baking. Olive oil is a favorite in our sauteed and Italian dishes now. Look for butter that has no annatto added if possible. Many varieties contain citric acid or “natural flavor”. Avoid! Organic is best.

**Oil** - We use olive oil, sunflower oil (expeller pressed), coconut oil, and butter. There are books and web sites packed with information about fats and oils. Expeller cold pressed is best.

**Flour** - Most flour contains some glutamate because of the malted barley flour which is added to enhance flavor. We use Gold Medal Organic white flour and grind our own whole wheat, but most grocery stores or health food stores carry many flour varieties. Hard white spring wheat makes a whole wheat flour that is much like regular white flour.

**Crackers and chips** - Most of the popular ones and flavored ones have MSG. We have found most soda crackers are okay and some imported crackers are fine. But the very sensitive may react to the malted barley flour found in most. Look for ones with the least amount of ingredients. We make our own "wheat skinnies". They are delicious and fun to make. We like plain wheat type crackers, tortilla and corn chips without lime added, and potato chips (no preservatives or flavorings). So far we can handle Kavli rye wafers, Ak-mak crackers, and some tortilla and potato chips that contain no preservatives or seasonings. Plain Matzo crackers are good (flour and water). Spread with butter and add salt or eat with cheese and mustard like a sandwich.

**Bakery goods** - Be careful of L-cysteine, a potent neurotoxin. It is now added to many baked goods. MSG is also in glazes and fillings, so be cautious. Scratch is always better anyway. Bake one day a week or less often and freeze lots.

**Tortillas** - Flour and corn. Great for quick burritos and Mexican dishes. Avoid those with L-cysteine on the label. When in doubt, call the company. The telephone number is on the label or call (800) 555-1212 to find the toll-free number of most food companies. Again, very sensitive people may react if malted barley flour is present. Try our easy recipes. Love the big batch one!

**Catsup** - We haven't found any without MSG. Some organic brands are okay. We keep containers of our “Instant Catsup” in the freezer. Recipe is found in this book.

**Salsa** - Some fresh ones in the store’s refrigerated areas may be okay but may contain citric acid. A lot of canned and bottled salsas are "flavor enhanced", so read labels. Some restaurants sell their own freshly made salsa. We have included recipes.

**Bottled Spaghetti Sauce** - The well-known ones are loaded with MSG, corn syrup, and oil. We make our own and freeze or bottle it. But there are some safer ones on the market now, although most contain MSG or citric acid. In addition, long cooking of tomatoes creates free glutamate.

**Drinks** - As mentioned previously, most canned and bottled soft drinks contain sulfites and MSG, the former to preserve and the latter to enhance flavors. We drink water, some organic juices, and make our own carbonated water. Some brands of soft drinks contain more chemicals than others. Since we avoid caffeine entirely (another headache causing chemical), fruit juices, water, and whole organic milk are good choices. Dilute whole milk to cut fat consumption and save money. Homemade lemonade or limeade is a treat. I always carry around a large plastic mug or sport bottle of ice water. A lemon slice or peppermint tea bag (organic) added now and then is refreshing. On the plus side, you will increase your water consumption which is healthier and decrease your sugar intake if you avoid pop. A word of caution: Some teas and herb teas now contain “natural flavors”, citric acid or malt. Read the labels. Freeze fresh bananas, pineapple chunks, berries, etc.. Blend with water and sugar for great smoothies.

**Popcorn** - It’s best to buy the organic popcorn that is not GMO. Most prepackaged popcorn contains “seasoned” salts, fat and chemicals. Try a little sugar or seasonings in your popcorn next time for variety. We do get reports from people who are reacting to plain popcorn. Some suspect sulfite spraying and some point to genetically altered corn. Jolly Time is not GMO.

**Cereal** - There are so many and most contain some glutamate. We found the cheaper off brands to have less malt, whey and corn syrup added. We enjoy shredded mini wheats, farina, and oatmeal (not the flavored packets). Un-sugared puffed wheat and rice are okay, too. Look for cereals with the least artificial ingredients. Some may react to the sweeteners used such as brown rice syrup, invert sugar, or malt syrup.

**Pickles and Olives** - We use ripe black olives that contain ferrous gluconate. Most oil and vinegar cured olives and green olives bother us. Some imported olives that say “no preservatives” may be safe. Some have sulfites which we can't tolerate. Sauerkraut often contains sulfites but is usually free of MSG. Most pickles contain MSG. We make our own, which is easier than we thought. For quick fresh pickles, simply peel and slice cucumbers. Add sugar, salt, organic apple cider vinegar, water, and pickling spices to taste. Refrigerate and eat within one week.

**Cocoa** - Most hot cocoa mixes have glutamate containing ingredients in them (whey, milk solids). Many individuals react to chocolate which can cause headaches. We use cocoa in some of our recipes and enjoy it occasionally. A recipe for cocoa mix is under the Mixes section.

**Mustard** - Most major brands have MSG but there are mustards that do not. We've found several brands to be MSG free. Some organic mustards in health food stores are excellent.

**Yogurt** - Some contain carrageenan, pectin, gelatin, whey and natural flavorings, especially low fat. Some of the fruit syrups contain sulfites. We make our own. Recipe is in this book. Easy!!! Some pectins are safer than others.

**Fresh, Frozen, or Canned Fish** - Look for canned tuna without broth, calcium caseinate, or salt (water only). Some canned salmon brands are okay. Most fresh fish, if not breaded or seasoned, are fine. However, some frozen and fresh seafood contain sulfites or pyrophosphates. Avoid tiny shrimp if sulfite sensitive. Some smoked salmon products are okay. Be sure the salmon is naturally smoked, not smoke salt enhanced. Wild caught fish is best. Read labels on bags of frozen fish and ask vendor if in doubt.

**Jams** - Highly sensitive people report reacting to pectin and/or corn syrup. We make our jam seasonally by boiling 6 cups fruit with 6 cups sugar and juice of one lemon for 20 to 30 minutes or until thickened. Recipes follow.

**Nuts** - Buy raw almonds, walnuts, pecans, and peanuts. We buy ours bulk at one health food store. Some dry roasted or roasted nuts may be fine. Just be sure they are preservative free, unseasoned, or contain just plain salt. Occasionally, carrageenan or hydrolyzed protein is sprayed on nuts to enable the salt to adhere. We get many reports from people who cannot tolerate peanuts or peanut butter. We are unable to say whether this is due to a peanut allergy, or a reaction to sulfites or natural glutamate. We know they are high in protein, but we also know sulfites are used externally on some nuts.

**Dry Fruit** - Dry fruit snacks, unsulphured dates/raisins, and many others can be found at health food stores. When I crave a candy bar, I reach for dry pears. Some may react to fruit juice concentrate, lecithin, dextrose, or phosphates that are sometimes added to dry fruit instead of sulfites.

**Seasonings** - Try new herbs and spices, avoiding seasoned salts, blends, and dry soup or salad dressing preparations. Here are some of our standards: dry and fresh garlic, red, black, and cayenne peppers, Chinese Five Spice, oregano, garlic, cumin, basil, cilantro, ginger, dry mustard, smoked paprika, paprika, thyme, chili powder, chipotle powder, chili pods (pasilla, ancho).

**Vinegar** - Sulfur sensitive people may react to sulfites if present. White distilled vinegar is made from grain. The fermentation process may release some glutamates from the grain. We do best with some pure organic apple cider vinegar and even better substituting fresh lemon or lime juice in recipes. We have been told that a little glutamate can even be formed in the apple cider fermentation process. Some people do okay with plain rice vinegar.

**Salt** - Some salts, especially iodized salt, contain dextrose or cornstarch. Most sea salt is safe to use, if additive free. We use canning salt.

Read labels often, keeping a running list of foods that do not affect you, including brand names, and where purchased. At first you will be discouraged by how many products contain MSG, but the list of wholesome products will continue to grow. Bring your list of MSG containing food additives with you when food shopping. Soon you will have them memorized. One friend keeps a copy on the inside of her cupboard door for quick reference and one in her purse to show waiters. She keeps a list of safe products that she has purchased and tried on her refrigerator attached with a magnet. She keeps adding to it, along with the stores where they were found.

Familiarize yourself with different grocery stores, including health food stores and farmer’s markets to add variety to your diet. Beware of assuming that all health food products are MSG free. If you know the hidden sources for MSG, you will be safer. Look for farm products that are organic (pesticide free). Remember to shop mostly the perimeter of the grocery store, which includes all of the fresh products: dairy, produce, and meat.

I have dried fruit, homemade crackers, and baked goodies on hand in the freezer for the hungries and for grandchildren. Carrots, fresh fruit, nut butters, and fruity shakes are great snacks.

Search out small local dairies, flour mills, bakeries, and cheese makers. The smaller family run businesses often do less processing. One sensitive friend who cannot drink any commercial milk, found a farm selling fresh goat milk and now she drinks that. She suggested checking out the operation for cleanliness.

Start a non-MSG recipe file and file away successful menus for easy reference later. My daughter has a calendar form of 30 squares that she made up. At the beginning of each month, she fills each square with a menu. She posts that and a shopping list on her refrigerator. She even jots in comments and recipe references that will help her later.

Find a reputable butcher and ask for his help in locating non-MSG meat and poultry products. Suggest he make a MSG free sausage. He may have a new hit on his hands.

Avoid all fast food restaurants. All of us love the wonderful smells and strong tastes of these MSG traps, but they depend heavily on flavor enhancers to get our business. Bring water with you everywhere you go. Remember to cook and bake in large batches and freeze in plastic zipper bags or containers. Barbecue or roast a large batch of chicken breasts and then freeze in several bags. Use in salads, enchiladas, and casseroles later. Be sure to label and date everything. Gravy looks a lot like soup stock once it is frozen. Don’t be afraid to try new things like bread making or pickle making. Newer machines help make it fun and easier. If you don’t already have one, invest in a freezer.

If you know you are MSG sensitive, it is important to let your doctor and anyone else who will listen know about your condition. The more they know, the more they can help others, maybe even themselves. In February 1997, I began suffering a bad toothache that would come and go. After a couple of weeks, I made an appointment to see my dentist of 15 years. The day before I had to go, Jack Samuels of www.truthinlabeling.org told me that medications often contain sources of glutamate (fillers, binders, coating, gelcaps). So that day and on the day of my appointment I skipped my thyroid and estrogen pills. Amazingly, the toothache subsided. I had switched from an estrogen patch to a pill. I kept my appointment to be sure there wasn’t a cavity, which he confirmed. I then explained what I had discovered, and his assistant asked for more MSG information since her sister is very sensitive but doesn’t know what to avoid. After a few minutes of discussing MSG sensitivity symptoms, I apologized for taking up the dentist’s time. He exclaimed, “No, no, you’re fine. In fact, I think you’ve solved my medical problem!” He went on to explain that he had been to several clinics around the country, spending thousands of dollars. He suffers from chronic fatigue, headaches, and problems with his hands, his livelihood. He said “When I eat a can of “\_\_\_\_” chili, I can feel the symptoms start soon after. Does that sound like it’s an MSG problem?” Well, I’m no trained professional, but I felt confident that it did. So the next day I took some information to him and hoped he and his family would see the need for a change in his diet. Incidentally, my doctor and pharmacist helped me find a thyroid hormone pill and estrogen patch that do not bother me. Your pharmacist will give you a list of all the inactive ingredients in any medication.

Remember, the more you share what you know with others, even when you sense a great reluctance to believe you, be confident and trust what your body knows without doubt: That MSG toxicity is no myth.

The following suggested kitchen aids will make work and eating easier.

**Dehydrator** - Great for apples, bananas, and other fruits, meat jerky, fruit leather, red and green peppers, tomatoes, etc.

**Heavy duty mixer** - One that will knead bread. Bread makers are great, too. Avoid the flour mixes for them, as they contain malted barley flour and the special yeast often contains yeast nutrient (may contain MSG or L-cysteine).

**Victorio Strainer** - Applesauce, tomato sauce, purees, and juices are a snap! It removes the seeds and skins in one step. Most health food stores carry them and the various sized strainers.

**Juice Extractor** - Get the benefit of fresh fruits and vegetables and fresh vitamins, enzymes, and minerals. However, eat whole fruit and vegetables often to get the fiber you need. Organically grown are best.

**Flour Grinder** - Enjoy whole wheat flour, without malted barley flour, and the nutritional benefits of unrefined cracked wheat and cereal, which are high in B vitamins and fiber.

**Ice Cream Maker** - All kinds and prices are available.

**Extra refrigerator or freezer** - We are planning to put an extra refrigerator next to our freezer in our garage to fill with fresh and frozen produce. Used ones are less expensive. It is safer to freeze leftovers instead of placing them in the refrigerator where they can break down easily into free glutamate as they sit.

**Freezer Bags and Containers** - Invaluable to freeze leftover meals, soups, and garden produce. Quarter or slice tomatoes and package. Just before sealing, add a bunch of fresh basil leaves to some of the bags if desired. Great way to use up garden herbs. A jelly bag works great when straining pureed tomatoes to freeze.

**Old-fashioned style citrus fruit reamer or juicer** – We use lemons and limes often.

**Aluminum foil** - Line cookie sheets and casserole dishes for easy cleanup when you are busy. Do this for roasted vegetables, turkey dressing and sticky dishes. Or make your own TV dinners by dabbing leftovers on single serving size pieces of aluminum. Top with second layer of foil and crimp edges closed. Freeze on cookie sheets for support and reheat (frozen) later at 425 deg for 25 to 35 minutes or until bubbly.

**Food Processor** - Great for slicing, shredding and chopping.

**Apple peeler, corer, and slicer, all in one** - A great tool found in health food stores along with cherry pitters and corn cutters.

**Blender** - Whip up fresh fruit/vegetable smoothies. Our Kitchen Aid does a great job. I like getting the fiber that juicers extract.

**Carbonator Machine** - SodaStream Fountain Jet: Make your own carbonated beverages. I flavor mine with ginger syrup (puree peeled ginger, water and sugar) and citrus juice. Flavor also with a little orange juice or pureed fruit.

Sources for food and food processing equipment:

Look for heirloom seeds at Internet Website http://www.waltonfeed.com.

Abundant Life collects and sells heirloom seeds. If possible, start a garden. Look for heirloom varieties of vegetable plants and seeds. Many non-GMO and heirloom seeds can be ordered online. An allergist told me that our bodies break down older varieties of vegetables and fruits more easily than the “high tech” hybrids. For information call (360) 385-5660.

Visit health food stores for specialty kitchen machines or search the Internet for such products. Organic foods and spices may also be found on the Net. Take cooking classes at your local community college or from a friend or relative. There are wonderful cooking shows on television. Most recipes can be adapted to avoid ingredients that contain processed free glutamate.

Remember, safe items can be found at health chains like Trader Joe’s, Whole Foods, or Wild Oats. But remember to read all labels. MSG, autolyzed yeast, and hydrolyzed protein are still considered “all natural” by some food processors, even “health food” companies.

# Brand Names of Products

It’s difficult to recommend safe products. It is a fact that a national product can have a slightly different formulation in different parts of the country. Also, a producer may decide to add MSG or a glutamate containing ingredient to a product at any time. Consider too, that what may cause no reaction in some may send others to the hospital, since sensitivity varies with each person. This is just a list of some foods used by us and by some people who have called in to report them or posted them on our discussion board at www.msgmyth.com.

