

Guillermou

Monosodium glutamate (MSG) is a silent killer. Research showed that MSG was associated with adverse side effects. Monosodium glutamate has been linked to obesity, metabolic disorders, Chinese restaurant syndrome, neurotoxic effects and harmful effects on reproductive organs, diabetes, hepatotoxic, neurotoxic and genotoxic effects. Different reports revealed increased hunger, food intake, and obesity in human subjects. Furthermore, administration of a high dose of more than 75 mg/kg MSG significantly elevated systolic blood pressure.

There are reports of harmful effects such as oxidative stress, DNA damage, protein modification, and stromal cell lysis. the intake of monosodium glutamate. Ingestion of MSG has also been linked to Parkinson's disease, Alzheimer's disease, addiction, brain trauma, anxiety, stroke, depression and epilepsy. Available literature showed that increased consumption of MSG may be associated with adverse health effects. The term "Chinese restaurant syndrome" (CRS) was first used more than four decades ago.

At the onset of symptoms, patients experience discomfort such as a burning sensation in the neck, blisters on both arms and occasionally on the front of the chest, generalized weakness, fatigue and palpitations. These symptoms occur 20 minutes after consuming a meal rich in MSG. Other symptoms that may appear later include flushing, dizziness, syncope, and facial pressure. Insulin resistance and reduced glucose tolerance in rodents due to MSG consumption raise concerns about the development of obesity in humans consuming MSG.

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In the same study, the authors were able to show that MSG induces a significant decrease in liver transaminases, indicating liver damage. Monosodium glutamate significantly increases the serum level of fasting glucose, insulin, triglycerides, total cholesterol, low-density lipoproteins and decreases the level of high-density lipoproteins. Exogenous MSG exacerbates lipopolysaccharide-induced neurobehavioral deficits, oxidative damage, neuroinflammation, and cholinergic dysfunction in the brain. Chronically elevated blood glutamate concentrations caused by high dietary intake invoke neurodegeneration processes that ultimately could cause post-traumatic stress disorder. It has been established that MSG damages male reproductive accessory organs such as the prostate and epididymis.

Furthermore, it alters serum enzyme activities and serum testosterone levels, reduction in sperm count, sperm motility, sperm morphology and viability, imbalances in male reproductive hormones.

www.tandfonline.com/.../10942912.2017.1295260 (2017).----

www.ncbi.nlm.nih.gov/.../PMC5938543 (2018).--- www.iasj.net/.../b1dda4243f2b87a4 (2021).--

openurl.ebsco.com/EPDB%3Agcd%3A3%3A25439891/detailv2?sid=ebsco%3Aplink.. (2023).--

www.sciencedirect.com/.../S2666027X2400001X (2024).-- www.mdpi.com/.../901 (2024).---

link.springer.com/.../s12291-022-01077-1 (2024).--

www.sciencedirect.com/science/article/abs/pii/S0304394024000879 (2024).---

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Jeesh Gui a list of serious negatives filling the bucket of things to poison us from the inside out. Most of all this list is focused on just what MSG in and of itself can do to a person. What or how bad is the list of what it does when combined with all the other things we are sold as being The Staff of Life? Amplifier affects galore no doubt. Many of these who would even think MSG could be the source? Personally, MSG is on my radar to stay away if possible. Horrible headaches. Like so many things today though, the Manufacturers are very clever in hiding ingredients like MSG they know in general many are aware of and want to stay away from. So many products causing mischief can be labeled under so many different names or hidden inside combinations of substances so as not to be listed. Good fare cooked from scratch is the best way to avoid much of it, but even so, not a guarantee. Sleath packaging seems to constantly work its way into even some of the basic products we can use.

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You just hit the target. Nearly 99 percent of food chemicals introduced since 2000 have been given the green light for use by food and chemical companies instead of being properly reviewed by the Food and Drug Administration. Many of these widely used chemicals are associated with significant health harms, including increased risk of cancer, developmental harm, and hormonal disruptions. These substances end up in what we eat, thanks to a legal loophole that allows foods to be classified as “generally recognized as safe.” Food and chemical companies have exploited this loophole for decades: Instead of the FDA determining which food chemicals are safe to consume, manufacturers decide.

