



MSG =

POISON

DON'T EAT MSG!

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Since many of the people who come to me for EFT sessions have strange pains and maladies they think are part of either being sick or some thought pattern they haven't resolved yet, I want to tell you about something that may ease your mind if you are facing a similar problem.

I'm thinking that many chronic dis-eases have this as a large component, but then I'm not a researcher, so I'd be guessing. I invite you to read this and see if it fits for you.

Every once in a while, I find myself feeling like a thick brick. My thoughts will be fuzzy—if I have thoughts at all—I'll have a headache that won't quit, and my body will feel achey and dull.

The worst part about it is the time it takes to get my mind back—almost 24 hours, and at the worst, it's taken up to 3 days. Three full days of blurry thinking, feeling not all here, not getting a thing done, feeling like lying around like a blob. What a waste.

If I have somehow eaten a lot of it, I feel nauseous and dizzy, my bones feel like they are utterly shattered—even like they are buzzing in a very weird way—and my nervous system just refuses to work right: the littlest odd noise will make me jump a mile, and any kind of speech or music literally hurts my head.

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I have come to realize that it isn't because there is something wrong with me, like I used to think, nor is it unresolved past emotions or patterns.

Surprise surprise, almost 100% of the time, it's that I have eaten something with MSG in it.

Normally, I'm really careful not to eat food with MSG in it. But every now and then something will sneak in and I'll find myself with those symptoms.

It's almost impossible to go out and eat anymore—even if a restaurant claims no MSG, they still (especially Chinese food) use sauces and gravies they buy by the five gallon can that have it in them.

I have read that MSG, which is a substance called an excitatory neurotransmitter (nicknamed excitotoxin), has been used extensively by rat researchers to make rats addicted to foods, especially sugary foods.

Rats they gave MSG to got really fat and died early. Their comparison rats, fed no MSG, stayed slim and lived longer. Nice. So if you find yourself unable to give up a certain kind of food, you might want to look at the label closely, or the labels of the other processed foods you eat.

Why am I telling you all this? Because I'm mad about it. Because we deserve better. Because I don't like the idea that there are chemicals used so abundantly in my food—and we all know that MSG is only one of them—that I have to be a

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watchdog for every bite I take. Because I want my food to be wholesome and safe to eat, and most times, especially if it is at all processed, it's not.

Check this out—here's part of a report I read online at MSGMyth.com:

“You may think that you are actually avoiding MSG if you avoid Chinese restaurants, but this factory created flavor enhancer is in almost every bottled, bagged, frozen, or canned processed food on super market shelves. But since MSG is often a component of a formulation, it is not labeled as such.

“You’ve seen words like autolyzed yeast, hydrolyzed protein, and whey protein. Each of these substances contain a percentage of glutamate, the harmful component of MSG.”

And I’m telling you because I care. You are part of the online family I have invited to come hang out with me through my list. When I find things I think are cool or helpful, I feel a real obligation to share them with you.

You may not know this, but I actually have conversations with you a lot—every day I see things I think you’d be interested in, and I immediately start conversing with you as to what it is, why you’d be interested, and so on—I wouldn’t be surprised that your ears were red most of the day!

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So I thought of you today when I woke up blah feeling, and checked to see what I had eaten yesterday. Oh yeah! I had some store-bought rotisserie chicken yesterday with a friend.

I called her, and asked her to read the label. Sure enough, it had hydrolyzed protein as part of the list of ingredients. Man, you can't even eat a stupid cooked chicken anymore without that cr-p in it! Makes me furious!

In case you are wondering what other people have experienced by eating this junk, or aspartame, another bad bad bad additive, here is a list of typical symptoms (again from MSGMyth.com) -

- Severe headache
- Shortness of breath, chest pains, asthma
- Slowed speech
- Nausea, diarrhea, vomiting
- Swelling, pain, or numbness of hands, feet, jaw
- Chronic bronchitis-like symptoms, allergy reactions
- Dry cough, hoarseness or sore throat
- Irregular heart beat or blood pressure, racing heart
- Pain in joints or bones
- Heavy, weak feeling in arms and legs
- Depression or mood change, bipolar
- SAD
- Flushing or tingling in face, chest
- Pressure behind eyes
- Irritable bowel or colitis
- Abdominal pain, cramps, bloating, colitis, IBS
- Gagging reflex or difficulty swallowing
- Attention deficit disorder, anxiety attacks

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- Rage, panic attacks
- Balance problems, dizziness, or seizures, mini-strokes
- Hyperactivity, behavioral problems
- Neurological disorders such as Alzheimer's, fibromyalgia,
- MS, Parkinson's
- Tenderness in localized areas, neck, back, etc.
- Chronic post nasal drip
- Pressure behind eyes or on head, neck, shoulders
- Sleep disorders
- Skin rash, itching, hives
- ADD, ADHD, Rage Disorder
- Blurred vision or difficulty breathing
- Bloated face, dark circles under strained eyes
- Asthma
- Chronic fatigue or sleepiness
- Extreme thirst or dry mouth
- Weight problems, obesity, hypoglycemia
- Excessive perspiring or shuddering and chills
- Difficulty concentrating and poor memory

"I, like most people, had assumed that MSG was found only in Chinese food. Little did I know it was in our cereal, catsup, crackers, mayonnaise, tuna, yogurt, diet food, soft drinks, salad dressings, poultry, most fast foods, and frozen snacks and meals, seasonings, canned soups and entrees, and even most ice creams.

"If any of these conditions plague you, you may be a victim of the myth that monosodium glutamate (MSG) is a safe food additive.

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“The truth is that the average person eats much more glutamate than what is considered to be a safe and normal amount in the typical American diet.

MSG is in everything from crackers and soda pop to vitamins and toothpaste.”

Vitamins! Toothpaste! Like they just can't leave well enough alone! I'm so disgusted!

MSG opens your tongue's taste receptors—that's why food tastes "better" when you add it to your cooking. But see, it doesn't *really* taste any better, you're just tasting *more* of it, and more intensely, than you would if you didn't use the additive.

Take a look around MSGMyth.com—it has some pretty amazing information on it.

aloha -
Angela Treat Lyon

p.s. I have no monetary interest in referring you to MSGMyth.com at all. I'm just very interested in our health.

Here's another freebie report with even more detailed information in it: DareYouRadio.com/MSG.html