

Overweight & Angry from MSG

by Deidre Madsen

The MSGing of America's Babies, Pets and YOU!

Does your weight get you down? Are you chronically ill? Angry? After only seven months upon relocating to Sedona, AZ, I went into [anaphylactic shock](#) and was nearly raced to the local emergency room hospital. I had been in this state of distress for six hours by mid-afternoon in a critical state. Fortunately, I was clear-minded enough to follow my instincts (intuition) and chose to be taken directly to [Rinzai's Market](#) health food store in town. (Rinzai is a compassionate healer; his charming market, excellent reputation, and the gentleness of his staff are what continue to draw people to him worldwide. Forever grateful. Blessings, Rinzai!)



Quickly, Rinzai assessed my symptoms and administered Bach Flower Rescue Remedy and Natural Calm's Magnesium supplement. During the half hour it took to get my body's constricted muscles under control, Rinzai remained calm and supportive. I owe a lot to him to this day and look back at that moment as one of the most frightening of my life

What Happened to Me?

Unaware, I had been ingesting, over time, large quantities of MSG (monosodium glutamate) which cumulatively built up in the system. And no, I wasn't on a Chinese food binge; I was eating regular food from the grocery store.

Since my experience, I have been scouring the web, talking and sharing with people my personal experience, and have since come up with a lot of info. I discovered

MSG is now added to virtually everything ... even baby food and pet food!

This article spells out the plight of the American people. I came across these articles a few months ago and am so happy they contain what I wanted to share with you. Good ol'e Jeff Rense ... his website is always an attractant for people who are true "system busters." Kudos, Jeff! And, kudos to the authors of these articles. Thanks you SO MUCH because now I can share this great article on 'tween with great confidence and joy.

[Download Truth In Labeling's PDF brochure](#) - Print and take along when you shop ... and read labels!

What Are Your Alternatives?

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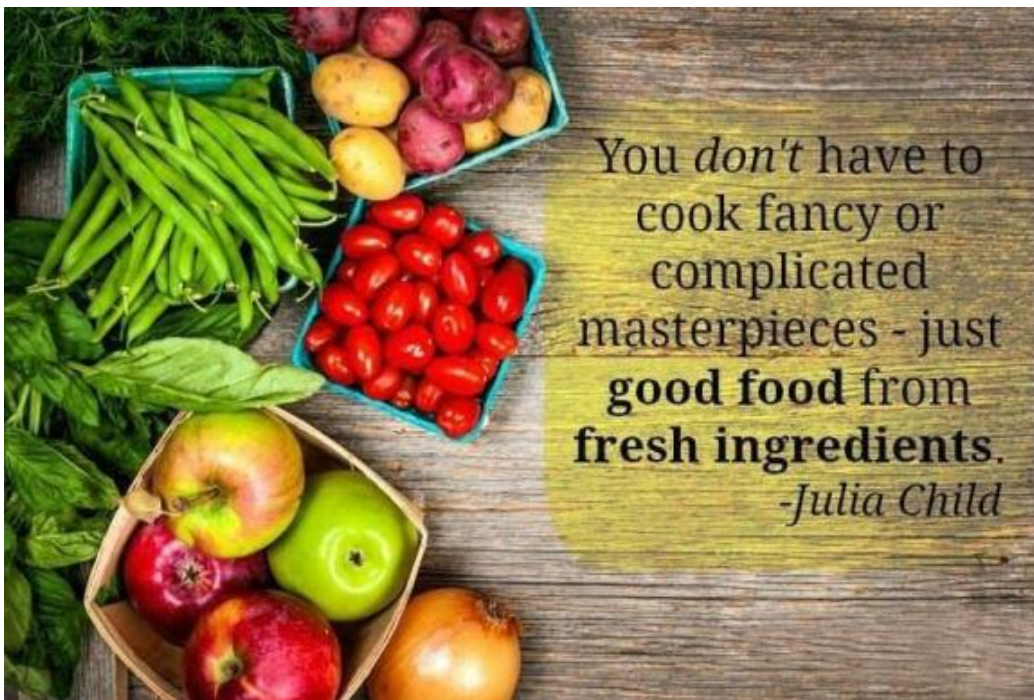
Once you've digested these articles, now what?! Well, for example now I eat organically and locally where I can. Still, its important to utilize caution as even at the organic grocer's there is hidden MSG. Beware to all consumers. The best solution? Whole, organically grown foods, not processed, and **especially not Frankenfoods!** Try to get off the Food Grid as much as possible. Seek out the local organic chicken/egg farmers and visit them with your saved egg crates and trade them in for fresh organic free range eggs. (It takes determination and commitment, like the folks in Mendocino County who voted and WON to keep their County GMO-free in 2004. Way to go Mendocino!)

When in Denmark, I discovered that everyone had a garden in their yard. Even growing a small porch container garden is better than nothing. many places around the world promote home gardens, even potted ones. In the Pacific Northwest of the USA, home gardens are plentiful.