Some of the worst offenders on the market, EWG's Dirty Dozen Guide to Food Chemicals shows you which food chemicals to avoid at the link www.ewg.org/consumer-guides/ewgs-dirty-dozen-guide-food-chemicals-top-.. . HARVARD NUTRITIONIST: 4 TOXIC FOOD INGREDIENTS THAT ACTUALLY MAKE YOU HUNGRIER' AND HIJACK THE BRAIN'—EAT THIS INSTEAD. Added to many flavored foods, MSG antagonizes the pancreas into producing more insulin, a hormonal cascade that makes you feel hungrier.

Monosodium glutamate has been linked to diabetes and obesity, and is even considered an excitotoxin, which can cause brain cells to become overexcited and then activate uncontrollably, potentially leading to cell death. www.cnn.com/2023/06/02/harvard-nutritionist-food-additives-that-make-.. (2023).-- 12 COMMON FOOD ADDITIVES www.healthline.com/.../common-food-additives

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Guillermou

Americans with health problems such as gluten intolerance often find that their symptoms disappear when they visit Europe. The reason is that the American food supply is contaminated with all kinds of toxic food additives that are banned in other countries. -----1) Titanium dioxide also breaks down into nanoparticles that can cause inflammation, lung damage, fibrosis and lung tumors in rodents, and is "possibly carcinogenic to humans," according to the International Agency for Cancer Research. Cancer (IARC). -----2) Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT) are two other additives found in American foods, but not in European ones.

These two chemical preservatives, which prevent the oxidation of oils, trigger immunological effects and are potentially carcinogenic. -----4) Brominated vegetable oil (BVO) is used in American beverages as an emulsifier, although it was successfully removed from Coca-Cola in 2012 following a massive petition campaign that generated more than 200,000 signatures. It causes neurological diseases and reproductive damage. -----5) azodicarbonamide (ADA), a bleaching agent that animal studies have shown to be an organic and cellular toxin, and which can also cause respiratory complications in humans.

-----6) Potassium Bromate is another additive to flour, bread and baked goods that contains small amounts of bromate, a known carcinogen that has been banned in all European countries. California banned potassium bromate in October, although this will not take effect until 2027. -----7) Recombinant bovine growth hormone (rBGH), "Causes a large number of side effects in the cows themselves and potentially presents health risks to humans who consume these cows," warns Dr. .Sheela Sathyanarayana. www.theepochtimes.com/health/7-food-additives-banned-in-europe-still-u.. (11/2023)

Posted On 04/25/2024

juststeve

And Gui the Bullseye of the Target is so hard to see by a very large segment of the population precisely because of the many side effects, numbing, disabling, fogging the mind & emotions, or ramping up to destructive levels of mental and or emotional activities. Side by side with other horrible implications, gender disruption, sterility, mental illnesses. Locked in with a tightly controlled supply chain currently striking back attempting to bury independent healthy resources. Can't have people from all walks of life congregating, comparing notes, experiences, building bridges and bonds supporting one another. Keep 'em sick and in isolation. Fed one message, one source for their needs and left with a deep dark fear of Fear Thy Neighbor.

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Thanks Just, Monosodium glutamate increases visceral sensitivity in a preclinical model of irritable bowel syndrome. Permeability assays demonstrated that jejunal tissue from mice exposed to MSG was significantly more permeable to MSG compared to control. Overall, these findings demonstrate that MSG increases visceral sensitivity in a preclinical model for IBS. Increased visceral sensitivity is mediated by units that detect noxious stimuli and may be a result of increased permeability to MSG. Wear chamber permeability assays demonstrated that jejunal tissue from MSG-exposed mice was significantly more permeable to MSG compared to control.

Overall, these findings demonstrate that MSG increases visceral sensitivity in a preclinical model for IBS. Increased visceral sensitivity is mediated by units that detect noxious stimuli and may be the result of increased permeability to MSG.

www.proquest.com/openview/f914fd53b2d28a29035eaa9dddea8eb6/1?pq-origsi.. (2021).----

Excitotoxic injury during the neonatal period has been shown to result in neurodegenerative changes in several different brain regions. Exposure to monosodium glutamate (MSG) during the first two postnatal weeks produces glutamate neurotoxicity in the cochlea and has been shown to damage cochlear hair cells and fewer neurons in the spiral ganglion.