**Breads, Cereals, Crackers, and Flour**

Bread - Some whole wheat and rye bread - several people said they handled them better than white. Some sourdough and French breads with safe ingredients are available.

Free glutamate sources in commercial breads are: High fructose corn syrup, dextrose, di-glycerides, milk solids, malted barley flour, soy flour, wheat gluten, dough conditioners, L-cysteine.

Cereals - Plain puffed wheat, rice, corn, and millet

Shredded wheat, spoon size and biscuit (go easy on all wheat products as wheat contains naturally occurring glutamate.

Red River cereal

Envirokids corn and peanut puffs

Health Valley Rice or Corn Crunch-Ems

Kashi Strawberry Fields

Kashi Cinnamon Harvest

Barbara’s Organic Wild Puffs, Cocoa

Crackers - Ak-Mak crackers

Some soda crackers, but they do have malted barley flour.

Some Matzo crackers (some whole wheat ones). Eat with butter, nut butter, or use crumbs for breading.

Wasa Fiber Rye, Wheat Germ, Bran, and Sesame Crackers

Kavli crackers (plain)

Carr’s Cable Water Crackers

Flour - Arrowhead Mills flour – no malted barley flour

Some Bob’s Red Mill stone ground flours

Gold Medal organic white flour

Wheat Montana Prairie Gold Flour (hard white spring whole wheat and whole wheat varieties)

Hodgson Mills White flour – no malted barley flour

Whole wheat flour - no additives

**Dairy Products and Oils**

Butter - Butters that say cream and salt, only – most unsalted butters contain “Natural flavors”.

Organic Valley salted butter (in blue box)

Cheese - Most mozzarella and Monterey jack cheeses do not bother us. Go easy.

We use Tillamook mild cheddar and Colby Jack cheese. Some are okay with imported Romano and feta cheese. Whole milk cheeses are best. Remember, milk is naturally high in glutamate.

Ice Cream - See listing under “Snacks and Desserts”

Milk - Whole milk (see “A Closer Look at Dairy Products”)

Oil - Spectrum Naturals organic extra virgin olive oil - cold pressed (There are many excellent olive oils.)

Coconut, Sunflower and Safflower oils

Sour cream - Knudsen’s whole sour cream

Daisy whole sour cream

Whipping cream - Most whipping creams except those with carrageenan or additives.

Yogurt - Dannon, Stoneyfield, Brown Cow – plain or vanilla whole milk

**Condiments, Spices and Flavorings**

Catsup - Muir Glen or Trader Joe Organic catsup

Mustard - New Organics Mustard

Whole Foods mustard

Tree of Life mustard

Pickles - Zergut Pickles (European style markets)

Trader Joe’s dill sandwich slices and Bread and Butter Pickles

Salt - Canning salt

Realsalt - no fillers, high in minerals. Some report reacting to Realsalt.

Some sea salts - fewer chemicals. Avoid salts containing dextrose, cornstarch or other flowing agents. Some may react to salt gleaned from seaweed, which is high in glutamate.

Stevia - Wisdom of the Ancients, Now, and KAL brands of Stevia - liquid form or white powder sugar substitute sold in health food stores. Avoid sugar packets in restaurants that contain fillers.

Sugar - Raw sugar - Some brown sugars are white refined sugar coated with sulphured molasses. I read the ingredients on one bulk brown sugar product. It said, “pure cane sugar, invert sugar, ASL, organic non-sugar.” Your guess is as good as mine! Also, many so-called maple syrups are watered down and contain preservatives. We use honey often instead of sugar. Cane sugar is a better choice than beet sugar. Sugar beets are high in glutamate. We use C&H brown and white sugar.

Vinegar - Organic apple cider vinegar: Hain, Aunt Patty’s brands.

Unseasoned rice vinegar

Agave - Organic

**Juices and Fruit**

Cider - Locally made ciders at the orchard where produced, or at the Farmer’s Market (pasteurized is safer)

Dry Fruit - Raisins, unless they are sulfured. I buy organic.

Dates

Unsulfured dry pears, pineapple, mango, etc. (Be careful that unsafe sweeteners are not added)

Apple Sauce - Santa Cruz Organic varieties

**Meats, Fish and Peanut Butter**

Chicken - Foster Farms chicken

Organic free-range chicken is best

Beef – organic is best

Pork – Look for meat that has not been tenderized (nothing added).

Peanut butter - Test organic brands to see if you react.

Salmon/Canned - Those labeled, “salmon, salt”

Tuna - Tree of Life low sodium canned tuna, Trader Joe’s – any that are tuna and water or tuna and olive oil only (no broth or calcium caseinate).

Turkey - Foster Farm Natural and ground turkey

Non-injected and broth free turkeys

**Snacks and Desserts**

Chips - Ruffles plain potato chips. Some people are reacting to salt used on certain plain chips. It may be a salt blend which contains glutamate.

Santitos corn chips

Juanita’s tortilla chips

Chocolate bars - Dark chocolate is safer than milk chocolate. Whey and dry milk contain glutamate.

Chocolate chips - Ghirardelli dark chocolate chips (not milk chocolate) - (the lecithin may bother some)

Cocoa - Most cocoa brands

Cookies - Walker’s plain shortbread cookies, Paul Newman’s ginger and chocolate mint sandwich

Ice cream - Homemade is best. Read labels! The fewer ingredients the better.

Nuts - Health food stores’ unsalted nuts sold in bulk

Planter’s dry roasted, unsalted nuts - we’ve been told that some salted peanuts are coated with hydrolyzed protein or carrageenan first to allow salt to stick. Many nuts are treated with sulfur dioxide.

Pasta Sauces - Look for organic varieties but READ LABELS!

Popcorn - Pop your own. Organic and Jolly Time (non-GMO).

**Vegetables and Beans**

Beans - S & W low sodium or regular kidney beans. Avoid beans that contain Kombu extract.

S & W canned black beans (rinse well)

Trader Joe’s refried beans - no fat variety

Tomato puree - Look for ones without citric acid. Some do okay with products that contain “organic” citric acid, but others do not, depending on degree of sensitivity.

Vegetables - Organic canned and frozen vegetables - unseasoned

Buy fresh tomatoes and freeze.

Call 800 numbers on bags of frozen vegetables to check for additives.

Costco is a good source of frozen vegetables but do call.

Spaghetti Sauces - Trader Joe’s Marinara Sauce in green can (28 oz.) and their organic spaghetti sauce in glass jar.

**Supplements -** Some people do well with these products.

Beyond-A-Century pure B6 powder

Beyond-A-Century Taurine powder

Nature’s Life 100% vitamin C crystals

Ecological Formulas Tri-Salts (Calcium, magnesium, and potassium)

Beyond-A-Century CoQ10 pure powder form

Sources: www.beyondacentury.com and [www.needs.com](http://www.needs.com)

Carlson Fish Oil

There are other good pure powder supplements. B vitamins, made from corn yeast, contain free glutamate residuals.

**Shampoos, Soaps and Detergents**

Laundry and Dish Detergents - Biokleen, Seventh Generation brands. Best to try several.

Shampoo - Shampoo for color treated hair is milder but avoid hydrolyzed proteins (wheat, silk, milk, soy) if listed. Tate’s Natural Miracle Shampoo and Conditioners (expensive but amazing) and Garnier Fructise. Most shampoo and other hair products contain citric acid. Trial and error, unfortunately, is one way to test products.

Soap - Clearly Natural unscented glycerine soap for skin and hair

Dr. Bronner’s soaps and liquid castile for shampoo (the soap can be used to brush teeth)

Dove soap for sensitive skin - no perfume or dyes

French olive oil soap

Toothpaste - Baking soda, Homeodent. Some tolerate Tom’s of Maine.

Deodorant - Sure Original, plain baking soda

**The Trader Joe’s Brand of the Following Items**

Taco Shells, Marinara sauce in green can, Hot Chipotle, Chile Verde, and Autentica salsas, organic bread and butter pickles, organic sliced dill pickles, Martini's kalamata pitted olives, canned corn, Traditional Style fat free refried beans, organic peanut butter, canned solid white albacore in oil, canned Tongal tuna in water, Premium chunk white chicken in blue can, organic mayonnaise, organic baked beans, organic ketchup, canned corn, maple syrup, dried organic fruits, and their plain crackers like Carr's brand

# Eating Out

A friend of mine who suffers from severe MSG sensitivity often begs me to open a restaurant so that "people like us" can enjoy eating out again. We know how she feels.

People who run restaurants, we've found, know very little about MSG and the amount they are actually using in their cooking. Asking the waiter is not enough. Asking them to ask the chef, cook, or manager is more helpful. First explain that MSG makes you very ill and you need to know the ingredients of a certain dish before you can order. Especially ask if (1) seasoned salts, (2) canned, packaged, or dry sauces, (3) marinades, (4) soy and other sauces, (5) frozen/canned soups, or (6) broth, meat base, or bouillon have been used in the dish. Often, batter on fish has "seasoned' salt added, as do salad croutons. Most salad dressings contain MSG, so a good choice is to ask for oil and vinegar. I now carry my own little bottle with me since I’ve seen diet conscious people do the same. If you are sulfite sensitive, make sure the vinegar is not wine vinegar. Instead, ask for lemon or orange sections to squeeze over your salad. Add some sprinkles of oil if desired. I sometimes also sprinkle a tiny amount of sugar with salt and pepper to taste, over my salad. (We’ve included several tasty dressings in this book.) When ordering fish or meats, ask that no marinades, seasoned salts, or sauces be added. Fish is wonderful grilled or sautéed with butter, lemon, salt, and pepper. Avoid all soups and chowders, unless made from scratch without seasoning salts and bouillon. Some cooks call their soups “made from scratch” but actually use a canned or frozen soup base or chicken or beef “base”. Appetizers are often MSG seasoned, but never be afraid to ask what seasonings have been used. We, of course, are wary of most Chinese dishes, but some restaurants will prepare certain dishes without MSG or soy-based sauces (such as oyster sauce) if asked. We’ve found safe dishes at Thai and Indian restaurants but always ask questions. I often order a stir fry of beef strips and fresh vegetables in oil with salt, red pepper flakes, fresh garlic, and ginger. At the table I can season it with sugar and lemon juice (ask for a lemon wedge). We've discovered that some Mexican dishes are safe, as long as they don't use prepackaged or canned sauces or add Accent, Sazon, or Adobo seasoning. When asked if they used seasoned salt in their pork verde burrito at a Mexican restaurant, they said “No”. But they said they used it on the grilled meat dishes. I asked if the salt had MSG and they said, “Oh, no, never.” When asked to see if hydrolyzed protein, etc, was in it, they checked and came back to tell us that ,”yes”, it was and they were sorry. We felt pleased that they were made newly aware and we ordered the pork verde! Sometimes it is added to the rice and beans. Just ask!! We have included cards at the end of this book section that can be taken with you and shown to waiters and cooks.

### Fast Food Restaurants

Whether it's the fast hamburger or taco joint, most of these establishments load their meals with MSG products or its cousins, like yeast extract. There's a famous chicken franchise who's food is so tasty, you want to lick your fingers. Guess why it’s so tasty? MSG is in everything from the chicken to the gravy. Ask any restaurant for a list of the ingredients or a nutrition chart. Most of the larger franchises like McDonald's, have them all printed up. They will make you very fast-food wise. We were shocked at how much MSG is in the typical hamburger and fries meal, including milk shakes and tasty chicken products. And we wonder why ADD, Attention Deficit Disorder, is on the rise, as is childhood asthma. Years ago, I bought my three-year-old granddaughter fries and a shake at one of the most popular fast food places for two reasons. She wanted to play on the indoor playground and asked for a "nilla shake" with that look in her eyes. Besides, I thought it would be interesting to look for any changes in her (she is MSG reactive at certain amounts). Her cheeks flushed bright pink 10 minutes after finishing. Most notable, soon after we returned home, when she usually takes a nap and is very sleepy, she was twirling around, jumping on the bed, arguing with me, and being just plain contrary. The hyperactivity was out of character and I vowed never to experiment on her again! We wonder why HDHD is on the rise. Her mother avoids MSG religiously, thank goodness. An acquaintance, a single mom who works full time, has a three-year-old whose face and body are constantly covered with itchy hives. He’s irritable and cries easily. They eat often at fast food places since she is so busy. Her problem is time. Don't assume high cost restaurants use less MSG. Most cooks use MSG, many unknowingly. Very few people are aware of its hidden sources. We've had great success picking the brains of chefs since most are very proud of their culinary skills and want to please their guests, not make them ill. Many appreciate a call ahead when making reservations informing them of your special needs. Most chefs will happily make substitutes or changes for you if forewarned.

When we are invited to friends’ homes, wedding receptions, parties, or potluck dinners, we now eat a little something at home first. It really helps. Otherwise we're really tempted to make some costly mistakes out of hunger. Our good friends know of our problem and will run the menu by us. Others feel less comfortable cooking for us and so we opt for dinner out or a movie together. My son recently called to say he went with friends to a restaurant and found nothing he could eat, but still enjoyed their company. Luckily he ate something at home. If you find yourself in a similar predicament, order a baked potato and butter, a mushroom omelet (no milk added), or a bowl of steamed, unseasoned fresh vegetables and ask for a lemon slice and real butter. Most establishments will grill a 100% ground beef patty, steak, fish, or chicken breast without seasoning. I try to make my friends comfortable by telling them not to cook differently or I will tell them of a few items or ingredients that I can eat. I can usually find something to eat. After all, we don’t want to alienate our friends and family. Our social life is already a challenge.

Christmas and other holidays are more difficult for avoidance. This is the time in the past when we have been headachy and sick from November to January. NO MORE!! We cannot enjoy these dinners anywhere else but home because most people cook with extra seasonings and MSG laden turkeys and hams at this time of year. My daughter had a hard time not eating her in-laws’ meals, feeling rude if she didn't. Knowing they contained MSG ingredients, she hoped there wouldn’t be enough in the meal to hurt her. Within half an hour she felt the familiar wooziness and flushing and headache beginning. Her husband threw his hands in the air and faced his family saying, "Well, you've poisoned my wife again!" They checked over labels as her husband pointed out ingredient after ingredient. They finally realized she'd be happier eating a peanut butter sandwich than nursing a 3‑day migraine with little children to care for. Now they scramble to make sure there is something for her to eat. So don't be afraid to take care of yourself and speak up for yourself. Diabetics get respect and MSG sensitive people need to insist on it, too.

I have had the experience of not being taken seriously by people, even family, who themselves have become MSG sensitive since. Do not underestimate the influence you may have by sharing your story with others. The more the word is passed around, the more people will recognize their health problems or those of loved ones as possibly MSG related. Do we really think large food companies who count on flavor enhancers to compete with their rivals and reap high profits will remove MSG overnight? I would expect them to fight anyone who says MSG is dangerous. High priced lawyers and lobbyists have been hired to make courageous doctors and scientists who are trying to inform the government and the public of the dangers of this dangerous toxin, look like alarmists and fools. Few magazines or newspapers will publish articles about MSG because most of their paid advertisers come from the processed food industry. So the only way we can have any influence is to spread the word and educate as many as will listen. If you find the lifestyle changes suggested in this book have helped you, *please* pass on what you know and help others. Many MSG victims reach out to help others. Some instruct church and other groups. Others are participating in health fairs, church classes, school writing assignments, helping at our discussion board (msgmyth.com) and more. One person can make a difference.

