

Basic Information on Monosodium Glutamate (MSG)

There is an excellent book on the market called "Excitotoxins, the taste that kills" by Dr. Russell Blaylock.

What are excitotoxins? Chemical agents that over excite brain cells thereby burning them out before their time. Call it memory loss.

What are these excitotoxic substances?

Aspartame (Equal/Nutrasweet) that has aspartic acid and phenylalanine.

Monosodium glutamate or MSG, the "favor enhancer" that has 30 different names and is used in unknown quantities in most processed foods. (The better it tastes... perhaps the more MSG is present).

Symptoms common to aspartame and MSG.

NUMBER ONE: Migraine-like headaches. Here are all of the symptoms...

Cardiac	Neurological	Respiratory
Arrhythmia	Depression	Asthma
Atrial fibrillation	Mood swings	Shortness of breath
Tachycardia	Rage reactions	Chest pain
..Rapid heartbeat	Migraine headache	Tightness in the chest
..Palpitations	Dizziness	Runny nose
Slow heartbeat	Light-headedness	Sneezing
Angina	Loss of balance	
Extreme rise or drop	Disorientation	
..in blood pressure	Mental confusion	Urological / Genital
	Anxiety	
	Panic attacks	Swelling of the prostate
Circulatory	Hyperactivity	Swelling of the vagina
Swelling	Behavioral problems	Vaginal spotting
	..in children	Frequent urination
Gastrointestinal	Attention deficit disorders	Nocturia
Diarrhea	Lethargy	
Nausea/vomiting	Sleepiness	Skin
Stomach cramps	Insomnia	
Irritable bowel	Numbness or paralysis	Hives (may be both ..internal and external)
Swelling of hemorrhoids	Sciatica	Rash
..and/or anus area	Slurred speech	Mouth lesions
Rectal bleeding	Chills and shakes	Temporary tightness or
Bloating	Shuddering	..partial paralysis
Muscular	Visual	..(numbness or tingling)
Flu-like achiness	Blurred vision	..of the skin
Joint pain	Difficulty focusing	Flushing
Stiffness	Pressure around eyes	Extreme dryness of ..the mouth
		Face swelling
		Tongue swelling
		Bags under eyes

Learning Impairment and Endocrine Disorders May Also Be Caused or Made Worse by Early Exposure to MSG

The makers of MSG know of the similarities between aspartame and MSG when they created their tests to prove MSG was safe... because without telling the

FDA they used the then illegal (not yet approved) substance called aspartame in the placebos.

For aspartame reaction symptoms: <http://www.dorway.com/graphics/fdasym.gif>

Now for the kicker. Consume aspartame WITH MSG and the problems can be amplified, much like taking certain drugs with alcohol.

Behavioral problems, memory problems, headaches, are some of the modern-day plagues. Ritalin is now given to around half of our school age children.

Other bad news substances: <http://www.notmilk.com/milkinfo.txt>
<http://www.dorway.com/aspartame.txt>

Ever hear of Fibromyalgia or Chronic Fatigue Syndrome? These are modern day waste-basket diseases. When, because of aspartame, MSG and/or milk and dairy the doctor has NO CLUE to a patients problem... they all to often misdiagnose a victim with one of those diseases... and then make matters worse by giving them inappropriate (but powerful and expensive) drugs.

<http://www.dorway.com/fms50.txt> 50 signs of Fibromyalgia

This file: <http://www.dorway.com/msg.txt>
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