Neonatal exposure to MSG would result in loss of neurons at more rostral levels in the auditory brainstem, and this exposure would result in abnormal brainstem auditory evoked potentials. A significantly lower density of neurons is identified in the spiral ganglion, loss heterogeneous number of neurons in the globular circuit of bushy cells-trapezoid body and fewer neurons in the nuclei of the lateral lemniscus and the central nucleus of the inferior colliculus. The most severe loss of neurons was found in the inferior colliculus.

www.sciencedirect.com/science/article/abs/pii/S0378595521000770 (2021)

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This study investigates the molecular mechanisms underlying the neuroprotective effect of thymol against MSG-induced brain and hippocampal neurotoxic injury in rats. MSG control rats showed significant reduction in behavioral activity, elevated brain tissue oxidative stress, inflammatory parameters, upregulation of Nrf2 gene, overexpression of nuclear factor-kappa (NF-k), glial fibrillary acidic protein (GFAP).) as well as neuronal damage in the cerebral cortex and hippocampus. Thymol ameliorated MSG-induced brain injury through overexpression of Nrf2 gene, thereby increasing cellular defense and orchestrating antioxidant and anti-inflammatory effects. Thymol improved behavioral activity and GSH content in brain tissue.

Thymol also decreased brain content of MDA, NO, TNF-, and IL-6. Furthermore, Thymol improved the immunohistochemical expression of NF-k and GFAP and histopathological picture in the cerebral cortex and hippocampus compared with MSG control rats. assets.researchsquare.com/files/rs-170965/v1/210c0f69-3785-486b-ada5-c.. (2021) Combined consumption of monosodium glutamate and aspartame and potential impairment of the reproductive system of female albino rats with involvement of VASA gene expression and oxidative stress, accompanied by pronounced aspartame-induced ovarian redox imbalance evidenced through the generation of peroxidation of lipids with decrease nexusacademicpublishers.com/.../AAVS_9_5_700-708.pdf (2021)

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tbran10

Annual production of MSG is 3 MILLION TONS! China and surrounding countries produce and consume most of it. If we rejected all food sources that are treated with trace chemicals for taste, preservation or appearance, we would destroy the food industry and starve to death unless we had our own garden. Would shrink the mega medical industry (about 5 Trillion annually in US) at the same time.

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Guillermou

Good data tbran10, Big Tech, Big Food and Big Pharma constitute the network of corruption at the service of the medical system and the US government, pulled by the strings of big capital. They are psychopaths who wreak havoc on innocent lives by indifferent, selfish, irresponsible criminal parasites and elected officials who lie to their constituents, trade political favors for campaign contributions, turn a blind eye to the wishes of citizens. electorate, bilk taxpayers out of hard-earned dollars, favor the corporate elite, entrench the military industrial complex, and give little thought to the impact their thoughtless actions and hastily passed legislation could have on defenseless citizens.

Patients are considered profit-generating machines to be manipulated, misinformed, and ultimately drugged or irradiated to a life of chronic illness that generates outrageous profits for the sick care industry. It is a system based entirely on treating the symptoms of the disease, "managing" the disease, rather than teaching people how to avoid the disease through nutrition, foods, and natural remedies. This corrupt network is firmly opposed to the very idea of preventing diseases and increasing life expectancy because it thrives on diseases and would lose money and power if fewer people suffered from cancer and diabetes.

and heart diseases. The younger people die, in other words, the less the government pays under Medicare and social security programs. For the Pharmaceutical Mafia, if you prevent diseases you are useless because you will not need their medications, surgeries or chemotherapy. To the government, you are useless as soon as you retire and stop paying taxes on your salary.