### Traveling

The ice cooler is a must! We pack ours with our favorite cheeses, cut up veggies in a plastic bag, cooked chicken, nuts, crackers, mustard, homemade salad dressing, and butter. We often pack a coleslaw or pasta salad. We fill a gallon thermos with ice water and pack the MSG-free chips, cookies, trail mix, crackers, and lots of fresh and dried fruit. Of course, the peanut butter and homemade bread are always on hand. Boil and peel eggs, and place in zipper bag. Sprinkle with salt and seal. Cold sliced meat loaf, roast beef, and chicken make great sandwich fillings, as do egg and tuna salad, made with oil and vinegar if you cannot tolerate mayonnaise. Mashed avocado thickens egg or tuna fillings and is great in veggie sandwiches or used as a spread instead of mayonnaise. The next chapter on school lunches contains additional ideas adaptable to traveling. If you must stop for a burger, my daughter says to make sure their beef is just that and has no protein filler added to the patties. She suggests asking that they leave out any seasoning salt or “special” sauces and only add fresh lettuce, tomato, and onion, if desired. She adds her own mustard and homemade catsup. (Burger King hamburgers don’t bother her this way.) Many is the time that I have searched a menu to find a “safe” meal, only to find questionable offerings. In that case, I will order a plate of any steamed fresh vegetables (no seasoning salt) they have, with butter and a slice of lemon on the side. I have been rewarded with delightful surprises such as the time I received a heaping plate of steaming green beans, asparagus, new potatoes, huge mushrooms, onions, peppers, and corn on the cob (all for $2.50)! At Chinese restaurants, I often ask for mushroom or regular egg foo yung, but I ask that no MSG or seasonings of any kind be added to the vegetables or egg mixture and that the gravy be omitted. I salt and pepper it myself. If you order steak or fresh fish, ask that no seasonings be added. Pan fried is often better since the grill is often contaminated with seasoning salts and sauces. And remember, do bring your own salad dressings. A friend and her husband drove all the way to Alaska and back. They ate at restaurants often and by the end of the trip, knew they were both MSG sensitive. My husband and I used to travel around the country selling my doll and quilt patterns at wholesale trade shows. We had to quit because I would get so ill and didn’t know why. We thought it was due to stress. MSG can undermine one’s income in addition to one’s health.

### School Lunches

Pack your children a lunch and warn them about processed snacks, especially in the middle and high schools. Often, they will run with a crowd and eat what they want, going to nearby fast food places even during school lunch breaks. Understandably, this will be the most difficult time for MSG-sensitive teens and their parents. But continue to encourage and educate even if they insist on eating the way they want. One day, when they are mature enough and perhaps sick enough, they will see the wisdom of your eating habits.

If you have young children, you will actually have a better influence over what they eat now and later. One of my granddaughters had a play date with a neighbor down the street and stayed through lunch time. When my son-in-law picked her up, he was told that she refused the hot dogs they grilled for lunch, so she was probably hungry. When asked why she refused an offer for lunch, she simply said, “Because hot dogs are junk and we shouldn’t eat them.” Although her parents were mortified at the idea of their little girl refusing a generous meal with neighbors and referring to the offer as “junk” to their faces, they realized what influence they have over their young child’s eating habits. They just needed to find a better word for the food we avoid!

Included is an entire section on school lunches with ideas and recipes. This book is the result of many requests, the largest single one being, “What can we eat?” We hope it helps.

# School Lunches and Snack Ideas

Dr. Russell Blaylock believes MSG to be one of the major causes of asthma, autism, and behavior disorders such as Attention Deficit Disorder, delinquency, rage disorder, and depression in children. All of my children are out of the public-school system, so I'm not faced with the challenge of packing healthful lunches each day for youngsters. But since most lunches offered by schools are laced with MSG, here are some ideas we've gathered.

Roast whole natural turkeys and chickens and freeze meat in small portions. They can be taken frozen to school (or work) for lunch. Or defrost overnight and use in sandwiches.

Place some nut butter in a small snap lid container or sturdy zipper bag. Core and cut an apple in sections or cut up celery and/or carrots for dipping and place in plastic baggies. Those little bags of organic pre-cleaned and trimmed carrots from the grocery store are great! And they are not as costly as most convenience foods. Make sure they say “no preservatives”. Since most cold cuts are out, use sandwich alternatives: Peanut butter with banana slices or honey or jam, non-MSG tuna or salmon mixed with non-MSG mayonnaise and/or sour cream, crackers and mild cheese chunks. Include fruits daily even if it's raisins or other dried varieties. Some fruit rolls and fruit snacks contain MSG and sulfites. Place nuts and raisins in small zipper plastic bags and keep a supply handy to grab from the pantry. Kids love a few chocolate chips sprinkled in, too. Dark chocolate chips do not contain milk solids. Read labels of cookies, crackers, and chips before including in school lunches. Some newer baked potato chips and corn chips without fat have lots of MSG. Double batch on your baking days and keep extra cookies, brownies, and cakes in the freezer in bags or freezer containers. On cold days, leftover and heated soups and stews are great in a thermos or for after school. Some schools have microwaves for students today, so send cold or frozen leftovers. Mild cheddar sticks or mozzarella cheese sticks and crackers or unflavored potato chips are great with a thermos or bottle of fruit juice as are plain tortilla chips and salsa. Most processed fruit drinks in pouch, can or bottle, including soft drinks, contain MSG plus a lot of artificial color, flavor, preservatives and corn syrup. Kids get too many empty calories and sugar anyway. Send 100% fruit juices. Include money for one or two whole milks, not chocolate (contains carrageenan and other products). Ask the school to provide whole milk if they don’t, or send in Thermos.

When my children were small and had difficulty peeling oranges, I cut the orange in four wheels and then cut through the skin on one width of each wheel to make peeling easier. Seal in zipper plastic bags. Any fruit can be cut and bagged this way. To prevent darkening, squeeze a little lemon juice in bag and shake. Also tasty is a good sprinkle of cinnamon/sugar in a bag of cut up apple. Sticky, but they will eat it. Fun too, are “ants on a log” celery pieces spread with peanut butter, dotted with raisins.

Homemade granola bars make for a healthful lunch or snack. We have spread peanut butter between two bars. Granola bars freeze well, too. We have included recipes. Or make a mix of your child's favorite dry fruit, dry cereal, and nuts and keep it in a canister. Whole wheat bread or rolls are especially good spread with real butter or nut butters. Cut an apple in half crosswise, core and fill hole with banana chunks or raisins. Close apple and wrap. Spread natural peanut butter on an apple circle section and top with another circle for a fun sandwich. Children may balk at change, but when hungry enough will eat and even enjoy the change especially once they start feeling better.

My daughter-in-law, Jennifer, makes the following to stock her freezer for school lunches.

1. Make mini-pizzas – little circles of bread dough topped with tomato sauce and cheese. Bake and freeze in baggies or plastic wrap. Eat cold at school.
2. Macaroni and cheese (homemade) – freeze in cupcake pans with or without liners. Then remove to store in gallon freezer bags.
3. Homemade chili – let cool and put in baggies (1 cup) and freeze. Store in gallon freezer bags.
4. Noodles and tomato sauce – freeze in baggies or cupcake pan.

To eat #2, 3, and 4, heat in morning and place in food thermos container.

Keep bowls of fruits out to entice kids. Clean fruits and vegetables and keep in containers in the fridge.

Flour tortillas make easy and fun roll-up sandwiches. Many today contain L-cysteine (a neurotoxin) and sulfites. Our favorite recipe is in the Breads and Baked Goods section of the book. It is called “Tortillas I”. I form the dough into 20 to 30 balls and place them on wax paper on a cookie sheet and freeze. Then I store them in the freezer in plastic zipper bags. Microwave about 20 seconds before rolling it out then grilling in a pan. Spread with nut butter or butter and add jam or fruit or raisins. Also delicious is sour cream, butter, or mashed avocado topped with favorite fresh veggies: chopped bell peppers, olives, tomatoes, grated carrots. These can be seasoned with basil or oregano for an Italian taste or add salsa and cilantro for Mexican flavor. Just spread the toppings and roll up and wrap in plastic wrap. A friend of mine adds black beans to hers for more protein. Refried beans may be mixed with shredded cheese and salsa. Add a bag of tortilla chips for dipping. Also, a pasta salad is delicious for lunch. Mix cooked pasta in fun shapes with sweet onions, olives, chopped tomato, and green pepper. Season with a light vinaigrette made of oil, vinegar or fresh citrus juice, salt, pepper, sugar, and favorite spices. One of our favorite snacks or lunches is burritos. I spread ten flour tortillas out on my counter and divide a 1 lb. 14 oz. can of safe refried beans or my homemade refried beans between each one. Mild cheddar cheese chunks (or grated) are sprinkled on the beans. Mild chili powder, chopped onion, and diced Anaheim or jalapeno peppers can also be added if desired. Then I roll them up and wrap individually in plastic wrap. Place in a gallon zipper bag and freeze. They can be heated in the microwave and topped with sour cream or salsa for a quick meal. My husband has eaten them cold and they are great that way too. Tortillas are also good spread with butter, sprinkled with cinnamon sugar, rolled up, and heated (or add some berries).

Many of these lunches can be made in advance or frozen since most are not the typical soggy mayonnaise style sandwiches. The effort comes not in the food preparation, but in forming new habits. Change is challenging but very worthwhile.

Some other snack ideas are: Whole unsalted almonds, dates, dates stuffed with almonds, pistachio and peanuts in the shell, nut butters besides peanut (almond, cashew), homemade skinny wheat crackers (recipe included) and cheese, fruit juices or shakes, MSG-free yogurt, MSG-free cookies, MSG-free potato chips. Jo Jos are easy to make. Just toss sliced potatoes lightly with oil and sprinkle with favorite herbs and spices, ie., garlic or onion powder, oregano, cayenne, basil, chili powder, salt, and pepper. Spread on cookie sheet or pan and bake until tender and brown at 425 deg for 15-20 minutes.

Try exotic fruits for a change such as mangos, papaya, pomegranate, and kiwi. Avocados are great to have on hand. Spread on sandwiches instead of mayonnaise. Make fruit shish kabobs with fresh strawberries, grapes, pineapple, and cheese chunks. Mash an avocado, then add salt and pepper, chili powder, salsa, chopped tomato, and use as dip for veggies or tortilla chips (guacamole). For sour cream and French onion chip dip, bake chopped onions at 350 deg on cookie sheet until brown and dry, stirring often. Store in refrigerator or freezer. To make chip dip, add 2 tablespoons onion to 1 cup sour cream. Season with salt, pepper, and dash of cayenne.

A delicious sandwich is made from whole wheat bread, sliced avocado, and tomatoes. Top with the overnight coleslaw (in the recipe section) and sprinkle with raisins and nuts (peanuts, sunflower seeds, walnuts). Many children may not like nuts, so omit them. But if you can camouflage them by chopping finely, they will get extra protein. Don’t forget fried egg or meatloaf sandwiches, both good with mustard and catsup. With the new cold pack lunch carriers (freeze the coolant overnight), children can now safely enjoy peeled hard-boiled eggs, left over chicken, and other perishables. Salmon or tuna patties are good eaten cold the next day or put on a bun with lettuce and homemade salad dressing.

Remember to keep a bowl filled with enticing fruit out where it can be easily seen and grabbed. Be sure to eat some in front of your children and they will copy you. Get them involved in shopping for and preparing wholesome foods. You will be giving them a gift they will one day be very grateful for.

# A Closer Look at Dairy Products

I had many questions, since I kept reacting to some milks and cheeses and not to others. For answers, I talked to dairy producers in Washington, Oregon, and California. Unless milk is raw, the milk we consume has been pasteurized (heat treated), homogenized, had nutrients added, and in some cases with skim milk, has had some whey or milk solids or gelatin added. When cheeses, including cream cheese, cottage cheese, and dairy products such as yogurt, low fat sour cream, buttermilk, chocolate milk, and half and half are made from the same kind of milk; they will have these added ingredients that contain glutamate. Many will have stabilizers and gums, carrageenan, and whey added to make a thicker product. Some health food stores and small independent cheese makers offer cheese made the old fashioned way, whole milk, rennet, and bacteria, but they are few. I have seen cheese made from raw milk in our health food store, but some that I have tried still bother me. If you have questions, call the company and ask what is added to their cheeses. Many highly sensitive people avoid all cheeses, or at least domestic and aged ones. Sulfites are also extensively used as preservatives in many dairy products.

I called the lab at the Tillamook cheese creamery in Tillamook, Oregon. They told me that most of their cheeses are made from low fat pasteurized milk which does have extra milk solids added “occasionally” to boost the protein content. They told me that their cheddar cheeses are made with whole raw milk that is heat shocked to kill bacteria. But they also use both enzymes and cultures. The problem with some enzymes used today is that they are very powerful, and they break down the milk proteins, too much and too early, probably creating glutamic acid. The milder the cheese, the less broken down by enzymes it is, but remember, milk is naturally rich in bound glutamate, so it is beneficial to limit intake to ones particular degree of sensitivity. We enjoy the whole milk mild Tillamook cheeses.

A Dairygold Consolidated milk producer told me that vitamins and sometimes milk solids are added to most of the skimmed milks to add body and protein and replace vitamins destroyed by heat. Vitamin D is often derived from Torula yeast, which contains glutamic acid. There may be free glutamate residues present. High heat alone, especially as used in ultra-pasteurization, may break down bound glutamic acid. Milk and cream packaged in cartons are often ultra-pasteurized to lengthen shelf life. He told me that all states are required by law to ensure that their milk’s protein amount meets a certain requirement. By California state law, their milk requires the highest content, at least 10% protein. Protein content varies due to several conditions, such as cow diet, seasonal changes, or the type of cow. Dry milk solids and/or dry whey solids are, therefore, regularly added to all their milk.

I asked another dairyman in Seattle, Washington about the base that the vitamins were in and he said the one they used had a soybean oil base used in minuscule amounts. When a lot of milk solids are added to skim milk, it is done to make it taste more like whole milk and not all labels specify “dry milk solids” or “whey solids”. We use whole organic milk and water it down to drink it. Undiluted, it makes wonderful thick mild yogurt that my grandchildren call pudding.

