

Blowing the Whistle on MSG

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MSG (Monosodium Glutamate), a food additive found in the majority of processed foods **has been proven to be a major contributor to the massive epidemic of obesity in America.** It is also addictive. Yes, the companies that “install” this substance in the food they produce want you to eat more... much more.

What is MSG?

MSG (also known as hydrolyzed vegetable protein) is found in nearly every processed food and “fast” food. So what is MSG exactly? **Is it a vitamin? Is it a preservative? No, it is an addictive substance.** In his book, “The Slow Poisoning of America,” author John Erb tells us that MSG is added specifically for the addictive effect it has on the human body. Food manufacturers add this substance to food to make people eat more, especially to eat more of their particular product. Erb also informs us that MSG use has been linked to diabetes, migraines and headaches, autism, ADHD and Alzheimer’s disease.

Glutamate is one of the most significant neurotransmitters. Once glutamates are in the bloodstream they are so powerful that they have a stimulating effect on almost every major organ in the body; the resulting hyperactivity has a degenerative effect on those organs and the even the cells within them... just like any addictive substance.

MSG and Obesity?

Every day there are hundreds of studies that pertain to diet, obesity, and diabetes performed around the world. Rats and mice are not naturally obese so in order to perform their experiments they have to create them. How do they do that? By injecting them with MSG when they are first born. The MSG triples the amount of insulin the pancreas produces causing the rats to become obese. They call their furry creations MSG-Treated Rats. Could MSG be a contributing factor to the obesity in America, especially American children?

The FDA sets no limits on the use of MSG in foods. **You must be your own watchdog.** Check the following list of products containing MSG and hydrolyzed vegetable protein. Look for them in your cupboards...and then throw them out and buy unprocessed foods for healthier living!

Companies That Use MSG

This is by no means an exhaustive list, so please do your own research in regards to the foods you eat.

Restaurants who freely use MSG:

- McDonalds
- Taco Bell
- Burger King
- Wendy's
- TGIF
- Chilis
- Applebees
- Kentucky Fried chicken

Products containing MSG

- Campbell's Soups
- Hostess Doritos
- Top Ramen
- Betty Crocker Hamburger Helper
- Heinz Canned Gravy
- Lays Flavored potato chips
- Swanson frozen prepared meals
- Kraft salad dressings (especially the healthy 'low fat' ones)

Other brand names for MSG:

- Accent
- Aginomoto
- Natural Meat Tenderizer