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Guillermou

The existence of neuronal control of mast cell functions has long been proposed. Mast cells (MCs) are located in association with the peripheral nervous system (PNS) and the brain, where they are closely aligned, anatomically and functionally, with neurons and neuronal processes throughout the body. They express receptors and are regulated by various neurotransmitters, neuropeptides and other neuromodulators. Consequently, the modulation provided by these neurotransmitters and neuromodulators allows neuronal control of MC functions and participation in the pathogenesis of mast cell-related pathological states. Glutamate is well known as an important excitatory mediator of the nervous system and non-neuronal cells. It works by binding to various glutamate receptors, and glutamate receptor signaling has been implicated in various pain conditions, including tendinopathy.

Some studies have reported that mastocytes (MCs) located within healing tendons express glutamate receptors, raising the possibility that MCs may respond to glutamate. The glutamate receptor, NMDAR1, was profoundly upregulated in a rat tendon rupture model, and tendon injury was accompanied by extensive MC degranulation, while MCs in uninjured tendons showed low or no detectable expression of the glutamate receptor. Glutamate not only induced degranulation of MCs and upregulation of glutamate receptors in MCs at both mRNA and protein levels, but also increased gene expression, including transcription factors,

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Histamine intolerance has become a popular term in the natural health community. Characterized by symptoms that appear to worsen with the intake of foods high in histamine or that stimulate the release of histamine. There are a number of factors that can contribute to or cause histamine intolerance, such as excessive histamine production, diamine oxidase (DAO) enzyme deficiency, HMNT mutation, and poor methylation in the liver. Caffeine, the most commonly used stimulant, causes a significant increase in sleep onset latency in rats and humans. We hypothesize that caffeine increases glutamate release in the posterior hypothalamus (PH) and produces increased activity of histamine neurons active in wakefulness.

Mast cells are white blood cells known for their role in allergies, the development of immune tolerance, defense against pathogens, and maintenance of blood-brain barrier function. Mast cells are the sentinels of the innate immune system, searching for environmental changes or insults to the body. They respond by releasing mediator molecules that influence the behavior of other cells and tissues in an effort to maintain normality or "homeostasis." There are more than 200 of these mediators stored within mast cell granules, including tryptase, prostaglandins, leukotrienes, and histamine.

Histamine has many important physiological functions in the body: it acts as a neurotransmitter, regulates stomach acid secretion, and plays a role in local and systemic immune responses. The problem arises when these cells become overactive, as they do in individuals with Mast Cell Activation Disorder (MCAD). [jneuroinflammation.biomedcentral.com/articles/10.1186/s12974-020-02029..](https://www.ncbi.nlm.nih.gov/.../PMC4166758) (2020).-- www.ncbi.nlm.nih.gov/.../PMC4166758 (2016).-- pubmed.ncbi.nlm.nih.gov/.../.---- www.ncbi.nlm.nih.gov/.../.---- pubmed.ncbi.nlm.nih.gov/.../.-- www.ncbi.nlm.nih.gov/.../.----

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Pete.Smith

Biochemist Katherine Reid's book about glutamate is called: "Fat, Stressed, and Sick." It describes the scientific evidence linking glutamate (aka MSG) to a suite of inflammatory diseases: obesity, diabetes, autism, addiction, depression, and cancer, leaky gut, to name a few. Over 95% of US foods contain some sort of ingredient that contains MSG. But the glutamate is hidden on food labels under different names. There's over 50 different ways that you can label free glutamate. Some sound harmless, like Natural flavors. But there's 4,000 patents on putting free glutamate in the 'natural' flavor ingredient that is on the label. Other examples: texturized proteins, whey proteins, gelatin, enriched vitamins, meltodextrin.

soy protein. Carrageenan, Citric Acid. Citric Acid is widely used in all kind of foods, it is common in soft drinks. Manufactured citric acid is a powerful inflammatory/allergy agent, says Georgi Dinkov <http://haidut.me/?p=1596> Free glutamate is also in modified food starch, which is also in so many foodproducts as a thickening agent, stabilizer or emulsifier. In this interesting video Katherine Reid shows her research and explains all about the problems with free glutamate: www.youtube.com/watch?v=C3Se_2pCjMA Prof. Grant Schofield - 'Glutamate: why it might matter' www.youtube.com/watch?v=OeQ2STTrxg&t=377s Study: The Low Glutamate Diet Effectively Improves Pain and Other Symptoms of Gulf War Illness www.mdpi.com/.../2593 (2020)

Posted On 04/25/2024

juststeve

Thank you, Pete for pointing out just how the game is played fast and loose in a hide and seek fashion. Had a family member who was allergic to Guar Gum. It's in almost everything too. If you had a need to know, nearly impossible to catch it 100%. Maddening insanity once one realizes if you catch on and they know it, they just play word games, and change definitions.

