

MSG is Slowly Poisoning America

I wondered if there could be an actual chemical causing the massive obesity epidemic, so did a friend of mine, John Erb. He was a research assistant at the University of Waterloo, and spent years working for the government.

He made an amazing discovery while going through scientific journals for a book he was writing called *The Slow Poisoning of America*. In hundreds of studies around the world, scientists were creating obese mice and rats to use in diet or diabetes test studies.

No strain of rat or mice is naturally obese, so the scientists have to create them. They make these morbidly obese creatures by injecting them with a chemical when they are first born. The MSG triples the amount of insulin the pancreas creates, causing rats (and humans?) to become obese. They even have a title for the race of fat rodents they create: "MSG-Treated Rats" .

MSG?

I was shocked too. I went to my kitchen, checking the cupboards and the fridge.

MSG was in everything! The Campbell's soups, the Hostess Doritos, the Lays flavored potato chips, Top Ramen, Betty Crocker Hamburger Helper, Heinz canned gravy, Swanson frozen prepared meals, Kraft salad dressings, especially the 'healthy low fat' ones. The items that didn't have MSG had something called Hydrolyzed Vegetable Protein, which is just another name for Monosodium Glutamate. It was shocking to see just how many of the foods we feed our children everyday are filled with this stuff. They hide MSG under many different names in order to fool those who catch on.

But it didn't stop there. When our family went out to eat, we started asking at the restaurants what menu items had MSG. Many employees, even the managers, swore they didn't use MSG. But when we ask for the ingredient list, which they grudgingly provided, sure enough MSG and Hydrolyzed Vegetable Protein were everywhere. Burger King, McDonalds, Wendy's, Taco Bell, every restaurant, even the sit down ones like TGIF, Chilis', Applebees and Denny's use MSG in abundance. Kentucky Fried Chicken seemed to be the WORST offender: MSG was in every chicken dish, salad dressing and gravy. No wonder I loved to eat that coating on the skin, their secret spice was MSG!

So why is MSG in so many of the foods we eat? Is it a preservative or a vitamin?

Not according to my friend John. In the book he wrote, an expose of the food additive industry called *The Slow Poisoning of America*, (www.spofamerica.com), he said that MSG is added to food for the addictive effect it has on the human body.

Even the propaganda website sponsored by the food manufacturers lobby group supporting MSG at <http://www.msgfacts.com/facts/msgfact12.html> explains that the reason they add it to food is to make people eat more. A study of elderly people showed that people eat more of the foods that it is added to. The Glutamate Association lobby group says eating more benefits the elderly, but what does it do to the rest of us?

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'Betcha can't eat just one', takes on a whole new meaning where MSG is concerned!

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

Not only is MSG scientifically proven to cause obesity, it is an addictive substance: NICOTINE for FOOD!

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

The FDA has set no limits on how much of it can be added to food. They claim it's safe to eat in any amount.

How can they claim it is safe when there are hundreds of scientific studies with titles like these?

The monosodium glutamate (MSG) obese rat as a model for the study of exercise in obesity. Gobatto CA, Mello MA, Souza CT, Ribeiro IA. Res Commun Mol Pathol Pharmacol. 2002

Adrenalectomy abolishes the food-induced hypothalamic serotonin release in both normal and monosodium glutamate-obese rats. Guimaraes RB, Telles MM, Coelho VB, Mori RC, Nascimento CM, Ribeiro Brain Res Bull. 2002 Aug

Obesity induced by neonatal monosodium glutamate treatment in spontaneously hypertensive rats: an animal model of multiple risk factors. Iwase M, Yamamoto M, Iino K, Ichikawa K, Shinohara N, Yoshinari Fujishima Hypertens Res. 1998 Mar

Hypothalamic lesion induced by injection of monosodium glutamate in suckling period and subsequent development of obesity. Tanaka K, Shimada M, Nakao K, Kusunoki Exp Neurol. 1978 Oct

Yes, that last study was not a typo, it WAS written in 1978. Both the medical research community and food "manufacturers" have known MSG's side effects for decades!

Many more studies mentioned in John Erb's book link MSG to Diabetes,

Migraines and headaches, Autism, ADHD and even Alzheimer's.

But what can we do to stop the food manufactures from dumping fattening and addictive MSG into our food supply and causing the obesity epidemic we now see?