A local dairyman in Pasco, Washington educated me even more about milk production, explaining that homogenization obliterates the original natural structure of milk cells so that the fat will not separate and rise to the top. He personally feels that natural milk, especially that which comes from cows not systematically receiving antibiotics, hormones, and sulfa drugs is healthier to our bodies. As he put it, for centuries our bodies were equipped to handle the natural foods and he questions the wisdom of altered or processed foods. He is concerned about the bovine hormone given to dairy cows to increase their milk production. He explained that in our state, the largest dairy co-op includes hundreds of farmers who send their milk to processing plants where it is blended together. There is very little if any control over what farmers do to their animals, speculating it is possible for the hormone to find its way into our milk. Since this hormone is found in cows naturally, its addition is hard to detect. One problem with the use of bovine hormones he said, was as follows. Say a farmer’s cows are averaging 65 pounds of milk. Since most cows average 85 pounds, he knows some of his are not producing well, but he does not know which ones they are. So he gives bovine hormones to all his cows, even ones that produce normal amounts of milk. Some experts predict that eventually what will happen will be the development of cows unable to produce unless they are given the hormone. There is a controversy about the effects of the bovine hormone on humans, too. Some scientists note that young girls are reaching puberty at earlier rates, some at the age of 8 and wonder if there is a correlation to hormones added to livestock feed. Also, there is a report that cows treated with the hormone are developing more mastitis, for which more antibiotics are used. How are these residues affecting us? This dairyman said he was going to visit a highly successful dairy in Oregon which is now producing “cream top” milk and selling it in glass containers, which is environmentally friendly. They raise their own cows “organically”, which means they cannot receive hormones or antibiotics. He said some scientists are questioning if the antibiotics cows get are interfering with the effectiveness of some antibiotics given to humans or if some people are allergic to the residues that may be in milk in addition to sulfa drug residues. The milk in the “organic” dairy is pasteurized but not homogenized and nothing is added. He would like to try a system like that, which was done for years before mass production and high technology, but he is afraid of the cost of change. I reminded him that we are already paying a high price.

Oh, the marvels of modern food processing! We can find almost any kind of food we desire in this country from nearby grocery stores, delicatessens, restaurants, and fast food stores. But are we eating food or a close facsimile?

# The Pitfalls of Corn

We get lots of inquiries about corn and its by-products since things like cornstarch and syrup are in almost everything. The problem exists for MSG sensitive individuals because some of the protein naturally occurring in corn is broken down into free glutamic acid (harmful component of MSG) if it is highly processed. Also, much corn today has been genetically modified, which some scientists debate can harm us. Powerful chemicals such as often used to create some of the following corn products and residues may remain. The following common items contain varying amounts of free glutamic acid or glutamate.

Baking powder (cornstarch)

Caramel flavorings or coloring (when derived from corn syrup or other glutamate containing products)

Maltodextrin, dextrin, dextrose, dextrates

Tablets (used as the binder or excipient in vitamins and other medicines)

Table syrups (golden syrup, invert syrup or sugar, imitation maple syrup)

Mono and di-glycerides are found in shortening and margarine (although some are created from other vegetable or animal fats, some are derived from corn and may contain glutamate residue)

Sucrose and fructose (may also be derived from corn even though the word fructose suggests “fruit” derived)

Xanthan gum (corn sugar is often used as a base in the production)

Citric acid (once exclusively produced from citrus fruits, it is now commonly derived from corn)

Vanilla extract and other flavorings (corn syrup is often added along with alcohol. Some alcoholic beverages are also produced using corn by-products)

Corn syrup

Cornstarch and modified cornstarch

Flour (some bleached and pastry flours may contain cornstarch)

# Sulfites

I’ve included information about sulfites because a large percentage of MSG-sensitive individuals are also sulfite sensitive. I am sensitive to sulfa drugs and sulfites as many of my family members are. Read symptom list to see if you too, may be unaware of a sulfite sensitivity. Sulphur is used in various compounds: Sulfur dioxide, sodium sulfite, potassium bisulfite, potassium sulfite, sodium bisulfite, potassium metabisulfite, sodium metabisulfite, and sulfuric acid. They are used as antioxidants, anti-fermentatives, starch modifiers, food preservers, food color preservers, and bacterial inhibitors in wine. They are commonly found in table syrup, dried fruits, brined fruits and vegetables, glacéed fruits, maraschino cherries, in beverages, dehydrated potatoes, soups, condiments, some beers, sugar and corn syrup production, fruit juices, meat juices, vegetable juices, cut fresh fruit, frozen apples, prepared pie mixes, peeled fresh and frozen potatoes. They do not need to be labeled in some foods if under a certain amount is added (10 parts per million).

The following foods often contain sulfites in some form:

Some ciders

Fruit juice and drinks, bottled or frozen

Soft drinks

Flour tortillas, crackers, cookies

Dried fruits

Shrimp - sprayed on boat to prevent bacterial disease (“black spot”)

Wine, beer

Pickles, olives, and Sauerkraut

Mayonnaise, salad dressings

Bottled lemon juice

Fresh grapes and other produce

Canned and dried vegetables

Pickled products - onions, relish, pickles

Tortillas, breads, dough conditioners

Commercial bread crumbs

Vinegar, balsamic, wine, distilled, or white

Dijon mustard (wine)

Yogurt and dairy products

Potato chips and dry or frozen potatoes

Bottled sauces containing wine or saki

Corn syrup - may be as a residue of production or additive

Light colored beans - garbanzo, canned lima and white beans

Hot dogs, sausages, coldcuts

Flaked coconut

Processed cheese spread, filled crackers

Frozen pizza

Tomato puree, paste, and stewed

Sulfa drugs\*

Some shelled nuts (roasted or raw)

Some cooking oils

Some seafood (fish, crab, scallops) (ask at counter)

Molasses, sugar, especially beet

Some brown sugars

Some canned or smoked oysters, clams, etc.

Gelatin, jams, and jellies

Tea

Plant protein isolates

Dairy products

It is interesting to note that in emergency cases of extreme reaction to MSG, emergency room staff are advised not to administer any sulfa drugs or sulfites. They will intensify an MSG reaction. Sulfite spraying on salad bars was outlawed in restaurants, finally, after several people, including a child, died as a result of sulfite toxicity.

According to author Beatrice Trum Hunter, although sulfite use is under the jurisdiction of the FDA, they have never established an upper limit for its use, stating that the consumer will not eat a product if it has too much in it because it will taste bad. In other words, its use will regulate itself. But the author states that the toxic level of a substance can be reached before the tongue will be offended. She told the story of Dr. Harvey W. Wiley, chief of the agency that later became the FDA. He showed through tests that sulfur dioxide caused harmful affects on humans, changed or destroyed the natural flavor of dried fruit and could be replaced with a harmless salt solution. He proposed a regulation that would ban its use on dried fruit, but fruit packers protested and while Wiley was temporarily overseas, their lobbyists killed the measure. The paper that Dr. Wiley’s partner, Dr. W.D. Bigelow wrote following research, called, “Experiments Looking for Substitutes for Sulfur Dioxides in Drying Fruit”, was denied publication in 1907 by the USDA. Sulfite use is banned in many other countries. Why are we so slow to learn?

A dairy farmer told me that sulfa drugs and antibiotics are given regularly to cows to prevent infections. Residues can end up in our milk and anyone sensitive to sulfur may experience symptoms. One thing is certain. Most of us have very little idea of how many hidden chemicals are in the food that we eat each day.

Sulfites are also particulates in the air often as a result of car exhaust, paper, lumber, and other factories’ waste fumes. Sulfuric acid is often used in the production of paper. Scientists tell us the results of this acid mixed with rain (acid rain) could be catastrophic. Sulfur is poisonous to most life.

Some symptoms and conditions contributed to sulfites are:

Asthma trigger

Bronchial spasms

Belching of sulfur dioxide gas

Increased uric acid

Gastric distress and nausea

Albumin in the urine

Diarrhea

Anemia

Teeth on edge, sensitive

Thiamin deficiency - destroys vitamin B-1

Increased salivation

Backache

General malaise

Chills or feeling cold

Dull eyes

Listless

Inflammation of mouth’s mucous membranes and mouth lesions

Headache

Burning back and muscles

Itchy skin

Dr. A.G. Corrado, M.D., Allergist, Richland, Washington, informed me years ago that sulfites can trigger asthma and bronchial spasms as often as other allergens. One of his patients went into anaphylactic shock after eating some dried apricots treated with sulfur dioxide and had to be air lifted from her campsite to a hospital.

Read cleaning agent labels and avoid those containing acids made from sulfur. One such product gave me such terrible chest pains that I thought I was having a heart attack. We reached three chemical companies (Fluka, Sigma, and Aldrich) over the Internet and received frightening information about sulfamic acid which was in the product I used. They warned that sulfamic acid is corrosive, causes burns, and is harmful if inhaled or contacts skin. It gives off sulfur oxides so it can be very hazardous to health. My husband, who is not sulfite sensitive, later used the product outside to clean a shower door. He became nauseous and headachy. We replaced our sliding glass shower door with a shower curtain. Much easier to clean! Also, many people react to products that contain chemicals such as sodium lauryl sulfate, ammonium lauryl sulfate, sodium laureth sulfate, phosphoric acid, and phosphates. These substances can be found in shampoo, hair products, cosmetics, lotions, detergents, and other home care products. Reactions can vary from itchy skin to other MSG-like symptoms. I recently saw a TV program in which the following products were suggested over more toxic cleaners. They were Borax, baking soda, white distilled vinegar, hydrogen peroxide for bleaching, and abrasive cleaners without chlorine.

Pure, 100% apple cider vinegar without preservatives can be found in health food stores as can dried fruits that are untreated. Look for potato chips that say “No Preservatives”, although they can contain under 10 ppm of sulfites. Saffola and Best Foods Company claim that their mayonnaise is MSG free and that the lemon juice they use contains no sulfites. However, some people react to their products. Remember, a product can contain a certain amount of sulfites before it is required to be on the label. I have questioned companies who put “no preservatives” on their food labels, but they have informed me that there are sulfites added. They explain that the amount is low enough to go legally unlabeled. That seems very misleading to this consumer. Author Beatrice Hunter says sulfites can legally be added to mayonnaise, unless organic, without labeling. Try using less or augment it with sour cream or homemade yogurt. Cooked egg yolks may be blended with oil, lemon juice and spices as a mayonnaise substitute. Organic mayonnaise can also be found, but be sure MSG is not present.

We now make homemade pickles and relishes the old-fashioned way using 100% apple cider vinegar. Read labels. I bought one brand of vinegar without doing that and got a reaction. My husband checked the label. It read “Apple Cider Flavored Distilled Vinegar”. The ingredients were: Distilled vinegar, Natural flavor with caramel, and annatto). I was informed that one source of caramel coloring/flavoring is malted barley. The production of malted barley may release some glutamate. If you don’t have time to make pickles or other food products, use the Internet and track down pickle companies that don’t use it. Ask for someone in charge of production. Most companies will ship cases. Start with local brands and move on to national brands. To find toll free company numbers, dial 800-555-1212. Many food producers are listed. The internet is also a great tool for tracking down healthful products. My easy way to enjoy fresh pickles is to add organic apple cidar, pickling spices, salt, and sugar to fresh sliced cucumbers. They last in the refrigerator for a week.

I discovered that I reacted with mouth sores and stomach distress after eating some corn tortilla chips and taco shells. I called a producer of corn chips in California. I was told that they soak the dry corn kernels in a solution of water and lime for several hours. He explained that it helps soften the corn and skins and assured me it was rinsed well. Some companies use sulfuric acid to do the same thing. Either way, after soaking in such products for so long, I am not assured that all of it gets neutralized or washed away. Also, I wonder if the soaking process along with the strong alkalies or acids doesn’t hydrolyze the corn, forming free glutamate. Other companies are producing chips made “the old way”, by cooking the dry corn all day slowly. Since corn contains natural glutamic acid, this cooking or hydrolysis process most likely forms free or harmful glutamate. Also, we have read labels that say they have added “sprouted” corn to the cooked corn. Kay Wanke, who answered the NOMSG hotline (group is no longer in service), told us that when sprouted, free glutamate is created in high protein grains like corn and wheat. So read labels and make your own decision.

One day my husband bought, as a treat, a bottle of R.W. Knudsen papaya nectar which said “no preservatives” on the bottle. I called to be sure, as I have been misled before. I was told that the white grape juice added to this beverage was “tanked” in and “more than likely contains sulfites.” She advised me not to drink it. When I asked why they still put “no preservatives” on the label, she hesitated. I suggested that the amount in there is below the amount the FDA allows without labeling. She answered with, “You’re probably correct.” So my warning is this. If a product says, “no preservatives”, don’t believe everything you are told. Knudsen’s may be reached at (916) 899-5010.

Sulfites are also found in vitamins, pain killers, antiemetics, cardiovascular drugs, antibiotics, tranquilizers, intravenous muscle relaxants, anesthetics, steroids, and nebulized bronchodilator solutions. Cabbage, onions, and garlic are high in natural sulphur. Some individuals may find they need to go easy on these foods.

References:

Ruth Winter, M.S., A Consumer’s Dictionary of Food Additives.

Beatrice Trum Hunter’s Additives Book: What You Need to Know, pages 108 -112.

Dr. William E. Walsh, M.D., The Food Allergy Book: The Foods that Cause You Pain and Discomfort and How to Take Them Out of Your Diet.

The Feingold Association (516-369-9340).

# Remedies and Healthful Hints

People posting on our discussion board (www.msgmyth.com) have shared some suggestions to minimize a reaction to MSG. Here are some of their ideas. None are guaranteed to work, but they may be worth trying. Remember, there are no antidotes to MSG poisoning. Avoidance is the best medicine and immune system booster.

1. Taking magnesium and vitamin B6 supplements (powders are available at www.beyondacentury.com) or eating more foods rich in these nutrients may help. Again, beware of glutamate in tablets hidden as fillers, binders, and coatings. Some suggest avoiding Chinese produced medications and fillers.

2. Drink lots of fresh orange juice or fresh lemon juice and water when symptoms begin until they stop. Fresh squeezed is best. Antioxidants prevent cells from damage.

3. Drink lots of water and take an over-the-counter high bulk laxative (without aspartame or “natural flavors”). Or take this natural laxative: Mix 1 tablespoon psyllium seed in cup of water and drink quickly, or mix with applesauce and eat. May be repeated up to three times, an hour apart. Don’t eat a lot until your system is rid of the offending foods. Rely on fruits, vegetables, rice, etc.

4. Relax in a hot bath adding cup of sea salt and cup baking soda, or 1 cup Epsom salts. Some claim restorative powers, but it is also soothing.

5. Take an enema to empty the bowel as soon as possible. There are many over-the-counter enemas.

6. Some people take one or two extra strength aspirin with caffeine (like Excedrin), at onset of first symptom and repeat every 3 to 4 hours of headache or symptom duration. Do not use for more than two days a week because rebound headaches can occur. Others use extra strength Bufferin or Ibuprofen. My doctor prescribed the equivalent of four Ibuprofen in one pill for any MSG related headache that I might get, which is rare now. My doctor also suggests 2 Ibuprofen, 1 Tylenol, and 1 Excedrin for migraine headaches, but amounts could differ for each person.

7. One person claims Benedryl helps relieve her symptoms, taken once at onset and repeated once or twice or until symptoms leave. Avoid the liquid form which contains aspartame and other questionable ingredients. It does come in pills and generic brands, also. One reaction we see from people who discover MSG is causing their migraines is that they want to find drugs to ease the pain instead of giving up certain foods. But if they understand that MSG is gradually destroying their health, perhaps setting them up for serious conditions in the future, and that brain cells are being devastated when too much glutamate gets to them, they might better consider their eating habits. But as one who knows the pain of migraines, Ibuprofen and a Benedryl copycat pill that helps me sleep through the night, is very welcomed when I do get MSG by mistake. Remember all drugs are habit forming and have side effects.