Get reacquainted with Mother Earth's medium ... her soul ... er, I mean her soil.

The following articles are more of the links I found along the way to better health that you may find useful.

MSG - Slowly Poisoning America



*You don't have to
cook fancy or
complicated
masterpieces - just
good food from
fresh ingredients.*
-Julia Child

Author Unknown
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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.

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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.spofofamerica.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?

'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 everyday.

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?

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- 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" aka 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.

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-top: opx.

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 [or disease] 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?

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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 <https://www.ncbi.nlm.nih.gov/books?term=MSG+Obese&cmd=DetailsSearch> for the search: "**MSG Obese**", and read a few of the 68+ 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.

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

Hidden Sources Of MSG In Foods, from the book 'Excitotoxins - The Taste That Kills'

by Dr. Russell Blaylock, MD

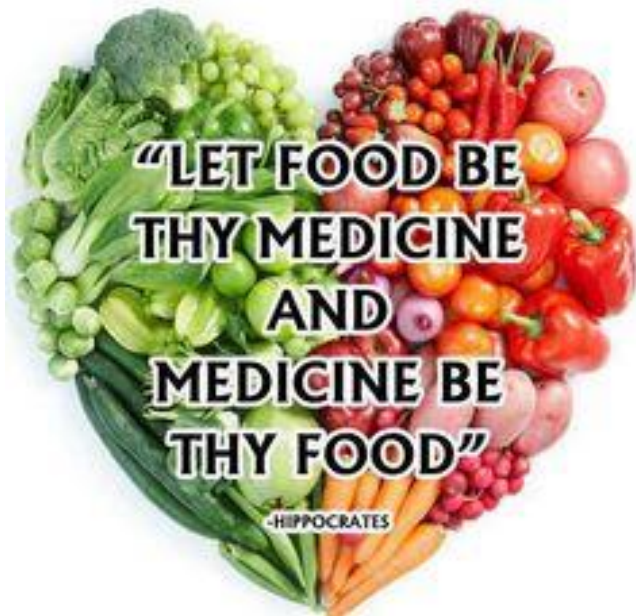
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What if someone were to tell you that a chemical (MSG) added to food could cause brain damage in your children, and that this chemical could effect how your children's nervous systems formed during development so that in later years they may have learning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



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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. Get the list ...read on.

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.**

MSG List to Print and Save ✂

Print out and save this invaluable list. Take it to the grocery store and begin to really read labels, even in the health food store. You will be surprised at how much MSG is hidden away in your favorite foods. No wonder they taste so good. Even if the label says "No MSG added" it will most likely be hidden in another ingredient.

Food Additives that ALWAYS contain MSG	Food Additives That FREQUENTLY Contain MSG	Food Additives That MAY Contain MSG Or Excitotoxins
Monosodium Glutamate		
Hydrolyzed Vegetable Protein	Malt Extract	Carrageenan
Hydrolyzed Protein	Malt Flavoring	Enzymes
Hydrolyzed Plant Protein	Bouillon	Soy Protein Concentrate
Plant Protein Extract	Broth	Soy Protein Isolate
Sodium Caseinate	Stock	Whey Protein Concentrate
Calcium Caseinate	Flavoring	Also: Protease Enzymes of various sources can release excitotoxin amino acids from food proteins.
Yeast Extract	Natural Flavors/Flavoring	
Textured Protein (Including TVP)	Natural Beef Or Chicken Flavoring	
Autolyzed Yeast (Extract)	Seasoning	
Hydrolyzed Oat Flour	Spices	
Corn Oil		

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Aspartame - An Intense Source Of Excitotoxins



Choose *healthy* fresh fruit waters over Aspartame sweetened drinks

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:

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..

[Source](#)

MSG Links & Urgent Update

If MSG Isn't Harmful Why Is It Hidden? truthinlabeling.org

List of Hidden Sources of MSG <http://www.truthinlabeling.org/hiddensources.html>

Truth in Labeling's PDF Brochure [Download PDF](#)

Extensive MSG Links HolisticMed.com/msg

Excellent website resource NoMSG.org (unfortunately site now closed)

Battling the "MSG Myth" MSGmyth.com

MSG Hidden Sources NatuDoc.com/library/nutrition/MSG.htm

Following is a message from the MSG Myth site I've been sharing for two decades..... Please read this very important timely update AND SIGN THE PETITION!

Fellow activist, Adrienne Samuels, is asking for our help. Many of us suffer (and some unknowingly) from the effects of MSG (monosodium glutamate) toxicity. Below are some of neurological and physical

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effects of this harmful food additive, so prevalent and often hidden in most processed foods. If you do not react to MSG, more than likely you know some person or child who does. Please take a moment to comment on their behalf. Remember, you can make a positive difference for yourself and millions of others. Please read Adrienne's story. My own MSG story is on this site. Please, this issue should not be ignored or minimized any longer.