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Guillermou

Thanks Pete. In Dr. Blaylock's book "Excitotoxins, the Taste that Kills" about MSG: "Excitotoxin: a substance added to foods and drinks that literally stimulates neurons to death, causing brain damage to varying degrees. It can be found in ingredients such as monosodium glutamate (MSG), aspartame (NutraSweet), cysteine, hydrolyzed protein and aspartic acid." Suppers reviewed Blaylock excitotoxins because the population we serve is likely even more vulnerable than the average population to the neurotoxic effects of food additives.

In short, when a brain suffers the effects of low blood sugar, various brain systems begin to malfunction. We experience it as confusion, mental fatigue, confused thinking, anxiety, etc. One of the systems that is affected is the system that protects neurons from glutamate and aspartate. Both are amino acids, the building blocks of proteins, which also function as neurotransmitters. In a brain that is low on fuel, "even normally low doses of excitotoxins can become toxic. This toxicity can manifest as anxiety or confusion and as episodes of anger." In animal studies, it has been revealed that glutamate itself can affect glucose entry into the brain.

"The effect appears to be dose-related, that is, the higher the dose of glutamate, the greater the decrease in brain glucose." If this applies to the human population, it means that foods containing MSG in all its forms lower glucose levels in the brain AND cause more damage to the already low-glucose brain. Take a look at the list of food additives that always contain MSG (Blaylock, p. 255) at the link.

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The only reason excitotoxins exist is to boost sales of processed foods by artificially sweetening them or improving the taste of foods whose flavors have been lost during processing. At the same time that they stimulate the taste cells of the tongue, they stimulate the neurons. Packaged foods such as sauces, soups, sauce mixes, and especially low-fat frozen prepared foods would not sell for lack of flavor if they were not artificially enhanced. Blaylock concludes that seizures, headaches, strokes, brain injuries, and developmental brain disorders are "closely related to excitotoxis." However, we still add tons of free glutamate, aspartate and cysteine to our food and drink.

"The civilized world, especially the United States, has become the largest experimental laboratory in history." Dinner Note: Whether it's the brain toxicity of food additives, diabetes linked to processed foods, the brain effects on many people of eating gluten, the increased risk of developing addictions associated with eating sugary foods or chronic degenerative diseases. associated with trans fats, the bottom line is the same: eat whole foods. If we eat whole foods, we don't really have to understand the science or stress when experts disagree with each other.

www.thesuppersprograms.org/.../excitotoxins-taste-kills

Posted On 04/25/2024

njlady

MSG is just one of the things I became sensitive to after contracting lyme..MSG and gluten are the 2 things that cause seizure like jerks (some pretty violent and scary) for me just as I start to fall asleep..Nightshades cause sleeplessness...It was a nightmare for years till I realized what the problem was...The mds just gave me drugs for anxiety. They never consider that food could be the culprit.

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Guillermou

Luana, it is indeed a possible reaction. Glutamate is the predominant excitatory neurotransmitter in the adult mammalian brain; Therefore, much of the previous epilepsy research has attempted to understand the role of glutamate in seizures and epilepsy. Seizures induce elevations in extracellular glutamate, which then contribute to excitotoxic damage. Chronic seizures can alter neuronal and glial expression of glutamate receptors and uptake transporters, further contributing to epileptogenesis. Evidence points to a shared glutamate pathology for epilepsy and other central nervous system (CNS) disorders, including depression, which is often a comorbidity of epilepsy.

perspectivesinmedicine.cshlp.org/.../a022863.short

Posted On 04/25/2024

njlady

Thanks Gui...good info and and confirms my self diagnosis..the funny thing is I never had these problems until the lyme..God knows what they put in that "virus" I like to call covid #1.