8. Some take powdered Taurine in water from Beyond-A-Century. Some take it at the onset of symptoms. Others supplement to teaspoon daily. Be very careful of the fillers used in any supplement. Tests on Taurine suggest that it is a glutamate blocker and is used in sulfur metabolism.

9. CoQ10 supplementation. Again, check fillers and if in gelcaps, remove and mix with a little olive, flax, or fish oil. Powdered CoQ10 is available from Beyond A Century and other companies online.

10. Creatine and Melatonin were suggested glutamate blockers. Research can be found on-line.

Some suggestions that may improve health. Some are modern trends, others are tried and true.

1. Drink lots of water (filtered when possible).

2. Use lots of raw garlic. Add minced garlic to spaghetti sauce. Add to salad dressings, gazpacho, salsa, sauce, and pizza just before serving.

3. Eat lots of fruit and vegetables. Leafy yellow and green vegetables are high in beta carotene. Broccoli is very nutritional. Eat lots of raw carrots, peppers, cabbage, etc., and grab apples and bananas instead of fatty chips. There is growing evidence that enzymes from raw vegetables and fruits prevent disease.

4. Use oils low in saturated fat. Avoid hydrogenated fats. Eat fewer sugary desserts and beverages.

5. Avoid as many chemicals and additives as possible. A good reference book to read is Beatrice Hunter’s Additives Book, which lists the most harmful ones such as: nitrates, nitrites, MSG, sulfites, food dyes, caffeine, calcium disodium, EDTA, calcium propionate, carrageenan, artificial food flavorings (France allows only seven synthetic ones. The U.S. allows thousands, many poorly tested.), modified food starch, artificial sweeteners, and others. Another helpful book is A Consumer’s Dictionary of Food Additives by Ruth Winter.

6. Eat less red meat and more whole grains, fiber, beans, and nuts. Eat more fish and chicken. Certain fish, flax seeds, and flax seed oil are high in Omega-3, which may lower cholesterol levels and prevent some diseases.

7. Avoid processed foods wherever and whenever possible.

8. Eat foods high in vitamins A, B, C, E, and beta carotene or take safe supplements that contain important minerals and vitamins. From personal experience, safe supplements are hard to find. I eat foods rich in nutrients and take vitamin D (Schiff).

9. Exercise regularly. Walking the mall with a friend is great.

10. If you feel sluggish or have eaten MSG by mistake or want to cleanse your system, you might want to try fasting for a day or two, augmenting with water and fresh fruit and vegetable juices.

11. Start a garden and enjoy organic fruits, berries, and vegetables.

12. Don’t be angry. It is not your fault that there is so much MSG in processed foods. Be happy that you can look forward to better health and that you can help others achieve the same. True, the first few months will be frustrating as you try to change old eating impulses or give up favorite items. Remember there are healthier choices and you may discover new favorites. Fuller, healthier, and happier days will be yours. Be patient with yourself if you make a mistake and react. Give yourself the time and effort it takes to learn new life-style changes and be proud of what you are doing for yourself and others.

13. Use dinner time and your new array of herbs and vegetables as a creative outlet, and come up with some mouth-watering recipes of your own. Practice is a great teacher.

14. Help and educate others. Little can compare to the happiness that you will feel when someone tells you that you have literally saved their life, or that of someone they love. Serving others gives important meaning to life and opens the door to joy and better health for both you and the recipient.

15. Eat foods closest to their natural forms as possible.

16. Take time to develop your viable, true inner soul. Pray, meditate, read, listen to the quiet whisperings from within and from our Creator.

The September 1996 Ladies Home Journal article, “Super Foods for Kids”, suggests these vitamin and mineral rich foods:

**Vitamin B6:** wheat germ, whole wheat bread and cereal, spinach, brown rice, sweet potatoes, brussels sprouts\*, barley\*, lentils, mangos, raisins, bananas, and watermelon.

**Magnesium:** acorn squash, almonds, beet greens, chard, walnuts, avocados, bananas, barley, brown rice, pinto beans, raisins, dates, kiwi, white potatoes, spinach, and sunflower seeds.

**Calcium:** milk, kale, chard, collards, romaine, and molasses.

**Vitamin E:** nuts (hazelnuts, Brazil nuts\*, peanuts), kiwi, honey, prunes, sunflower seeds, wheat germ (keep fresh in refrigerator or freezer), wheat germ oil, olive oil, and salad oil.

**Vitamin A:** artichokes, honey, nectarines, brocolli, kale, apricots, peaches, cantaloupe, carrots, yellow and dark green leafy vegetables.

**Vitamin C:** citrus fruits, peppers, papaya, kiwi, apricots, artichokes, blueberries, broccoli, Brussel sprouts, cabbage, cauliflower, mangos, potatoes, pumpkin, raspberries, red bell peppers, strawberries, tomatoes, guava, white potatoes, and sweet potatoes..

**Folic Acid:** asparagus, peas, dark leafy greens (spinach), kidney beans, pinto beans, beets, broccoli, cauliflower, lima beans, kiwi, and chick peas\*.

**Omega-3 fatty acids:** flax seed and oil, oily fish, and walnuts.

\* These foods are rich in natural glutamate, so go easy or avoid if highly sensitive.

# The MSG/Aspartame Connection to Our Health

I am grateful to Jack Samuels and his wife Adrienne ([www.truthinlabeling.org](http://www.truthinlabeling.org)). Jack was a hospital administrator before he had to leave work due to the effects of MSG on his health.

Whenever I have talked with Jack, he has patiently answered many of my questions and concerns about vitamins.

My daughter wanted to know about prenatal vitamins since she didn’t want to take any chances when she was expecting. I had learned first hand how the gelatin in gelcaps and how hydrolyzed protein in my daily thyroid pill had affected me. He advised calling vitamin companies and asking for full disclosure of ingredients, including binders and fillers used. Every pill she tried bothered her. Finally her doctor told her to eat a balanced diet. She took folic acid the first three months. Her children are very healthy.

Many people debate the use of vitamins as many are hard to dissolve and if one eats a diet rich in fruits and vegetables, they are considered by many as unnecessary. The choice is the consumer’s, considering life style and eating habits. But use caution when the following words are on vitamin supplement labels: “hydrolyzed” anything, citric acid or citrate (most citric acid is made from processed corn), aspartic acid or aspartate, glutamic acid or glutamate. Some people react to cornstarch, gluten, rice, soy, and wheat “proteins,” and “amino acids” to which some vitamins are chelated. He explained that because glutamate is freed up when corn is hydrolyzed, cornstarch, corn syrup and maltodextrin are often “contaminated” with residual free glutamate. Maltodextrin is further processed than cornstarch and thus contains more free glutamate. The more a protein is processed, the chances are greater of it containing free glutamic acid. Look for vitamins with safe “excipients”. Avoid gelcaps or just eat the contents. Do the same if medications are prescribed and eat in applesauce or with sugar and water. Factory created sweeteners such as Manitol, Splenda, and Sorbitol give some people stomach problems and they are used often in liquid vitamins.

I had more questions about corn syrup, so I called Best Foods, the producers of Karo corn syrup. Their toll free number is (800) 338-8831. I was told that cornstarch is mixed with water. Enzymes and/or acid is added and the mixture is heated. This causes the large starch molecules to be broken down into sugars. The resulting product is filtered and evaporated to make corn syrup. Glutamate residues may be present. Light corn syrup is composed of high fructose corn syrup and this is refined syrup. The darker varieties contain the refined syrup plus a cane syrup product that has a molasses taste. Salt, sodium benzoate, caramel coloring, and caramel flavoring are added. Sulfuric acid is one acid used in the process, so sulfur sensitive people may react to any possible residues. Caramel coloring and flavoring may contain glutamate depending on how they are processed.

Mr. Samuels told me that the pharmaceutical glaze that coats many medications for easier swallowing, can contain free glutamate in the form of hydrolyzed protein. He also quoted Dr. Blaylock (retired neurosurgeon and author) as saying that 75% of the population is deficient in magnesium, which helps to prevent too much glutamate from entering the brain cells. His book, “Excitotoxins: The Taste That Kills,” gives an in depth explanation of brain barriers, transmitters, and receptors and how calcium, magnesium and glutamate interact. If you decide to supplement your diet with magnesium, Jack Samuels says it takes at least six months to build up in the body. Those taking magnesium report that their symptoms don’t go away, but that their magnitude and duration lessen. The Internet site www.beyondacentury.com offers magnesium oratate powder, powdered B6, CoQ10, and other nurients. Always be cautious and check labels and ingredients. There are many vitamin companies so ask your pharmacist for help. Minerals and vitamins from food are absorbed much more readily by the body than supplements are, so we don’t push the need for supplements as we do for real whole foods.

Mr. Samuels also explained the problem with many vitamin fortified foods such as white rice. Since the hulls are polished off, so are the nutrients. The FDA requires that they be put back, so rice producers buy a vitamin product from a supplier. The product contains fillers and binders, which often include cornstarch or corn syrup. They help the vitamins stick to the rice. We rinse raw white rice now several times before cooking and use a lot of organic short brown rice most of the time, which needs no rinsing. It is just as useful in dishes as white rice, has a wonderful texture, and takes a little more time to cook. It’s rarely sticky, freezes well, and is very nutritious (B vitamins).

Jack Samuels warned about the increased use of phosphates because many MSG sensitive people are complaining of MSG-like reactions to phosphates. They are present in sprays used on meats or sea food. They are also in some soaps and detergents.

Jack also warned about cooked tomatoes, meats, milk, and other high protein foods. Cooking them with liquids at high temperatures can cause free glutamate to be created.

Dr. W. John Olney is a world renowned neuroscientist whose specialty is central nervous system research. He knows well the physiological effects of MSG and aspartame. His studies and testimony before Congress in 1969 prompted baby food manufacturers to pull MSG out of their products (though some remains in hidden forms). Dr. Olney was quoted in the March 1997, Parents Magazine, page 48, by Julie Walsh, R.D., in an article called, “Aspartame Alert”. Dr. Olney reported that beginning in 1984, just three years after the FDA approved the wide spread use of aspartame, a 10% rise in brain tumors in older adults was reported. He believes that there is a direct relationship and warns of its use in everything from gelatin dessert to chewable vitamins. The article’s author advised pregnant women not to use aspartame. It is our greatest hope that people will become alerted to the dangers lurking on those supermarket shelves, that they will demand change, and that they will see the importance of avoiding MSG and other excitatory neurotransmitters. Even if the FDA claims MSG is safe, it is the opinion of educated, unbiased, and concerned people that everyone can feel the effects of MSG if their dose threshold is reached. As more MSG infiltrates our foods, increasingly more people will find that they too will be victims of unnecessary suffering. In test after test, lab animals fed MSG displayed symptoms that became worse with successive generations, such as brain damage, infertility, retinal damage, brain cancer, obesity, and hyperactivity among other abnormalities. I sent for a booklet by the Glutamate Association, Monosodium Glutamate - A Look at the Facts. At the time I was unaware that this was a lobby group in Washington D.C., hired by food companies and MSG producers to promote the public’s acceptance of glutamate’s safety. It says, “Research has shown that the placental barrier does not allow MSG to pass from a mother to her unborn child, so pregnant women need not be concerned about foods that contain MSG.” If such claims are true, then why would the FDA disclose the following statement in its summary of the research done by the Federation of America Societies for Experimental Biology? Excerpt is taken from section 5B: Glutamic Acid. Safety of Amino Acids Used as Dietary Supplements, July 1992:

“The continuing controversy over the potential effects of glutamate on growth and development of neonatal animal models suggests that it is prudent to avoid the use of dietary supplements of L-glutamic acid by pregnant women, infants, and children. The existence of evidence of potential endocrine responses . . . would suggest a neuroendocrine link and that supplemental L-glutamic acid should be avoided by women of child bearing age. . . . “ When my daughters were expecting, their doctors never told them that. They probably never heard of the warning. Some might argue that most of us do not supplement our diets with glutamic acid, but consider the facts of the typical American diet. Unknowingly we supplement safe, naturally occurring glutamate-containing foods with fast food entrees, frozen and canned meals, breakfast foods and convenience foods. Almost every box, can, and bottle in grocery freezers and shelves contain MSG or food additives high in free glutamate, the harmful component of MSG. We know that ingestion of certain drugs or alcohol, known excitatory chemicals, have devastating affects on forming fetuses. What possible negative effects can the growing amount of free glutamate in food, including baby formula and supplements, have on the smallest and most innocent, our unborn and newborn babies whose blood-brain barriers have not yet fully developed? My heart aches for the parents of hyperactive, autistic, asthmatic, and delinquent children who may be unaware that MSG and its “cousins” in processed food could be triggering or intensifying their children’s problems. Based on personal experience, the reading and research that I have conducted, and the e-mails and phone calls received daily, I feel confident in stating that monosodium glutamate created in processing plants is a toxic drug that is slowly injuring greater numbers of our population than we can imagine. Some people are only beginning to feel the symptoms and others have for years been believing in the mis-diagnoses of unknowing or uninformed doctors and accepting their ailments as the effects of age, disease, or injury. Rats fed MSG and their offspring developed neuro-endocrine (vital glandular processes controlled or influenced by the brain including reproduction, and thyroxin and insulin production) problems later in their lives. Most animals developed obesity before they died (studies listed in this book). Just look at the numbers of obese children and adults in this country and the amount of diet foods and pills consumed. MSG is used to fatten up lab animals and ironically, diet low fat foods are often flavor enhanced with MSG. The FDA has allowed MSG to be added in greater and greater amounts without the right kinds or amount of testing. Jack Samuels and others claim some research tests, paid for by special interest food companies, whether knowingly or not, used aspartame in placebo pills. Testers came to the conclusion that since those who claimed to be MSG sensitive reacted to the placebo also, that there was no evidence MSG triggered their reaction. But aspartame, another excitatory neurotransmitter, binds to the same brain receptors as glutamate does, and precipitates the same reactions as MSG, thus thwarting the legitimacy of those tests. People in influential positions need to wake up and become more interested in people than in power, popularity, money, or politics. Then positive change can begin.

I do not claim to be a scientist, nutritionist, or writer. I am only a concerned mother and grandmother. Fortunately, I have always enjoyed cooking, majoring in home economics and nutrition at college for 3 years. Mike and I only hope to help improve the health of family, friends, and anyone suffering as a result of the “MSG myth”. Since our first book’s printing, Mike and I have been involved in reaching and educating people about MSG. The word is spreading. Doctors are recommending our book. We can barely keep up with e-mail, our Internet discussion board, phone calls, and orders. We love the work we do and are eager to save more victims of MSG toxicity from needless suffering. Visit our web site at www.msgmyth.com. Other helpful sites are: www.truthinlabeling.org and www.msgtruth.org.

Hopefully you will be able to understand the connection between excitotoxins and your own health.

