



MSG

Making the blandest and cheapest foods taste wonderful!

Monosodium glutamate

What is it?

MSG or **monosodium glutamate** is a non-essential amino acid (glutamate), or artificial compound that is used as a food additive to enhance the flavour of foods. It does not have a distinct taste of its own as such and just how it adds flavour is still not fully understood. However, scientists believe that it enhances taste by penetrating taste buds to create a sensory taste experience – known by the Japanese as the 'fifth sense of taste' (umami), independent of the four basic tastes of sweet, sour, salty and bitter.

In the EU, monosodium glutamate is classified as a food additive (E621) and regulations govern how and when it can be added to foods. Typically though, MSG is added to many savoury and processed dishes to add that ever so popular 'meaty' taste.

How is it made?

In the early 1900s, MSG was extracted from natural protein-rich foods such as seaweed. Today it is usually produced through an industrial fermentation process similar to that used in making beer, soy sauce and yoghurt.

Seems harmless enough .. so what's all the fuss?

Firstly, MSG is used for nothing other than to give shoddy and nutritionally deficient food a palatable taste, tricking your brain into thinking that the food you are eating actually tastes good. It is, in other words, nothing more than a disguise used by bad chefs and a profit-hungry, corner-cutting food industry.

Inferior products and higher profits prevail at the expense of consumer health!

Second, and more seriously, it has in many people been implicated as a cause of headaches, heart palpitations, nausea and a whole host of other far more serious conditions.

MSG makes people sick – it's that simple, and therefore has no place in the human diet!

Studies conducted in the early 50's reported significant issues relating to the exposure of mammals to MSG. When juvenile rats were given a single dose of MSG, the neurons in the inner layer of their retina were destroyed. It was also reported that certain parts of their brains were irrevocably injured. MSG is an excitotoxin - a substance that overexcites neurons to the point of cell damage and, eventually, cell death.

When considering these findings of MSG exposure in the rat, remember that humans are some 5-6 times more sensitive to MSG than rats.

MSG intolerance is not an allergic reaction, but a powerful drug side-effect!

Naturally Healthy Lifestyles

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HEALTH DANGERS ASSOCIATED WITH MONOSODIUM GLUTAMATE

Independent research has identified the following adverse reactions to MSG:

Headaches/migraines	Lethargy	Sleepiness
Anxiety	Panic attacks	Mental disorientation/dullness
Insomnia	Nausea/vomiting	Stomach cramps
Irritable bowel syndrome	Asthma attacks	Shortness of breath
Chest pain or tightness	Runny nose	Extreme dryness of the mouth
Hives or rash	Palpitations	Flushing
Mouth lesions	Weakness	Dizziness
Swelling of hands, feet, face	Cramps	Restless leg syndrome
Palpitations	Flu-like symptoms	Diarrhoea
Gas/bloating	Chest tightness	Tingling/burning in face and chest
Blurring of vision	Painful rectum	Difficulty focusing
Tingling around eyes	Depression	Paranoia
Rage reactions	Attention deficit disorder (ADD)	Rapid heartbeat (Tachycardia)
Confusion	Muscle aches	Weakness/paralysis
Jaw stiffness	Back pain	Tendonitis and joint pain
Arthritis	Numbness of face	Slurred speech
Awareness During Sleep Paralysis	Prostate, infertility problems	Gout-like condition (usually knees)
Sneezing	Sleepiness	Excessive perspiration

Children specific symptoms ..

Asthma	Behavioural problems/ADD	Stomach cramps
Chest discomfort	Thirst	Headache
Sadness	Tiredness	Nausea
Dizziness	Throat complaints	Loss of bowel or bladder control
Rage reactions	Hostility to other children	Brain lesions *

***MSG has been shown to cause lesions on the brain, especially in young children whose blood-brain barriers may not be fully developed. Of particular concern is the suggestion that these cognitive, emotional and endocrinological problems can begin as early as the womb should pregnant women freely ingest the substance.**

This chart is provided for informational purposes only and is not intended to replace the advice provided by your healthcare professional. Please consult your healthcare professional in regards to any specific concerns.

Did you know...

that the hot chocolate your child drank with breakfast this morning, which contains sodium caseinate, carrageenan, and partially hydrogenated vegetable oil (all forms of MSG), is a neurotoxin? The same can be said for the microwaveable pizza they had for lunch (hydrolyzed soy protein), the potato chips they ate for a snack (monosodium glutamate), the fried chicken they had for dinner (beef stock, hydrolyzed vegetable protein), and the ice cream they ate for dessert (carrageenan).

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MONOSODIUM GLUTAMATE BY ANOTHER NAME

There are many ways in which food packagers can include monosodium glutamate (or free glutamate) in food without actually listing the words "monosodium glutamate" in the ingredients.

Check the ingredients for these names:

enzyme modified
ultra pasteurized
broth
carrageen
gelatin
olyzed protein
plant protein extract
soy protein
textured protein
yeast food

fermented
autolyzed yeast
bouillon
flavoring
hydrolyzed oat flour
malt extract maltodextrin
potassium glutamate
soy sauce
whey protein
natrium glutamate

protein fortified
barley malt
calcium caseinate
natural flavoring
hydrhydrolyzed vegetable
pectin
sodium caseinate
stock
yeast extract
glutamic acid

In China, MSG is labelled as wie jing

In Europe - MSG = E621, but avoid E620-627 & E631 & 635 which are also glutamate rich

In Germany, MSG = Natriumglutaminat

In Japan, MSG = アミノ酸 or Ajinomoto

In the Phillipines, MSG = Vetsin

In Thailand, MSG = phong churot

In the USA - "umami", MSG, glutamate, free glutamic acid

Foods to Avoid:

Bacon bits
Bread stuffing
Corn chips
Fried snack foods
Frozen pizza
Potato chips
Relishes
Seasonings

Baking mixtures
Canned meats
Croutons
Frozen breaded fish
Gelatin
Pot pies
Salad dressings
Soup (canned)

Bouillon cubes
Cheese dips
Dry roasted peanuts
Frozen dinners
Past sauces
Processed meats
Salt substitutes
Soy sauce

Superfoods to Consume:

Aloe vera
Spirulina
Fish
Quinoa
Watermelon

Berries
Carrots, Sweet Potato & Peas
Garlic
Seeds and Nuts
Wheatgrass and Barleygrass

Blue/green algae
Cruciferous Vegetables
Shiitake and reishi mushrooms
Soya

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