Even as you read this, George W. Bush and his corporate supporters are pushing a Bill through Congress. Called the "Personal Responsibility in Food Consumption Act" also known as the "Cheeseburger Bill", this sweeping law bans anyone from suing food manufacturers, sellers and distributors. Even if it comes out that they purposely added an addictive chemical to their foods. Read about it for yourself at: <http://www.yahoo.com>.http://story.news.yahoo.com/news?tmpl=story&u=/ap/20040311/ap_on_go_co/obesity_lawsuits_4

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The Bill has already been rushed through the House of Representatives, and is due for the same rubber stamp at Senate level. It is important that Bush and his corporate supporters get it through before the media lets everyone know about MSG, the intentional Nicotine for food.

Several months ago, John Erb took his book and his concerns to one of the highest government health officials in Canada. While sitting in the Government office, the official told him "Sure I know how bad MSG is, I wouldn't touch the stuff!" But this top level government official refused to tell the public what he knew.

The big media doesn't want to tell the public either, fearing legal issues with their advertisers. It seems that the fallout on the fast food industry may hurt their profit margin.

So what do we do?

The food producers and restaurants have been addicting us to their products for years, and now we are paying the price for it.

Our children should not be cursed with obesity caused by an addictive food additive.

But what can I do about it? I'm just one voice, what can I do to stop the poisoning of our children, while guys like Bush are insuring financial protection for the industry that is poisoning us.

I for one am doing something about it.

I am sending this email out to everyone I know in an attempt to show you the truth that the corporate owned politicians and media won't tell you.

The best way you can help save yourself and your children from this drug-induced epidemic, is to forward this email to everyone. With any luck, it will circle the globe before Bush can pass the Bill protecting those who poisoned us.

The food industry learned a lot from the tobacco industry. Imagine if big tobacco had a bill like this in place before someone blew the whistle on Nicotine?

Blow the whistle on MSG.

If you are one of the few who can still believe that MSG is good for us, and you don't believe what John Erb has to say, see for yourself. Go to the National Library of Medicine, at www.pubmed.com <http://www.pubmed.com> . Type in the words "MSG Obese", and read a few of the 115 medical studies that appear.

We do not want to be rats in one giant experiment, and we do not approve of food that makes us into a nation of obese, lethargic, addicted sheep, waiting for the slaughter.

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With your help we can put an end to this, and stop the Slow Poisoning of America. Let's save our children

<http://health.groups.yahoo.com/group/FluoridePoisoning/message/1908>

Hidden Sources Of MSG In Foods From the book 'Excitotoxins - The Taste That Kills' By Dr. Russell Blaylock, MD

What if someone were to tell you that a chemical (MSG) added to food could cause brain damage in your children, and that this chemical could affect how your children's nervous systems formed during development so that in later years they may have learning or emotional difficulties?

What if there was scientific evidence that these chemicals could permanently damage a critical part of the brain known to control hormones so that later in life your child might have endocrine problems? How would you feel?

Suppose evidence was presented to you strongly suggesting that the artificial sweetener in your diet soft drink may cause brain tumors to develop, and that the number of brain tumors reported since the introduction of this widespread introduction of this artificial sweetener has risen dramatically? Would that affect your decision to drink these products and especially to allow your children to drink them? What if you could be shown overwhelming evidence that one of the main ingredients in this sweetener (aspartate) could cause the same brain lesions as MSG? Would that affect your buying decisions?

And finally, what if it could be demonstrated that all of these types of chemicals, called excitotoxins, could possibly aggravate or even precipitate many of today's epidemic neurodegenerative brain diseases such as Parkinson's disease, Huntington's disease, ALS, and Alzheimer's disease? Would you be concerned if you knew that these excitotoxin food additives are a particular risk if you have diabetes, or have ever had a stroke, brain injury, brain tumor, seizure, or have suffered from hypertension, meningitis, or viral encephalitis?

Would you also be upset to learn that many of the brain lesions caused by these products in your children are irreversible and can result from a SINGLE exposure of these products in sufficient concentration?

How would you feel when you learn the food industry hides and disguises these excitotoxin additives (MSG and Aspartate) so they can't be recognized? Incredulous? Enraged? The fact is many foods are labeled as having "No MSG" but in fact not only contain MSG but also are laced with other excitotoxins of equal potency and danger.