## ****The ADHD Connection****

2007 Update: An article in health magazine, Delicious Living, entitled Hidden Dangers of Food Additives, cited research conducted at University of Liverpool (Toxicological Sciences, 2006, vol. 90, no. 1). Nerve cells exposed to additives (in the amount found in typical processed snacks) experienced disrupted signaling and stunted growth. Tested were MSG, aspartame, and artificial colorings, Brilliant Blue (Blue No. 1, Blue 1, or FD&C Blue 1 in the U.S. or E133 in Europe) and quinoline yellow (D&C Yellow No. 10 in the United States or E104 in Europe, which is not allowed in foods in the U.S. but is allowed in medicines including Ritalin, used in the treatment of ADHD!). MSG and its aliases were also listed in the article. The article suggests that these substances contribute to ADHD in children.

## ****The Glaucoma Connection****

When I had my eyes examined a few years ago, I was in the second day of an MSG reaction and my eye pressure measured quite high. My doctor was concerned about glaucoma. I explained how my sight was affected by MSG and the doctor decided to retest me in a week. He was amazed at the difference in my eye pressure. I told him how some researchers were linking glaucoma to a build-up of glutamic acid in the eye. Then the questions about MSG began. He looked as though a light bulb had gone on as he related the bad stomach episodes he suffered whenever he traveled and was forced to eat out a lot. He took our website address and, needless to say, others will benefit from his newly found knowledge.

An issue of “American Health” as reported in the 1997 issue of the NoMSG Messenger (newsletter of group no longer in service) referred to the work of a Harvard Medical School ophthalmologist who believes the blindness caused by glaucoma is caused by a buildup of glutamate in the nerve cells in the optic nerve. The cells die and release more glutamate into surrounding cells, causing them to die of overstimulation.

A “New York Times” article referred to another article published in the Archives of Ophthalmology by researchers at the Massachusetts Eye and Ear Infirmary. It reported that research suggests that the neurotransmitter, glutamate, could produce death in optic cells that closely resembled the cell death in glaucoma, and that the level of glutamate in the fluid of the eye is twice as high in people with glaucoma as in people with healthy eyes.

2007 Update: Headline news reports in 2006 gave us insights into the growing problem of a rare type of glaucoma. This is on the rise among young Asians. It does not respond to treatment and leads to eventual blindness. Japanese scientists reported tests demonstrating that MSG caused mice to go blind. Also reported is a rise in near sightedness among Asian teens.

## ****Fibromyalgia Connection****

A clinical pharmacist, Jerry Smith, from the University of Florida found our web site and contacted us for more information. He has written a case report on fibromyalgia patients whose symptoms markedly improved after decreasing the MSG in their diets. With the help of their physicians, he submitted the report to the JAMA for publication in 1998. We can only hope that more doctors will become alerted to the real dangers of MSG, aspartame, and other excitotoxins as a result. Debbie Hypes, herself an FMS patient, has compiled a list of over 100 people who were diagnosed with fibromyalgia and who were “cured” by excitotoxin elimination. More scientific studies and cold hard facts will eventually make a difference in this uphill battle. We increasingly hear from FMS patients who, after using the information in our book, are symptom free or notice a decrease in symptoms. Fibromyalgia support groups are beginning to share the information. Fibromyalgia sufferers (a disorder rarely heard of prior to the 1990s) are so ill, they want a pill vs. the task of cooking from scratch. Drugs, so far, mask symptoms, while cell destruction continues as in other neurological disorders like Parkinson’s, MS, and ALS.

Update February, 2002: Since our first contact with Jerry Smith two years ago, great things have happened. Doctors affiliated with the University of Florida, aware of Jerry Smith's work, have tried MSG and aspartame elimination diets on their fibromyalgia patients with dramatic results. In December, 2001, a new show aired in Pensicola, Florida. Doctors in the study and their patients were interviewed. The show was picked up and aired in other cities. Consequently, people with fibromyalgia and their friends and family began to ask for more information. Many, doing an internet search on MSG, discovered our site. In poured the e-mail, phone calls, and book orders. We are thrilled that many in the fibromyalgia community are now making the MSG/aspartame connection and are finally finding some relief. You can read an abstract of the study, "Relief of Fibromyalgia Symptoms Following Discontinuation of Dietary Excitotoxins," in The Annals of Pharmacotherapy (June 2001, Vol. 35, pp.702-706), online at www.theannals.com.

## ****Obesity Connection****

We have talked to many individuals via the Internet and personally, who say their hypoglycemic reaction to MSG and aspartame is worse than their reaction to sugar and other carbohydrates. Excitotoxins cause the release of insulin. Insulin triggers fat storage and cravings. It also triggers an adrenalin release. To calm us down and regulate the effects of adrenalin, the brain releases serotonin, our “feel good brain juice”. Consequently, serotonin levels are being used up too quickly. As a result, a person develops headaches, weight gain, depression, fatigue, and sleep disorders. Then the cycle begins again as a person reaches for the same jump starters: foods high in excitotoxins, caffeine, and simple carbohydrates. Just as lab animals become fat when fed MSG tainted foods, we likewise, are being affected. Who benefits? The food, diet, vitamin, and drug companies are the only ones that benefit.

2007 Update: In the summer of 2006, MSNBC News Services released a story about the surprising rise in obesity in China. One in every five of China’s 1.3 billion people are either overweight or obese. As the Chinese become more affluent, they are eating more processed foods. This has happened in a very short time and is worse among children. Also reported from China was the story of lives lost and mysterious illnesses in a village down stream from an MSG factory.

In a 2006 interview, Dr. Russell Blaylock, a retired neurosurgeon, criticized the emphasis on controlling sugar and carbohydrates to combat obesity. He said, yes, they, along with trans fats, add to the problem. But we should be aware that animals exposed to MSG prefer carbohydrates and sugar over protein rich foods. In comparison, our own appetites are out of control and so is metabolism due to leptin (a hormone that lets us know we are full) insensitivity and metabolic syndrome, both caused by excitotoxins in processed foods. There is now a growing condition in people who cannot stop eating. Could this be related to the hormones that tell us we are full, being compromised by MSG? MSG is a powerful endocrine disruptor, causing abnormal signals to major organs or glands which release hormones (pancreas, gall bladder, liver, heart, thyroid, pituitary, reproductive, etc.).

## ****Fruit and Vegetable Spray Alert****

We received an e-mail from Adrienne and Jack Samuels warning us of a new agricultural spray used as a “growth enhancer”. It contains about 30% free glutamate. This means that any fresh fruit or vegetable may have residues of free glutamate in them (doesn’t wash off), including any processed foods containing them, such as baby foods. Auxigro is used extensively on California wine grapes, Idaho potatoes, and many other fruits and vegetables, especially high profit produce. The U.S. Environmental Protection Agency (EPA) approved the use of Auxigro WP Plant Metabolic Primer (Auxigro), February 6, 1998. Some organic farmers consider it natural enough to use. It is sold to Earthwise Organics, Harlingen, TX by Emerald Bio Sales/Distribution. Recently, it became a registered pesticide once growers discovered insects avoid treated produce.

Update: In 2009, Emerald Bio did not re-register AuxiGro. Jack Samuels and ex-food specialist, Carol Hoernlein (msgtruth.org) theorize that its use in recent years may have disrupted the endocrine and immune systems in bees, contributing to their decline. Be aware that other metabolic primers may be available to farmers that may contain hydrolyzed proteins.

## ****2007 Cancer Update****

An interview with Dr. Russell Blaylock at NewsTarget.com describes a recent Italian study in which one aspartame researcher noticed that when cancer cells were exposed to aspartame, they became more mobile. Blaylock said that MSG causes the same effect. This mobility enhances metastasis, or spread, Dr. Blaylock explained. MSG exposed cells developed pseudopodians and started moving through tissues. When one increases the glutamate level, cancer grows like wild fire, and when you block glutamate it dramatically slows cancer growth, according to Dr. Blaylock. In fact, he said researchers have done experiments using glutamate blockers in combination with conventional drugs, like chemotherapy, and it significantly enhanced the effectiveness of the cancer drugs. Dr. Blaylock said that the Italian aspartame study was very well done, since it entailed a lifetime study. They fed animals aspartame throughout their lives and let them die a natural death. They found a dramatic increase in the related cancers of lymphoma and leukemia. He cited a significant recent rise in the incidents of what used to be a rare tumor, lymphoma of the brain, and he blamed this on the steady rise in the use of MSG and aspartame. He warned that if one just drinks one diet cola a day, the formaldehyde (a byproduct of aspartame break-down) will bind to DNA, causing an accumulating damage daily. Eventually, the aspartic acid component of aspartame will make the cancer grow very rapidly. He explains the cover up this way. Donald Rumsfeld pushed the legal safety of aspartame through when he was in the chairmanship of the G.D. Searle company, Nutrasweet. It was approved through the regulatory process, but once it was approved, the government didn’t want to admit they had made a mistake.

Food and beverage and sweetener companies advertise in newspapers, magazines, health magazines, and journals. They have all the media outlets covered, Dr. Blaylock stated. Money talks. Even a good writer will find his work overridden or watered down if he attempts to tell the truth. “You see this in journals like the Journal of Clinical Nutrition or College Nutrition. Look who funds them: The Monsanto Company (once sponsored by G.D. Searle)”, Dr. Blaylock explained. “They’re not going to print articles that infuriate their primary source of income.” Food companies provide college grants and money for campus buildings. Will university lab studies on excitotoxins proving their danger be published at risk of losing such support?

## ****2007 Autism/Glutamate Connection****

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**“The Biggest news about autism in 30 years”**

by Nikhil Swaminathan at Scientific American.com

A February 2007 news release has validated what we have been suggesting for years. A Canadian team has lead research that has involved 120 scientists from 19 countries and 50 institutions. Studied were the genetic codes of 1168 families, each of which had at least two autistic sufferers. In the analysis, researchers implicated the gene neurexin 1 on chromosome 2, and a sequence on chromosome 11. They code for glutamate synapses and receptors and transport proteins that deal directly with glutamate’s use as a neurotransmitter. The study mentions glutamate’s role in wiring the brain during early fetal development and its ability to elevate neuronal activity. Neurexin 1 is specifically believed to be involved in glutamate synapses, and the section of chromosome 11 has been linked to proteins that ferry glutamate across synapses. A combination of mutations in any of these genes could contribute to the likelihood of being born with autism. Competing theories linking autism to environmental factors persist. One such theory that the report mentioned, linked mercury in childhood vaccines. In a recent e-mail from Jack Samuels discussing these new findings with me, he said, “While everyone is looking for a connection of mercury to autism, the following referenced article should have encouraged scientists to look for a possible connection of the ever increasing use of free glutamic acid (MSG) in our food supply.”: Paschner et al. (“Methylmercury alters glutamate transport in astrocytes.” Neurochem Int. Aug-Sep, 200; 37 (23): 199-206). It states, “In the absence of glutamate, neurons are unaffected by acute exposure to mercury... Co-application of nontoxic concentrations of methylmercury and glutamate leads to typical appearance of neuronal lesions associated with excitotoxic stimulation (Matyja and Albrecht 1993.)” Although ethylmercury was used in some vaccines, it is Jack’s understanding that it would have the same effect as methylmercury. Glutamate was present in many childhood vaccines where mercury was also present. I agree with Jack Samuels when he says, “One must ask if autism is directly related to a genetic defect (above) or if a predisposition for autism is inherited, a predisposition that is activated due to the ever increasing amount of processed free glutamic acid and aspartame that pregnant women are exposed to.” Keep in mind, in the last 10 years, the number of diagnosed cases of autism has increased ten-fold. And as ex-food scientist, Carol Hoernlein posted on our board at www.msgmyth.com, many autistic children share many of the symptoms we (MSG reactive individuals) suffer. “20% have epilepsy. Many have food sensitivities, hyperactivity, sensitivity to light, sound, pain. They throw tantrums, have digestive distress.” This comes as vindication after decades of being told that MSG (glutamate) sensitivity was “all in our heads.” We look forward to more research and answers with excitement and hope.

## ****Hypoglycemia and Behavioral Problems****

I heard a speech in 1997 by Dr. Arnold Mech, a child psychologist, addiction medical specialist, program developer at the Menninger Clinic, chemical dependency psychologist, and eating disorder specialist. He noticed that many of his patients seemed to be hypoglycemic. One of his patients was a young girl who had the habit of drinking three six-packs of diet cola per day. He gave her the glucose tolerance test and even though she was avoiding sugar, the test came back showing that she was hypoglycemic. He tested other patients and noticed a recurring pattern between aspartame, junk food, and hypoglycemia. He theorized that aspartame and other excitotoxins aggravate hypoglycemia. They cause people to crave more carbohydrates and sugar which sets the body up to release too much insulin which lowers glucose in the blood which in turn continues a cycle of craving more sweets and carbohydrates. But even if they aren’t eating a lot of sugar or carbohydrates, excitotoxins like aspartame, can still trick the body into releasing too much insulin, which sets up the hypoglycemia.

When the blood sugar crashes, people turn to caffeine and excitotoxins for an energy “kick” and they need more and more to get that “kick”. Their lives begin to revolve around high carbohydrate and high excitotoxic addictive foods and it’s big business to the companies that produce them. He called it the “craving and withdrawal” cycle. Kids constantly want cereals and other fast foods high in excitotoxins. First they may be diagnosed with ADD as youngsters, then as teens and young adults, they may develop rage reactions. Many children, and eventually adults, lose their ability to control their impulses. This has shown to have terrible results, not only in eating disorders, but in relationships with other people.

He said that from 1960 to 1980, 20% of us were overweight. From 1980 to 1991, 33% of us were overweight despite low fat products. He suggests that many of us are hypoglycemic and don’t know it or may develop it. He suggests important lifestyle changes for all of us. He tells his patients to get off of MSG, wine, caffeine, sulfites, aspartates, nitrates and nitrites, and dyes.

He discussed Explosive Rage Disorder: when a person loses control with very little provocation. It contributes to divorce, violence, child abuse, crime, destruction of family, and drug addiction. One man, that he treated, wasn’t even aware of his rages and won his family back. We might ask what influence MSG/aspartame have on growing incidents of school shootings and bullying. We need to start early to make diet changes to avoid these problems for our children’s sake.

Dr. Mech suggests that parents stop being “wimps” with their children’s demands for junk food. He has treated children with seizures, depression, eating disorders, etc. whose symptoms completely disappeared when parents got tough about what they ate. He blames “unparented kids” and excitotoxins for delinquent, frustrated kids with “attitude”. The lack of being models for “impulse control” by parents and culture, sets kids up for ADD and failure. Parents let other people and the media teach behavior which can sometimes reinforce disrespect for elders and the acceptance of violence. Add excitotoxins and you have explosive kids. How can we be examples of delayed gratification if we have lost touch with it?

He called MSG the first “gateway drug”. This kind of drug leads to other drugs due to its ability to diminish impulse control at a very early age. Schools have caved in on fast foods for our children. Few serve untainted lunches anymore. He has little patience for parents and educators who say, “But it’s the only thing they will eat” in reference to processed junk foods. He disdains what he labels “Toxic Food Manufacturers (TFM’s) who say, “Snack foods are important to the American diet.” He criticizes doctors who are so quick to use drugs to treat children and adults for conditions (often behavioral) caused by excitotoxins. He claims that funding by drug companies compels doctors to prescribe more and more medicines. After giving us amazing examples of the actual clinical success he’s had with several of his patients ranging in ages from three years and up, he suggested the following to those who suspect they may be hypoglycemic:

1. You may try chromium supplementation. Start with 500 mcg for a couple of weeks, then reduce to 300 mcg, then reduce again to 200 mcg a day. He suggested that you make sure fillers and binders in any supplements are glutamate free.