Adrienne Samuels writes:

"On January 4, 2021, I submitted a Citizen Petition requesting that the FDA strip monosodium glutamate (MSG) of its GRAS (generally recognized as safe) status. On January 12, the FDA published that submission, asking for comments.

The goal in petitioning the FDA is to have the truth be told about the toxic effects of MSG, to expose this toxic food additive for what it is by shining a spotlight on a campaign of deception being systematically delivered to the American public, and to reduce the cost of health care emanating from misdiagnosis.

I don't need to tell you that MSG is toxic. The medical literature clearly demonstrates that the L-glutamic acid in MSG is a neurotoxic – brain damaging – amino acid playing a role in human obesity and infertility as well as glutamate-related conditions such as kidney and liver abnormalities, headaches, asthma, diabetes, muscle pain, atrial fibrillation, ischemia, trauma, seizures, stroke, Alzheimer's disease, amyotrophic lateral sclerosis (ALS), Huntington's disease, Parkinson's disease, depression, multiple sclerosis, schizophrenia, obsessive-compulsive disorder (OCD), epilepsy, addiction, attention-deficit/hyperactivity disorder (ADHD), frontotemporal dementia, and autism.

For Jack, MSG first triggered anaphylactic shock and went on to cause unrelenting episodes of a-fib along with a host of other reactions. On November 15, 2011, he suffered a massive heart attack. Jack died two months later from heart damage exacerbated by complications caused by MSG and its excitotoxic manufactured free glutamic acid component (MfG) -- MfG in the electrode tabs applied to his skin, MfG in the dextrose solution used to deliver the drugs that would crystallize in a non-MfG Ringer's solution, and MfG in the starch and cornstarch components of medications given to him when IVs were withdrawn.

I write to both share what I have done, and to ask for your help in getting toxic MSG exposed. Anything you do to flood the FDA with comments from people who have had experience with MSG and to get Facebook, Twitter, Instagram, Pinterest, and LinkedIn friends to do the same would be a giant step in the right direction. Sharing information with physicians and healthcare professionals would be another. Providing information to investigative reporters, newspapers, and TV outlets not controlled by Big Food or Big Pharma would be another step in the right direction. No newspaper, TV station, or school or company newsletter is too small.

And don't overlook contacting your elected officials. The Congress has oversight over the FDA.

Resources:

1. To read and comment on the Citizen Petition go to www.Regulations.gov, and put in this docket number FDA-2021-P-0035. There you'll see a link to the petition and a button that says "comment now." The petition is also posted at the [Truth in Labeling Campaign](#).
2. [Statement of Grounds excerpted from the petition](#) (facts underlying the request)

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3. [Press release](#) from January, 2021
4. Details pertaining to the [toxic effects of MSG](#) and <https://www.truthinlabeling.org/data.html>
5. Reviews of industry's MSG-safety studies demonstrating that those studies have been rigged to produce negative results (<https://www.truthinlabeling.org/assets/manuscript2.pdf> and <https://www.truthinlabeling.org/flawed.html>). These studies lay the foundation for industry's claim that the toxicity of MSG has never been demonstrated.
6. [FDA/industry liaison](#) Their close cooperation can be traced back to September 1969, when then FDA Commissioner Ley testified before the Senate Select Committee on Nutrition and Health, presenting evidence from four studies that, he alleged, demonstrated MSG was safe. It was later disclosed that two of those studies were incomplete, and two didn't even exist.
7. [Suppression of information](#) Major media have been in the pocket of the glutamate industry since 60 Minutes did a hugely popular program on MSG in 1990. It was reputed to be the most popular 60 Minutes program of the year, but Don Hewitt refused to air it again. You can catch it on YouTube if you have interest. Someone must put it up again each time it is taken down."

Adrienne Samuels

January 2021

Protect Your Beloved Pet from MSG in Pet Food



Commercial pet food and processed meat treats are deadly for your pets (including birds and fish). Commercial pet food and stock feed contains a cocktail of dead domestic animals and deadly environmental toxins. MSG and sodium nitrate in processed meat treats affects your pets' health. Don't feed your pets processed foods and treats. If they have to have a bone to chew go for natural tendons and simple treats that have no added chemicals or preservatives. We want to be health-conscious, yet we feed our precious pets these bags of harmful snack treats. There are many healthy

alternatives for your pets. Read the labels and take care of your pet's health.



Important Links

[FDA Pet Food Recall](#)

[Toxic Pet Food Ingredients](#)

[Pet Food: The Good, The Bad and The Healthy](#)

[Processed Meats Declared Too Dangerous for Human \(or Pet\) Consumption](#)

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Blessed Be In Service and Love and True Light,

Deidre Madsen



Deidre Madsen
Imagery Consultant
Award-Winning Author and Writer
Lecturer and Speaker
Life Coach

As a tenured Imagery Consultant, Deidre works body, mind and spirit [whole-brained holistic sessions](#) with clients worldwide and assists in opening to your spirit-supra-consciousness and succor
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♥ “A successful marriage requires falling in love many times, always with the same person.”

– Mignon McLaughlin