All of the above are true. And all of these well known brain toxins are poured into our food and drink by the thousands of tons to boost sales. These additives have NO OTHER purpose other than to enhance to TASTE of food and the SWEETNESS of various diet products.

Hidden Sources Of MSG

As discussed previously, the glutamate (MSG) manufacturers and the processed food industries are always on a quest to disguise the MSG added to food. Below is a partial list of the most common names for disguised MSG. Remember also that the powerful excitotoxins, aspartate and L-cystine, are frequently added to foods and according to FDA rules require NO LABELING AT ALL.

* Food Additives that ALWAYS contain MSG *

Monosodium Glutamate
Hydrolyzed Vegetable Protein
Hydrolyzed Protein
Hydrolyzed Plant Protein
Plant Protein Extract
Sodium Caseinate
Calcium Caseinate
Yeast Extract
Textured Protein (Including TVP)
Autolyzed Yeast
Hydrolyzed Oat Flour
Corn Oil

* Food Additives That FREQUENTLY Contain MSG *

Malt Extract
Malt Flavoring
Bouillon
Broth
Stock
Flavoring
Natural Flavors/Flavoring
Natural Beef Or Chicken Flavoring
Seasoning
Spices

* Food Additives That MAY Contain MSG Or Excitotoxins *

Carrageenan
Enzymes
Soy Protein Concentrate
Soy Protein Isolate
Whey Protein Concentrate

Also: Protease Enzymes of various sources can release excitotoxin amino acids from food proteins.

Aspartame - An Intense Source Of Excitotoxins

Aspartame is a sweetener made from two amino acids, phenylalanine and the excitotoxin aspartate. It should be avoided at all costs. Aspartame complaints accounts for approximately 70% of ALL complaints to the FDA. It is implicated in everything from blindness to headaches to convulsions. Sold under dozens of brand names such as NutraSweet and Equal, aspartame breaks down within 20 minutes at room temperature into several primary toxic and dangerous ingredients:

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1. DKP (diketopiperazine) (When ingested, converts to a near duplicate of a powerful brain tumor causing agent)
2. Formic Acid (ant venom)
3. Formaldehyde (embalming fluid)
4. Methanol (causes blindness...extremely dangerous substance)

Common Examples:

Diet soft drinks, sugar free gums, sugar free Kool Aid, Crystal Light, childrens' medications, and thousands of other products claiming to be 'low calorie', 'diet', or 'sugar free'.

A Final Note...

Dr. Blaylock recounted a meeting with a senior executive in the food additive industry who told him point blank that these excitotoxins are going to be in our food no matter how many name changes are necessary...

MSG Being Sprayed On Crops msgfacts.net

The most prominent use of processed free glutamic acid (MSG) in fertilizer, fungicide, pesticide, and plant growth enhancer products is called Auxigro WP Plant Metabolic Primer (Auxigro). According to the label, Auxigro contains 29.2% "L-glutamic acid" as an active ingredient, 29.2% GABA as a second active ingredient, and 41.6% inert ingredients. In truth, however, Auxigro contains more than 29.2% processed free glutamic acid (MSG), because there is additional processed free glutamic acid (MSG) in the inert ingredients, and inert ingredients -- even if poisonous or carcinogenic -- don't have to be disclosed. We know from government documents that hydrolyzed casein (milk) protein & additional processed free glutamic acid (MSG) will be found among Auxigro's inert ingredients. Based on discussions of Auxigro's ingredients found elsewhere, we think that processed free glutamic acid (MSG) makes up a little over 17 percent of Auxigro's inert ingredients.

Auxigro is manufactured by Emerald BioAgriculture (formerly known as Auxein Corporation) of Lansing, Michigan. On their Emerald BioAgriculture Web site Auxein/Emerald BioAgriculture tells us that:

"Auxigro, the first GABA technology-based product, was test marketed in 1998 and has been in commercial use since 1999. Use of Auxigro at the proper timing results in enhanced flowering, increased fruit size, greater yields (typically 10-30%), improved quality characteristics (e.g., increased sugar content) and disease suppression. Auxigro is the first EPA registered commercial, naturally occurring product to consistently offer this broad array of benefits on a wide variety of crops. Auxigro's high level of biological activity allows for low rates of application (generally 4 ounces per acre) and ease of application for the grower using standard practices. Auxigro is stable, with on-going studies now demonstrating a shelf-life in excess of two years under normal storage conditions. The product is compatible with pesticides, fertilizers, and other agricultural materials and is commonly tank-mixed with such materials for convenience of application by the end user. Auxigro provides a high rate of return, at least 3:1, to the user." (Quote taken August 20, 2002)