2. Eat fewer carbohydrates and drink 3 quarts of water a day.

3. Suggested food intake of 30% protein, 20% fat, and 50% carbohydrates; ideally, 40% from vegetables and 10% from fruit (less rice, grain, flour, and sugar).

# Shared Personal Stories

The following were sent to us from individuals who have shared some of their experiences regarding their children and MSG: We talk to such individuals daily via phone, letters, e-mail, and our discussion board. We could fill many books with their stories.

“I am a teacher aide (elementary) and am very aware of the effects of MSG on myself. I bring a lunch every day and wish parents would do likewise. Since I began working in the school system 9 years ago, I have seen an increase in the number of children who are unteachable, and unreachable. Many of these same students become listless or unruly soon after eating school lunches, which are appalling. I have mentioned this to teachers, but many don't get it. Many of them suffer some of the symptoms listed on your site, themselves. Many of my friends are depressed, have terrible chronic headaches, or are ADD. Please keep up your efforts to enlighten and help others.” Anonymous

“I just want to thank Debby for giving me back my life! I have always reacted to MSG but until I had my son 14 years ago it wasn't debilitating. After I had him I started to get migraines, suffer from severe depression, mood swings, exhaustion, I was at least 50 pounds overweight, etc. I found Debby's site about 5 years ago when I was doing a search for food allergy triggers. I omitted MSG but didn't pay a lot of attention to the hidden names for it until about 8 months ago when I had to do something about my daughter's physical and mental health. She was diagnosed as bipolar and taking Paxil, she had an ulcer and was taking Aciphix, she was put on Antivert for dizziness, the doctor said that she was developing Crohn’s Disease...she was barely 18 at the time! She went totally off the wall when she went away to college and it was over summer break that I knew that we had to do something. The total MSG elimination was a kind of last resort but I am ecstatic to say that she is fine now and so am I! In the past 8 months I have lost around 35 pounds and I never go hungry, my energy has doubled, my depression is gone, I hardly get any cramps from my period, my moods have stabilized...I feel great! So many people want to know what diet I went on and when I tell them that it isn't a diet that it's a change of lifestyle they lose interest because it's too hard. My daughter lives in a dorm room without kitchen facilities and a hotpot and a microwave to cook with, if she can do it anyone can do it. My 14 year old son tells me that he can think alot clearer and he feels alot better. Thank you a million times Debby for sharing what you know with the rest of us!” Jodi

“For years since about the age of five, Alex always felt dizzy, growling stomach, she threw up often and had headaches. Always her doctor would test the sugar levels and tell me there was nothing wrong with her. We went to the neurologist because of the dizziness and the vision problems that started occurring at about age seven.

On and on through the years we coped with headaches, body aches, neck aches, dizziness and, her inability to learn her lines (she studied acting.). At 19, Alex couldn't function anymore. She had a headache every day. She could not go out with her friends for fear of getting ill and having to run home with a headache, often going to the hospital for shots when the headache reached a "10".

So she decided to do something about it and started going to many doctors. She had her wisdom teeth removed. Her sinuses were operated on. She went to yoga classes. She got glasses but she kept getting worse. My 19 year old child would lie in my arms with dark circles, chills, shivers, headaches, and many tears shed. I grew desperate and helpless.

I read your information on the Internet and bought your book.

That was about one month ago and my child is happy and healthy. Now in the evenings instead of lying in my arms in pain, she's out having a good time or taking lessons of some sort. All the pain in her body has ceased and the headaches are almost gone completely. She understands it’s the MSG, and once in a while, will eat something she shouldn't and will get sick. But she's learning to eat correctly when she's out, and your book has been a blessing.

You make it so easy, you give so many alternatives and the recipes are delicious. We are all eating better.

Once again, thank you for caring.” Rose Martinez

“Thank you for all the valuable information on MSG!!! I have an 8 year old daughter that is currently being checked for ADD. She has a difficult time focusing (her grades in school are falling), figits, hyperactive, loud, and can be very mean. She is also experiencing nausea, vomiting & headaches. My Mother-in-Law told me to check into MSG. I began researching and decided to eliminate MSG from her diet for 2 weeks. After having no MSG my daughter is a new person‑her school work has dramatically improved, she stays focused during homework, less Hyper, no more headaches or vomiting! I CAN’T BELIEVE THE DIFFERENCE!!!” Caren P.

“Thank you from the bottom of my heart. My 14 yr old daughter has suffered from migraines for years and years and I had asked you about getting her MSG free and you suggested a few days would reveal if this was a problem. You were so right and it was so much of a problem. Thank you for helping. We're learning from your book and real life experiences on how to avoid MSG and she is doing so much better. She's more than willing to pack lunches going with friends, willing to let others go out to eat while she just enjoys their company, willing to do what it takes to never live in that misery again.” Debra

“I just thought I'd share how helpful your site was to us. My otherwise healthy 16 year old daughter began having heart palpitations this summer (some so severe that she felt close to passing out). An EKG was normal so an appointment was scheduled with a pediatric cardiologist for an echocardiogram. While researching this online using the key word heart palpitations I came across your site. I was already very familiar with the damage MSG can do. It triggers migraines in several family members so it is avoided stringently in our house. But your site made me aware of some other sources‑‑namely soy protein and carrageenan. Not surprisingly the echocardiogram showed her heart to be anatomically perfect. Also not surprisingly, once she stopped ingesting soy protein, my daughter's palpitations stopped. Just thought you might be interested. Thank you for the service your site provides.” Jenora

... “I began suffering from extreme migraines. I would become nauseous and would often vomit. The emergency room was the only relief quite a few times. I saw doctors at Johns Hopkins and spent $150 on different medicines, to no avail. Doctors said it was stress. I started getting sick a lot which was out of the ordinary. In three months I had strep throat and bronchitis, each twice, and the flu a number of times. I also had shortness of breath and light headedness. After five months of this, I had hit rock bottom. I received a call from home telling me about the effect MSG had on Debby and her family. It sounded so familiar so I immediately went off MSG products. Within a week, I felt like a new person. My headaches were gone and my throat, which was always sore, felt better. My ears no longer hurt and I actually began to sleep soundly for the first time in years. I used to wake up in the middle of the night and lay there for two to three hours before falling asleep again. I have so much more energy, and I can concentrate for longer periods of time. In college, my teachers would ask if I had an attention disorder because of my short attention span. I had suffered from water retention for years. No longer! I now lead a regular life as long as I watch what I eat.” Carrin Story

“I am so much more clear headed now and can concentrate. I used to get depressed, especially during the dark days of winter. But, I’m no longer bothered by that and I’m happier and upbeat. My headaches and dizziness are gone since eliminating MSG and aspartame. Your book has helped me immensely and it’s not as difficult to eat as I thought it would be.” Doug Larson

“Your book is excellent. I’m telling many doctors about it.” Dr. Stephen Collins

“I can report that by 100% elimination of excitotoxins from my diet, I am 100% free from Fibromyalgia. Glutamates in any form can put me right back down. I share your website with all who come to me for help. I can’t thank you enough for your website and I love your cookbook.” Marcia

I got a call in Feb. 1999 from Robert Cupp. His story goes like this.

One and a half years ago he was slated for brain surgery to cut a nerve that his doctor told him would stop his spinning dizziness from Meniere’s disease, a procedure that might leave him with a need to re-learn certain motor skills. He’d already suffered what doctors thought were heart attacks requiring de-fibrillation. But when his heart showed no damage from these attacks, he was tested for a brain tumor. After the horrible dizziness and nausea began, the next step was this serious surgery. Meanwhile his mother-in-law found our website, ordered the book and Robert gave MSG elimination a try. Well, his symptoms disappeared! A chiropractor friend tested him with a little bit of Accent under his tongue and had him lie on his stomach on the table. The chiropractor watched in amazement as three vertibrae moved out of place and his leg pulled into it’s socket as muscles contracted (burning backache or sciatic conditions may often be a result of MSG). When Robert reported what he had learned to the surgeon and told him that he didn’t need surgery after all, the surgeon told him that he was talking nonsense and that he had better be in for his scheduled surgery or not to bother coming back at all. Needless to say, Robert didn’t. He called to thank me for saving him from an awful fate. He is telling everyone he knows and is responsible for his new doctor ordering our book and using it to help his patients in Kansas City, Missouri.

Dear Debby,

“Thanks so much for your quick response a few days ago. It really encouraged me. I have read your book and find your information to be so valuable. It is the most complete information I have on this subject (MSG). I don’t think I would know what to do without the guidance you provide in your book. I was always taught that cooking was a chore - you just ate and got it over with. So you can imagine the sheer terror I felt at the thought of making everything by scratch for a family of 6! I am trying to find the silver-lining in this situation and am actually enjoying bread-making with my 4 year old and cooking meals with my 8 and 9 year olds. I am getting much joy when I watch my children ingest MSG-free food with me.... You are like an angel on earth to me. Because of your information, I think I caught this situation before it did some irreversible damage to my body (although I now wear glasses because my 20/20 vision was affected).” Natalie

“Just wanted you to know: I have Multiple Sclerosis (MS). When I eat MSG, I have a flare-up, therefore, MSG is BAAAAD for me. Thank you for your time.” Lois

“You would think we would learn!!! We ordered out pizza from Papa Johns and my son had one piece. He had a seizure during that night and again last night and has several little ones through out the day. He hadn’t had a seizure for four weeks and I let my guard down just once and boom!! I am so angry at what MSG does to his little system. We had been doing so well and I thought that if he got a little, he could handle it! How wrong was I.” Sue M.

“I have read with interest your discussion board and wondered if anyone has reacted to MSG as I do.

It was by pure luck that I found out my problem was MSG.

I have had a number of occasions where I have been to a restaurant, shortly after eating I start feeling strange, I then change personality, become angry, verbally abusive and end up with violent vomiting and then I am unable to stand (I was like a puppet with the strings cut). Then collapse. The worst part is that I have no memory recall from when I consume MSG until I wake up the next day....very frightening.

I went to numerous Doctors in Australia (I had been living in Jakarta Indonesia). I had a week of tests, EEG, ECG, MRI etc and was told I was a very healthy woman and had no idea what was causing these reactions.

I had another bad attack and a friend sent an ambulance for me. When I awoke in the hospital there was a doctor there visiting from South Africa, again suggesting I have an MRI, etc. When I told him I had already had this he then said "I think you have a very serious reaction to MSG". I had never heard of it, I knew you could get a headache and thirsty.” Joyce

“I was treated for manic‑depression for years and years, suffered migraines periodically, still suffer from fibromyalgia. It took me FOREVER to figure out that MSG was causing pain and headaches‑ it's in EVERYthing. Long before I figured out MSG was a problem I made the connection between manic feelings and aspartame. I loved to drink diet Pepsi; can't stand the feel of all that sugar rolling around in my mouth. After not drinking it for a long while and then drinking it again, I realized that it was the diet Pepsi all those years that was making my brain spin. How much easier for a shrink to tell me‑ Quit drinking alcohol, lay off the caffeine, and NO MORE ASPARTAME. But no. Sell me drugs that now I have to work triple time to clear from my system. I prayed constantly to be cured. I discovered I was never really sick to begin with.” Jennifer C.

People ask me, “Where is your scientific evidence?” Tests on animals are conclusive: MSG is dangerous to our health. But unfortunately, if one desires evidence from human testing, all we have is inadequate and questionable at best. Daily, people are sharing their MSG horror stories with me. No, we cannot say without unbiased testing that MSG causes or worsens certain disorders such as autism, or ADD, but when, due to excitotoxin elimination, parents continue to report that they have their children back, I have all the proof that I need. When a young college student, who used to bang his head against the wall in a futile attempt to stop his debilitating headache, calls to say that his migraine condition is now gone since avoiding MSG, the Generally Recognized As Safe (GRAS) status awarded MSG by the FDA means nothing to me. Here are a few more such stories.

“It has been 2 months since I have been MSG free, and I will NEVER go back to my old ways.

I got my wake up call in the morning on Good Friday (how ironic, huh?) this past spring. I was laying in bed and my left foot was asleep. I thought I should reposition my foot, but noticed there was nothing to reposition. The tingling, numbing, and pins and needles sensations continued up the left side of my body and when I felt it cross my chest, I woke up my husband. The sensations continued to my right side, my heart was racing and I was short of breath. I prayed that this was not the end for me as I am only 42 with 2 boys 4 and 7. My husband called the ambulance and as I was being jabbed with IV's and needles, the right side of my face joined in the fiasco.

They diagnosed me as having had a TIA ‑ mini stroke.

Two weeks later, my doctor ordered MRI's (with and without contrast) and more blood tests. He was really concerned, because the last couple of years have been really weird. . .pulled muscles for really no reason, sacroiliac joint rupture (I just leaned over), severe Achilles tendon strain, dizziness, major headaches, tired all of the time. . . .I was calling it the 40 fall aparts. I am also a physical education teacher, and all of these things happen to other people, not me.

I kept a log of when I was having symptoms, what I was doing, where I was, stuff like that. This continued until I was finally able to see a neurologist and that wasn't until June 26th, the day my life began. Dr. Larson ‑ God bless her too ‑

asked me a bunch of diet questions, which I thought was odd. All of the tests that had been done or taken came back normal or negative ‑ which was a great thing!!! She asked me about soda ‑ no,I don't drink it, especially diet pop because of the headaches that I would get. No, I don't drink caffeine drinks because of the headaches. Don't smoke, don't drink, eat low fat food. . . I thought I was being kind to my body. Then she asked the question, "What do you know about MSG?" I told her that if it was on the label not to eat it and that it wasn't good for you. We talked a bit more and then she proceeded to tell me that for 2 weeks she didn't want me to eat anything in a box, a bag, a jar, a can, frozen prepared, or macaroni and cheese ("learn to make your own, you'll love it!"). YIKES!!!! I love food so what should I eat? Read labels and lots of fruit and vegetables. I left her office not knowing what to do. By the way, she also told me to stop taking my vitamins. I also stopped taking the Vioxx at the same time. Dr. Larson told me that if MSG was the problem, I would know.

And then, thank God for you, I typed MSG into the search and it brought me right to you. Armed with the ingredient list from your site, my son and I the next day went to the health food section at the grocery store. Not a lot of help though as most of the health food contains a lot of the stuff on the list. Talk about FRUSTRATED!!! Three hours later, I came home with some fruits and vegetables, a loaf of multigrain bread from a local bakery, a bag of Terra chips, organic peanut butter, and Aquafina water. After 1 week, I knew. I did spend a lot of the time using the bathroom, my joints were popping (in a good way) and it was as if I could feel the icks leaving my body. After 2 weeks, I finally received your book and furthered my education!

I got curious with the food things and went back through my receipts to find out where ‑ if anywhere ‑ we had been when I had the TIA. The night before, we had eaten at a buffet restaurant. Three days before that, we had eaten at a Chinese buffet, and here is the embarrassing, poisonous part. . . .I had been following the 2 meals of a diet drink plan on and off for about 3 weeks. No wonder my body reacted the way it did. Lesson learned!!!

