



Beverly Seng, MA, JD, NTP CHFS
Nutritional Therapy Practitioner
Certified Healing Foods Specialist
Website: its-alimentary.com

Resources on the Excitotoxins: MSG and Aspartame

A. MSG Resources:

Truthinlabeling.org Includes lists of **MSG**-containing food ingredients as well as articles on the association between MSG and conditions such as obesity, migraines, cancer, and retinal degeneration. This website is maintained privately by Jack and Adrienne Samuels, PhD. Links to videos appear on the bottom of the home page.

Msgtruth.org covers both MSG and aspartame, and offers many scientific updates.

<http://www.youtube.com/watch?v=g-pnzj0c06Q> This is a 9 ½ minute video by Vincent Bellonzi D.C. describing the effects on the brain of MSG and aspartame (NutraSweet, Equal).

A good printed interview with Dr. Russell Blaylock (retired neurosurgeon) that focuses on MSG and aspartame can be found at <http://www.naturalnews.com/020550.html>

Russell Blaylock, MD, *Excitotoxins : the Taste that Kills, 1995*, is a classic book that describes the dangers of MSG and aspartame. Blaylock is a neurosurgeon who became interested in brain-toxic chemicals after losing his father to Parkinson's disease. The book also covers the history of the research and the links between excitotoxins and diseases such as Parkinson's and Alzheimer's.
<http://www.amazon.com/Excitotoxins-Taste-Russell-L-Blaylock/dp/0929173252>

(Wikipedia cautions that Dr. Blaylock's view that aspartame and glutamate are excitotoxins runs counter to "scientific consensus" on these chemicals. You can read the book and its footnotes and make up your own mind about whether he's a quack.)

Russell Blaylock, MD. *Health Secrets that Can Save Your Life, 2005.*

This book contains one chapter of updated scientific information on glutamates and aspartate. Other chapters offer other vital nutritional information for all ages, including topics such as fluoride, vaccinations, heavy metal toxicity, cancer, and heart disease.

http://www.amazon.com/Health-Nutrition-Secrets-Russell-Blaylock/dp/0929173481/ref=sr_1_1?ie=UTF8&s=books&qid=1299270892&sr=1-1

Dr. Blaylock also has a great 48-minute lecture on nutrition (focusing on the dangers of sugars) with Spanish subtitles on

<http://video.google.com/videoplay?docid=2963728494205235281#docid=660369308462355850>

Dr. Blaylock also has a newsletter, the Blaylock report, which I recommend. You can purchase selected issues for \$4 apiece. <http://www.blaylockreport.com/>

Here's a link to a 1992 "60 Minutes" segment on MSG:

<http://video.google.com/videoplay?docid=599381265368100582&ei=F7n3SPyNApnWqAPo9a0E&q=msg+%2260+minutes%22#>

B. Aspartame Information:

<http://www.aspartamesafety.com/>

Pilots may be interested in the pilot hotline at this site as well as reprints from aviation magazines warning against use of aspartame. A lecture about aspartame is available in pdf format on this site at this link:

<http://www.aspartamesafety.com/Transcript3.htm>

321recipes.com/aspartame.html

<http://www.youtube.com/watch?v=lqIFDoOwSFM> (**6-minute talk on aspartame by Dr. Russell Blaylock**, which includes history of the questionable science leading to aspartame's approval by FDA)

See also: <http://www.holisticmed.com/aspartame/aspfaq.html>

Abstracts from scientific papers on aspartame appear at

<http://www.feingold.org/Research/aspartame.html>

A brief article on the science, plus a 10-minute Fox News video on the politics of aspartame's approval by FDA is at

http://www.foodmatters.tv/_webapp/Aspartame_-_Is_the_sweet_taste_worth_the_harm

(If you want a contrary viewpoint on aspartame, Wikipedia offers the view that aspartame is harmless and that the resources I offer here are part of an anti-aspartame internet scam.)

C. Sucralose information:

<http://www.holisticmed.com/splenda/research-adverse.html>

<http://www.feingold.org/Research/splenda.html>

(Sucralose is not an excitotoxin. I include it here because readers may be curious about whether it is safe.)