Note that while Auxein/Emerald BioAgriculture seems to be proud of its product, Auxein/Emerald BioAgriculture also appears to be concerned that if people knew that there was processed free glutamic acid (MSG) in Auxigro, they wouldn't want to use it. Emerald

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BioAgriculture doesn't say that in so many words; but we know that there is more processed free glutamic acid (MSG) than GABA in AuxiGro -- yet nowhere on the Emerald BioAgriculture Web site is there mention of glutamic acid, L-glutamic acid, or processed free glutamic acid (MSG).

Note, also, that Auxein/Emerald BioAgriculture calls AuxiGro a "naturally occurring product." Industry places great value on being able to call something "natural" or "naturally occurring," and has convinced large segments of the population that "naturally occurring" means "safe" or "good." We won't argue the fact that by industry definition, the processed free glutamic acid (MSG) and GABA in AuxiGro are "naturally occurring." We must point out, however, that by industry definition, salmonella, e-coli, West Nile virus, and arsenic are "naturally occurring," too.

There's a second AuxiGro Web page that contains additional information -- or, from our point of view, that contains additional misrepresentation. It's the original Web site of Auxein Corporation -- from before Auxein and Mycotech merged to create Emerald BioAgriculture; and it appears not to have been updated since the year 2000. It reads, in part:

AuxiGro® Plant Metabolic Primer "AuxiGro Plant Metabolic Primer contains 29.2% by weight, pharmaceutical grade, L-glutamic acid. The L-glutamic acid used in AuxiGro is chemically and biologically identical to that found in plants and animals."

The essence of the campaign of half-truths and misrepresentations used to convince the public that use of processed free glutamic acid (MSG) and AuxiGro are "safe" is found in these last two statements. The statements are used for propaganda purposed by both Auxein/Emerald BioAgriculture, manufacturer of AuxiGro, and Ajinomoto, Co., Inc., the worlds largest producer of the food ingredient "monosodium glutamate" -- which contains processed free glutamic acid (MSG) that is very likely identical to the processed free glutamic acid (MSG) used in AuxiGro. The deception relies on the very high probability that the reader will come away believing that the glutamic acid "used in AuxiGro is... identical to that found in plants and animals." But that isn't true. The glutamic acid found in plants and animals is L-glutamic acid, only. Nothing more. Nothing less. In contrast, the glutamic acid "used in AuxiGro" is a manufactured product that contains D-glutamic acid, pyroglutamic acid, and other contaminants in addition to L-glutamic acid. It may be true that the L-glutamic acid used in AuxiGro and the L-glutamic acid found in plants and animals are biochemically and biologically identical; but the glutamic acid used in AuxiGro -- which is called L-glutamic acid -- is not biochemically and biologically identical to the L-glutamic acid found in plants and animals because the glutamic acid used in AuxiGro contains more than L-glutamic acid. It contains contaminants.

The Auxein Web page continues, telling us that:

"L-glutamic acid, also called glutamate, is a naturally occurring amino acid found in all living organisms. All plants contain large amounts of glutamate. Foods, such as milk, cheese, meat, tomatoes, potatoes, peas and mushrooms, all contain glutamate (see Table 1). The average American consumes about 11 grams of glutamate a day...."

"Table 1" is made up of a list of food items reprinted from a chapter in a book published in 1979. Next to each food item, the reader will find the amount of L-glutamic acid said to be found in free form in those foods. The figures given in "Table 1" came from a variety of studies, some of which were done long before 1979.

In interpreting "Table 1," Auxein tells us that:

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"The amount of [glutamic acid] applied to crops as AuxiGro is extremely small compared to the amount of free glutamate already there."

Why is this discussion of "Table 1" deceptive and misleading?