Posted On 04/25/2024

THANK YOU DR. M!!!!!! I asked for this yesterday and you responded! May God abundantly Bless you!!! We have a friend whose daughter suffers terribly from migraines. So much so, that she vomits all day! One day I took her with us on a day trip. We spent that day by the river and she was having a wonderful time. Another family brought a giant bag of cheese chips. We all know them. They begin with a "D" and is worshipped at every Super Bowl! I asked if it was ok to eat those. We don't eat them because it is loaded with MSG. I was able to isolate MSG as a trigger for my migraines years ago. She said her Mom let's her eat them. OK! Later in the day, we were at her house and this poor kid was vomiting all over the living room floor!

I told her Mom about the D chips and suggested to her it must be MSG that is triggering her. I then went through all of her "snack" foods at home and found many items contained MSG. They have, since then, eliminated MSG from their diet and she is much better. Praise God! If we can also talk about Geoengineering next, that would be wonderful! We moved to a very small town in upstate New York to have a simpler life and the chemtrails are being sprayed EVERY day and sometimes ALL day long! We have a very large Amish community up here and I believe THEY are targeting them and all the farmers and farmland.

My family, along with most of our neighbors all suffer from respiratory issues. We have constant phlegm and congestion in our sinuses and throats and lungs. A nurse commented to me that everyone is complaining of the same thing! I heard that a lack of iodine could be the issue for the phlegm, so we now use mostly Pink Himalayan salt. Thank you again Dr. Mercola for all that you do! You have helped me so many times over the years to heal myself. You provided answers to certain health issues I have had and you provided answers, unlike the physicians I have had. Many Blessings and God speed!

Posted On 04/25/2024

Beengh

For those who are highly sensitive to free glutamates as I am, I discovered that taking a little cream of tartar in water at the onset of symptoms will fix the problem in a very short time. GABA supplements also help since it normalizes the glutamate/GABA ratio. I get heart palpitations anywhere from half an hour to four hours after consuming glutamate. It's funny, since cream of tartar comes from wine which Aldo has glutamates.

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Also: Treatments such as graviola extract, vitamin C, vitamin E, camel milk, propolis, quince extract and curcumin have been shown to provide protective effects against histomorphological testicular toxicities induced by MSG. In particular, vitamin C and vitamin E act synergistically in reducing testicular toxicity induced by monosodium glutamate through the antioxidant, anti-inflammatory and antiapoptotic effects of both vitamins. Treatment with ascorbic acid and alpha tocopherol improved all the biochemical parameters measured and the degenerative changes of the hippocampus induced by MSG, with a decrease in the expression of glial fibrillary acidic protein (GFAP) and synaptophysin.

The combined administration of both vitamins was more effective in improving the alterations induced by MSG than taking AA or aloneT alone. Conclusion: Both AA and exhibitT exhibit protective effects against neurobehavioral changes, oxidative stress and degenerative changes of the hippocampus induced by MSG toxicity, with a more potent efficacy of their combination. MSG resulted in memory impairment and anxiety induction, with increased hippocampal malondialdehyde and decreased superoxide dismutase and glutathione peroxidase.

besps.journals.ekb.eg/article_143133.html (2021)

www.tandfonline.com/.../20905068.2020.1804311 (2020)

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Guillermou

Tribulus Terrestrialis (TT) Linn Attenuates Neurotoxicity Induced by Monosodium-Glutamate: In Vivo Evidence. TTL was found to normalize glutathione (GSH) content, catalase (CAT) content, superoxide dismutase (SOD) content, monoamine neurotransmitter such as norepinephrines (NE) and 5-hydroxytryptamine (5-HT), reducing the level elevated lipid peroxidation (LPO) and acetylcholinesterases (AChE). The result of this research suggests that TTL contains phytoconstituents such as flavonoids and phenolic compounds that may be effective in preventing neurodegenerative diseases. www.researchgate.net/profile/Gomathi-Swaminathan-2/publication/3473183.. (2021)

Posted On 04/25/2024

SanDiegoGirl

Thank you, Dr. Mercola for this article! This may be the answer I have looked for for years. I have almost daily headaches and have not been able to pin down the reason. I have added supplements, subtracted some supplements, given up wine, and nothing seems to make much difference. When I went mostly carnivore, or carnivore adjacent as Mark Sisson calls it, a lot of my problems cleared up, but not headaches. When I read the list of foods that have MSG it was like a lightbulb went off. Every day I have one or two scoops of collagen, whey, protein, and sometimes both. And every day I wake up with a headache. I feel as though I am single-handedly keeping Excedrin in business. I know it's bad but it lets me function. I was at a loss, but now I have something new to experiment with and it certainly won't take long to see if it makes a difference. Thank you, thank you.