This has been a WOW!!! experience. I cannot believe the difference in the way that I feel. I didn't know that I could go through a day without a headache, let alone weeks. I didn't know that I could wake up feeling refreshed in the morning. My knee has been pain free ‑ not an experience that I have had for over 12 years, and I haven't had to take the Vioxx, let alone any other pain medication. My husband told me that my demeanor has even changed and that I'm not as high strung as I used to be.

I just wanted you to know what a difference you have made in my life and to share my story with you. I hope you know how much you are appreciated. Thank you, thank you!! If there is anything that I can do to promote this MSG myth, please let me know. My colleagues at school have heard me and I intend to send home information to the parents of my students. That is a group of approximately 800 people that may not have known about the problems of MSG.

I would love to be able to shake your hands and give you big hugs someday. God Bless You!!”

Sincerely, Pamela H.

“ I work as a psychiatric nurse. I have shared my knowledge with fellow nurses and patients. You can’t believe the responses I have had. One boy’s peeling hands cleared and so did his depression. A lady with chronic fatigue syndrome and suicidal thoughts is a new person. My co‑worker, who was having low blood sugar and horrible fibromyalgia is completely controlled. She screwed up two days ago and ate some msg just chancing it at a party and her husband found her on the floor unconscious with blood sugar of 30 in the middle of the night. Another CNA at my work place went to the hospital for chronic bouts of abdominal pain. She had several diagnoses. I told her to stop the hourly diet sodas (aspartame), she did, and she is pain free! I could go on and on. I am spreading the word. But for every one that listens, another laughs and refuses to believe it is this simple.

My mom was on xanax, and antidepressants for panic and depressive disorder. We cleaned out her cupboards and I gave her the list of no‑no s. Guess what?? No more xanax, no more Seroquel. She can't believe it. She thinks I am a genius. I can help every single person with some problem just by telling them about MSG and the other neurotoxins. My dad with knee pain was thinking of surgery. I noticed he would snack on those tidbits snacks with the yeast extract and spices all day long. I had a hunch and suggested he go without for a week. While he still consumed other forms of msg, eliminating this constant all day supply helped incredibly. The idea of surgery is now, history. So, I am free from my hives, my son is free from his migraines and low platelet problem, my husband is no longer requiring a nap in the middle of the day or using pills for allergies.

CONNECTION? I think a connection is VERY CLEAR!!” Shiela

“I began with symptoms of lightheadedness and diarrhea which became progressively worse over the years. After eating in a restaurant, I had a “reaction” with anaphylactic shock. I awoke in the emergency department seven hours later with a severe facial injury due to the fall when I lost consciousness. I was intubated, had facial x-rays and a head CT scan while unconscious. Adrenalin was administered which saved my life.

I was lucky - there was a physician at the restaurant at the time of my “reaction” who knew what was going on and insisted that ambulance personnel not try to treat me at the scene but to get me directly to the hospital which was minutes away.

This physician who was in the restaurant came to see me before my release from the hospital and she stressed the importance of not believing anyone who told me this was not MSG induced!

I had a battery of tests after my release - all inconclusive. People do not want to believe that something they consider so benign can be deadly. I am living proof that MSG is not benign to all people but feel as though I am on my own as far as protecting myself.” Sharon J.

Hello, I reviewed your website and found it off google.com and I saw that you have a few things listed for allergy to MSG... the point is my son is 1 and has a rare disease called mastocytosis in 3 different forms. One of the big allergy or triggers for this disease is MSG. His disease not only cause serious allergies to everything including sunlight but causes cancer (mast cell leukemia), MSG is the number one thing on the list of NO NO's to give a child with mastocytosis and since only 200,000 cases of mastocytosis are known in the world could you please add it onto your website so that doctors can help more children. Right now my child has a 50% survival rate and if it develops the cancer will only live 2-6 years to live, if we can get more awareness then we can get more people to research a cure and as of now most doctors have no idea what it is. So Please since MSG is the topic and a huge Mastocytosis problem please help us and add this disease to your list on your website.

We can’t tell you what these letters mean to us. We have thousands of stories via phone, letters, and e-mail. When others scoff, we have only to think of them to make us thankful that most people listen.

# Research by Adrienne Samuels, PhD

(Flawed MSG Studies)

MIGRAINE HEADACHE, HYPERACTIVITY IN CHILDREN, AND ALZHEIMER’S

THE COMMON DENOMINATOR MAY BE MSG

Evidence of risk posed by MSG1 is straight forward: Glutamate in the brain can be terribly destructive -- no matter where that brain glutamate comes from.2

The blood-brain barrier, once thought to rigorously restrict the flow of glutamic acid (glutamate) into the brain, is now understood to be "leaky" in places -- no matter what the age or physical condition of a person -- and is further understood to be susceptible to damage caused by high blood pressure, diabetes, hypoglycemia, trauma to the brain, and other pathological conditions.3,4 It is also compromised by aging.

Review of the literature suggests that food additives that contain the three excitotoxic amino acids are implicated in neurodegenerative disease.5

Spencer. and others, have found evidence of a "slow toxin," a substance responsible for a pathological process which is expressed clinically years or decades after systemic exposure to the toxic substance.

Large numbers of consumers have complained to the FDA that when they ingest MSG, they experience reactions ranging from such things as simple skin rash, flushing of the face, extreme tiredness, and bloating, to hyperactivity in children, migraine headache, asthma attacks, irregular or pounding heartbeat, loss of consciousness, and/or severe depression -- reactions that they do not experience when they eat whole protein such as that found in unadulterated meat, tomatoes, and mushrooms.

All of the data presented by The Glutamate Association, the International Glutamate Technical Committee, and their sponsors, as “proving” that MSG is “safe” appear to be flawed. Some if not all, of those data appear to be fraudulent.

We are aware of no person, institution, or agency that has claimed that MSG is "safe," that does not have close ties to the food and/or drug industries, or that has not been remunerated by them.

1The glutamic acid (glutamate) in MSG is one of three manufactured neurotoxic amino acids found in ever increasing amounts in food. Aspartic acid and L-cysteine are the others.

2Lipton, S.A. , and Rosenberg, P.A. Excitatory amino acids as a final common pathway for neurologic disorders. N Engl J Med l994;330:613-622.

3Evaluation of the Health Aspects of Certain glutamates as Food Ingredients. Prepared for the FDA Bureau of Foods by the federation of American Societies for Experimental Biology (FASEB) in 1978. Pages 18-19.

4Broadwell, R.D. and Sofroniew, M.V. Serum proteins bypass the blood-brain fluid barriers for extracellular entry to the central nervous system. Exp Neurol 1993;120:245-263.

5Blaylock, R.L. Excitotoxins: The Taste that Kills. Santa Fe: Health press, 1994.

6Spencer, P.S. Western Pacific ALS-parkinsonism-dementia: a model of neuronal aging triggered by environmental toxins. In Parkinsonism and aging, ed DB Calne et al., pp 133-144. New York: Raven Press, 1989.

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# References and Suggested Reading

Excitotoxins: The Taste That Kills by Russell L. Blaylock, M.D. There is a new updated version of the original book available from www.amazon.com. Retired neurologist, Dr. Russell Blaylock, an Associate Professor of Neurosurgery at the Medical University of Mississippi, became aware of the devastating effects of MSG on many of his patients. Dr. Blaylock explains with words and diagrams how the brain functions normally and when it is affected by MSG. He goes into great depth about the reasons for the many symptoms associated with MSG including the disorders and diseases he believes MSG precipitates. He includes information about pharmaceuticals that can lessen the effects of MSG on the body.

Additives Book: What You Need to Know by Beatrice Trum Hunter, in paperback, may be obtained through Keats Publishing, Inc. at 36 Grove St., Box 876, New Canaan, Connecticut, 06840. Look for it in health food stores. This book defines and describes the main additives used in our foods, including MSG, results of lab tests on them, and which foods contain them. She tells the reader that we each eat about 5 pounds of food additives every year and then describes most of the common ones in alphabetical order. Her insights into the history and workings of the FDA are very revealing, intelligent information. This author has also written many other informative books about the food we eat.

The web site, www.msgtruth.org authored by ex-food scientist, Carol Hoernlein.

“MSG: The Truth and Consequences” by Jack L. Samuels and Adrienne Samuels, Ph.D., Search for Health magazine, Sept./Oct. Great article about MSG. For more information, write to: Truth In Labeling Campaign, P.O. Box 2523, Darien, IL 60561 or visit their web site at www.truthinlabeling.org.

The Food and Drug Administration Office of Consumer Affairs, 5600 Fishers Lane, Room 1685, Rockville, MD 20857. Phone (301) 443-5006 or (301) 443-9767. When I first discovered my health problems were caused by MSG, I wrote the FDA for any information they might have concerning MSG. They sent a small article that basically said MSG has been used safely for hundreds of years. My husband then scanned the Internet and got 22 pages of information in one evening and most of it was condemning MSG. I wasn’t reassured by the FDA, considering the amount of information they were willing to share with me, and its sometimes questionable reputation for safeguarding our health over the years. We decided to consider other sources from then on. The Internet is a vast resource about MSG and aspartame. Our own web site is at www.msgmyth.com.

We acquired results of MSG testing done on rats, gerbils, and chicken embryos over the Internet. The findings showed retinal damage, diabetes-like symptoms, changes in reproduction functions, endocrine abnormalities, damage to the brain, formation of brain lesions, behavioral abnormalities, learning disabilities in offspring, reduction in immune response, juvenile obesity, and reduced activity. How can the FDA claim MSG is a safe substance? How can they ignore the rise in depression, obesity, asthma, autism, and hyperactivity in children. We are spending millions on drugs to treat these and the symptoms of ailments with unknown causes or cures like M.S. and Alzheimer’s. Some people are making a lot of money because of it. Please help us spread the truth about MSG and its hidden sources.

# Conclusion and Challenge

I’ve never intended to diminish the importance of the FDA, traditional doctors, or researchers by writing this book. I can’t promise that MSG elimination will cure all a person’s ills, but I have tried to share some of the insights that I have gained by reading and researching the few books available about this worldwide problem, known as the “MSG Symptom Complex” by the medical establishment. However, I can say without a doubt that I know MSG was the cause for my failing health. My son and I have to be vigilant about MSG avoidance, but we have reclaimed our health and energy. I’ve interjected a few of my own opinions throughout the book, based on my own experiences, hardly scientific, but honest. I do apologize if I have misinterpreted any of the information that I have researched and attempted to share with others. When I have been confused by some issues, I have called people who I consider to be experts for more clarifications. I realize that many readers will react by doubting that eliminating just one type of food additive when there are so many, will make such a dramatic difference. I don’t know if I would believe it myself if someone approached me with such information. But truth is truth whether believed or not. *You* need to be the judge by how you are feeling now and how you feel after eliminating excitatory neurotoxins. Don’t short change your health. We all need to examine our life styles. Are we working so hard at our jobs so that we can buy more wonderful things produced for our enjoyment and entertainment, but at the same time, forfeiting the time to provide ourselves with good safe food? Many people refuse to or dislike to cook for many reasons. Some have never been taught the basics or feel too busy and rely heavily on fast food restaurants and convenience foods. The tragedy of this is not only the development of a society totally dependent on the processed food industry but one that is depriving itself of two joys: wholesome homemade meals, and good health. Like one friend said to me, “I’d rather be poor and feel like I feel now (after eliminating MSG) than have millions in the bank and feel like I used to”. If you suspect in the least amount that you may be MSG sensitive, please try eliminating it from your diet for at least a week. We have a suggested a test diet available at www.msgmyth.com. It should help you decide if MSG is making you ill. Here are a few suggestions from the test diet: Use some of our eating and recipe ideas or just boil up some brown rice, beans, potatoes, or pasta, and supplement these with plain water (sliced lemon can be added) and fresh vegetables, prepared any way you like (no seasoning salt, please!). Stop taking vitamin supplements or any unnecessary pills (Some OTC and prescribed medications may be giving you a reaction. Your pharmacist can give you a list of all the ingredients in any medication). Prepare ground beef or other meat yourself and season with salt and pepper only. Be sure any beef, pork, turkey or chicken is not basted or injected with additives (organic or free range are best). Use only butter or olive, sunflower, or saffola oil and eat lots of fresh fruit. Omit bread or baked goods unless the yeast contains no additives (yeast nutrients) and the flour doesn’t contain malted barley flour, dough conditioners or enzymes. Homemade biscuits are a better choice. Don’t use any low fat products. When fat is removed, so is much of the flavor and often flavor enhancers are put back in. Avoid candy, gum, cookies, and other packaged processed food items. Remember, even your shampoo, toothpaste or breath mints may contain MSG or aspartame and may be giving you problems. Avoid aspartame and other man made sweeteners. Read the chapters on sulfites and test to see if they, too, are affecting you.

## A Warning about Supplements (2011)

I feel a need to address a topic that constantly comes to mind, which is the growing supplement industry and what is driving it.

A few years ago a mutual friend sent a woman to see me. She was in her late twenties but she looked older: bent, slow gait, pale, eyes strained. We sat and talked about MSG for almost 3 hours. Her naturopathic doctor suggested food allergies and had her on a diet that eliminated certain foods (seems every other person now is being told to avoid wheat or dairy products). She was frightened because she was now down to eating brown rice and water and suspected that even they were giving her problems, which she dreaded telling her doctor. I was aghast and asked how she could survive without enough nutrients. “Oh”, she said, “I take 50 capsules for my vitamins and minerals each day.” Cost - $300 a month (I’ve spoken with people who have spent even more). I asked if they were gelatin capsules. Yes, most were. Then began the discourse about hidden sources of processed free glutamate: gelatin (animal and some vegetable sources), fillers and binders (maltodextrin, cornstarch, dextrin, dextrose, wheat starch, chelated vitamins and minerals bound to amino acids, or citric acid, etc.). She was shocked to learn that she was dosing herself with glutamate each day. I’m happy to say that this young woman trusted me and changed her life and her health. You would not believe the difference in her now.

This morning, another woman called. I recognized the faltering words, the weakened voice filled with confusion and pain. Again, the same scenario – over 30 supplemental pills (capsules) a day, protein drinks (soy, whey), the same searching for that magic pill, the same frustration, and then a brightening hope as she listened.

There are so many well-meaning health professionals trying to help people with glutamate induced conditions who know little or nothing about hidden glutamate or its dangers. But they, like the drug, vitamin, and supplement companies are making money as a result of glutamate toxicity and the growing numbers of victims looking for answers, relief, or a cure as I did years ago. When we are feeling ill and doctors’ tests say nothing’s wrong, it’s natural to turn to alternative diets, supplements, and doctors. We all want quick relief. But, please be very careful. It’s easy to buy into all the hype and promises when we feel sick.

When I get a call and someone says they eliminated MSG from their diet and were feeling great, but now feel poorly, my first question is about supplements. Nine times out of ten, they have started taking something they believe they need to be healthy. What they don’t realize is that even the small amounts of glutamate they are ingesting each day from that supplement has been building up in their system. For example, one multi-vitamin I tried didn’t affect me until day 27. I stopped it and felt great again. Eat foods that are the least processed, trust your body’s response to wholesome foods, and stay well.

For the latest and most up-to-date information please visit our web site and bulletin board at www.msgmyth.com. The daily dialogues and “keyword search” are very informative.