

MSG

Monosodium glutamate is a food additive, which causes many reported reactions including but not limited to:

Headaches, muscle pain, joint stiffness, difficulty breathing, nausea, vomiting, irregular heartbeat, and depression. Each person has their own level of tolerance before reactions occur, but no level of MSG is harmless.

Pain is caused by an inflammatory response from physical, chemical, or emotional stressors. Inflammation is a chain reaction of chemical events, producing chemical substances that cause pain and irritation of the nervous system, joints, muscles, digestive tract, mucous membranes, sinuses and virtually any tissue that eventually sets off adrenal overload.

Once your spine is corrected your body will begin to heal the physical stressors and let your body more readily deal with and heal the emotional and chemical. But, on occasion, the body will still be overwhelmed from excessive chemical overload from toxins and allergens. In our society today we get bombarded with chemicals from our water, air, environment and especially our foods.

MSG is a controversial chemical flavor enhancer used and heavily debated since 1948. Many people (doctors included) doubt that MSG can have any ill effects on health, our scientific and clinical findings prove otherwise. It's cheap, easy to produce, and often very addictive; all which make a great saleable product.

Monosodium glutamate consists of sodium and glutamate. Glutamate is the salt of glutamic acid, and amino acid. MSG is produced by a process of hydrolyzing vegetable proteins. This process involves boiling vegetables in sulfuric acid, then neutralizing them with caustic soda, producing a brown sludge, MSG was originally derived from seaweed, but is now made from soy and other vegetables.

Glutamate acts as an excitatory neurotransmitter. After only 90 seconds of contact it causes swelling of NERVES. Glutamate also affects blood vessels in the brain, causing them to vasodilate. MSG is a major factor in many disorders, especially those involving pain.

Reference text:

“ In Bad Taste, The MSG Syndrome ” by George Schwartz, M.D.

Where is it found?

Most people know that MSG is almost always found in Chinese food but what they don't know is that it is in many foods they eat on a daily basis. MSG is hidden by many food company's by listing it as other names or even as “Natural Flavoring” .

Always contain MSG:

Glutamate	Monosodium glutamate	Hydrolyzed protein
Calcium caseinate	Glutamic acid	Textured protein
Yeast extract	Yeast food	Autolyzed yeast
Yeast nutrient	Gelatin	

Often contain MSG:

Malt extract	Malt flavoring	Barley malt
Bouillon	Stock	Broth
Carrageenin	Maltodextrin	Whey protein
Whey protein concentrate	Whey protein isolate	Pectin
Anything protein fortified	Flavor and flavoring	Natural flavor and flavoring
Natural pork flavor	Natural beef flavor	Natural chicken flavor
The word seasonings	Soy sauce	Soy sauce extract
Soy protein concentrate	Soy protein isolate	Soy protein
Smoke flavoring	Medications	Shampoos
Soaps	Cosmetics	

Remember MSG is a toxin that affects ALL people! Toxins are dose dependent. A small amount may effect you a little, more will make you sick, and create severe repercussions.