



The Truth About MSG

Ok for years now we have been hearing that MSG (monosodium glutamate) is not good for us, but you would be surprised just HOW bad it is, and the multiple sources it can be found in within many of the foods we eat.

People's reactions to MSG will vary depending on their sensitivity to it (or the food in which it is added) from mild/ no obvious physical symptoms to strong acute symptoms.

Common reactions include:

- Headaches ~ migraines
- Stomach upset ~ diarrhea ~ nausea & vomiting ~ IBS
- Asthma attacks ~ shortness of breath
- Anxiety or panic attacks
- Heart palpitations ~ heart attack-like symptoms
- Partial paralysis
- Balance difficulties
- Mental confusion ~ mood swings
- Neurological disorders (Parkinson's, MS, ALS, Alzheimer's)
- Behavioral disorders (especially in children and teens)
- Allergy-type symptoms: skin rashes, runny nose, bags under the eyes, flushing, mouth lesions, depression & more

MSG's use by the food industry is ever-expanding, causing great concern in the medical profession because it over-stimulates brain cell activity. It is neither a necessary additive, nor a harmless flavor enhancer like common table salt. MSG actually tricks your brain into thinking the food you are eating tastes good. Manufacturers can therefore use inferior ingredients to make a mediocre product seem tastier. Higher profits and low-quality products of little nutritional value prevail at the expense of consumer health.

MSG intolerance is not an allergic reaction, but a powerful drug reaction. Even in those people who do not suffer acute, immediate reactions to the substance, prolonged or acute exposure will destroy brain cells in anyone.

Many foods, such as soybeans & tomatoes, contain naturally high levels of free glutamate, which may cause MSG reactions in highly sensitive individuals. MSG is processed from the sodium salt of glutamic acid, a highly refined substance, (which actually looks a lot like table salt) & is added in huge quantities to most processed foods at manufacturing facilities. Restaurants also frequently add MSG to their menu items. Many that advertise "No MSG added" may not add MSG to the food once it is prepared, but MSG may actually be present in the individual ingredients used.

MSG is a drug and a neurotransmitter. Glutamate is a highly regulated chemical of the nervous system, and a proper balance is necessary for healthy brain and organ function. Over-stimulation of glutamate receptors can lead to numerous health problems, many of which mimic other disorders, such as fibromyalgia or heart arrhythmia, but can go undiagnosed all the while creating a life of misery and disability for the unfortunate sufferer.

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How to Find MSG in Foods

While MSG in its pure form must be labeled, food manufacturers, aware that consumers are savvy to the term, are now adding high amounts to foods under difficult-to-identify names—with the Food and Drug Administration's approval. When added to another ingredient, the FDA does not require that MSG be listed as such on a label.

Food labels are arranged in descending order of ingredient concentrations. The earlier an ingredient below appears on a label, the higher the likelihood that the food contains MSG.

Definite Sources of MSG: ~ autolyzed yeast ~ calcium caseinate ~ gelatin ~ hydrolyzed protein ~ yeast extract ~ sodium caseinate

Possible Sources of MSG: ~ textured protein ~ carrageenan ~ vegetable gum ~ seasonings ~ spices ~ flavorings (natural flavoring, chicken/beef/pork/smoke flavoring) ~ broth/stock, bouillon ~ barley malt, malt extract, malt flavoring ~ whey protein, whey protein isolate/concentrate ~ soy protein, soy protein isolate/concentrate, soy sauce, soy extract

Other Unsuspecting Sources of MSG

- Vaccines
- flu shots
- IV solutions (as malodextrin)
- Vitamin & mineral supplements ~ MSG is always found in gelatin-encapsulated supplements