First, we could, if we chose to, argue that the amount of the glutamic acid applied to crops as AuxiGro is not extremely small. We could point out that:

1. Amounts of free glutamic acid are given in milligrams (mg) per 100 grams (g). The amounts of free glutamic acid given are extremely small.
2. The data given in "Table 1" come from a chapter in a book published in 1979. The data were not original at that time, but came from a variety of sources. Moreover, those data had been collected years before, when methods used for analyzing amounts of free glutamic acid were less precise than they are today, and amounts of free glutamic acid would have been overstated.
3. Auxein/Emerald BioAgriculture provides no information on the relationship between amount of AuxiGro applied to crops, the amounts of processed free glutamic acid (MSG) left on the surface of crops and absorbed into the crops, and the amounts of additional glutamic acid generated in those crops following application.
4. Auxein/Emerald BioAgriculture does not tell us how much processed free glutamic acid (MSG) will be found in and on crops when brought to market.

We could make those arguments, but, the relative amount of glutamic acid used in AuxiGro is relatively unimportant. The important factor is the kind of glutamic acid used in AuxiGro.

Any free glutamic acid found in crops that have not been treated with processed free glutamic acid (MSG) will be L-glutamic acid, only. L-glutamic acid does not cause adverse reactions in MSG-sensitive people.

Any free glutamic acid applied to crops in AuxiGro will be processed free glutamic acid (MSG). In addition to L-glutamic acid, the glutamic acid in AuxiGro will contain contaminants. Processed free glutamic acid (MSG) causes adverse reactions in MSG-sensitive people.

Auxein/Emerald BioAgriculture can not demonstrate that the amount of processed free glutamic acid (MSG) used in AuxiGro will not cause adverse reactions in MSG-sensitive people. On the other hand, we personally know a number of MSG-sensitive people who reacted to potatoes, head lettuce, and broccoli treated with AuxiGro before any of us knew that AuxiGro existed.

Thus, the lie to "Table 1," if you will, is that the glutamic acid in most of the foods listed in "Table 1" is L-glutamic acid, only. (The exception is the cheese, which is a manufactured product.) L-glutamic acid does not cause adverse reactions in MSG-sensitive people. The glutamic acid applied to crops as AuxiGro is a manufactured product that contains D-glutamic acid, pyroglutamic acid, and other contaminants in addition to L-glutamic acid. The glutamic acid applied to crops as AuxiGro is the same glutamic acid found in the food ingredient called "monosodium glutamate." It causes adverse reactions in MSG-sensitive people.

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There is one more deceptive and misleading statement on the Auxein Web page that we would like to expose. That statement reads:

"To the human body, glutamate from any source is the same."

Here, in typical industry fashion, the word "source" is not defined.

To the human body, L-glutamic acid coming from unprocessed, unfermented, unadulterated corn protein is identical to L-glutamic acid coming from unprocessed, unfermented, unadulterated milk protein or unprocessed, unfermented, unadulterated fish protein, for example. The food (sources) from which the processed free glutamic acid (MSG) comes doesn't seem to matter. However, truly natural glutamic acid (the glutamic acid found in plants and animals -- which is L-glutamic acid, only) is not the same as manufactured glutamic acid (which contains D-glutamic acid, pyroglutamic acid, and contaminants in addition to its L-glutamic acid.) The way in which the processed free glutamic acid (MSG) has been manufactured determines what contaminants will accompany the L-glutamic acid.

We mentioned previously that there is no mention of glutamic acid, L-glutamic acid, or processed free glutamic acid (MSG) on the Emerald BioAgriculture Web page. It is interesting to note the while Federal Register notices included the fact that there is processed free glutamic acid (MSG) in Auxigro, the sales literature on the Auxein Web page did not mention the fact that Auxigro contains free glutamic acid until the Truth in Labeling Campaign began to broadcast that information. In November, 1999, Auxein added deceptive, misleading, and untrue statements in an elaboration of the Product Page on its Web site, wherein they essentially make the untrue assertion that the glutamic acid used in Auxigro is chemically and biologically identical to that found in plants and animals.

Finally, in testimony to its safety, a copy of the Auxigro label from the Auxein 2000 Web page included the following:

"PRECAUTIONARY STATEMENTS HAZARDS TO HUMAN AND DOMESTIC ANIMALS - CAUTION"

Auxigro, the first plant "growth enhancer" to hit the market, has been approved for spraying on every crop we know of. Even before consumers had an inkling that crops were being sprayed, the Truth in Labeling Campaign received reports that MSG-sensitive consumers had gotten sick from russet potatoes, head lettuce, and broccoli -- produce that had been approved for spraying with Auxigro.

<http://www.msgfacts.net/Auxigro.htm>