Posted On 04/25/2024

Almond

From personal experience, I can tell you, that, for sensitive individuals, MSG can result in severe vomiting. I recall a nutrition class I took many years ago. The altruistic chiropractor teaching the class told us that, in many Chinese restaurants he visited (I believe it was Hawaii?), it was common for the chef to add MSG by the handful to a larger recipe for the buffet table without measuring it. For many people who have lost their sense of taste, appearance is how they judge food. I am disgusted with how many people tell me "the food is really good", because it tastes good and is pretty. If these people had not been zinc-deficient, maybe they could taste more than just sugar--and realize how really terrible some of the foods are.

Good food needs little embellishment and will stand alone. Supper was a fish fillet I caught myself. Individual parchment packets. I set the fish on a slice of onion and laid julienned carrots beside it. Because I had leftover organic sour cream, I spread a bit over the fish. I sprinkled everything with herbs (not even salt or lemon), wrapped it up and baked it in the oven. My husband brought home a free avocado as some kind of promotion by a local organic grocer, so I cut it into wedges. I had home-churned butter for the carrots. White grape juice from our vineyard. Of course, none of this happens by accident.

It helps if you start planting and learn skills when you are young. If you plant grape starts from well-rooted cuttings, they should be producing well in 5 years, if not earlier. I raise many heirloom grape varieties and share cuttings with many people. It especially does my heart good when young friends send me photos of their first small harvest (like 3 years after planting?). Grapes can be very productive--as the bible says. I once gleaned Concord grapes someone trellised up their 2nd story porch on the sunny side of their house. The 2 vines produced more than we could pick in a day. The vines may have been 50 years old?

Posted On 04/25/2024

warriormom

I guess I was "lucky" because over 50 years ago my family visited a new Chinese restaurant in town and within 20 minutes my mother was in the restroom sicker than a dog. We all confessed to " feeling strange ." I remember the facial pressure. We thought it was funny. Must have been a boatload of MSG in that food! From then on at every restaurant we went to, my mother always asked if there was MSG added to the soup or dishes. Almost always the answer was yes. Once a waiter told her "you shouldn't eat anything here!" so we left. Can't tell you how many hours she spent on bathroom floors, including Disney World and famous high-end restaurants.

We were meticulous about reading labels and not eating any processed foods in our home. All those flavored chips in the grocery store are loaded with MSG. Those flavor enhancers, like Lawry's or even Campbell's soups, all loaded. It was a real eye opener for me as a young child to see how eating something seemingly innocuous could produce such violent reactions. Thank you Dr. Mercola for more eye opening info. I learned some new, very helpful information on how to avoid this poison!

Posted On 04/26/2024

Suzicreamcheese

Doesn't seaweed contain natural MSG? As well as iodine and other fine minerals.

Posted On 04/25/2024

welchmf

All the stuff on the list is high histamine too, so I looked it up, and lo-and-behold, histamine and glutamate go hand in hand. She forgot caffeine though, or it's a newer development than the article at the time of writing. journals.physiology.org/doi/full/10.1152/physrev.00043.2007#R218

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Yes, Caffeine increases glutamate release in the posterior hypothalamus (PH) and produces increased activity of histamine neurons active in wakefulness. HPLC analysis and biosensor measurements showed a significant increase in glutamate levels starting 30 minutes after caffeine administration. Glutamate levels remained elevated for at least 140 min. GABA levels did not change significantly during the same time period. The histamine level increased significantly starting 30 minutes after caffeine administration and remained elevated for at least 140 minutes. We conclude that increasing PH glutamate levels activates histamine neurons and contributes to caffeine-induced arousal and alertness. www.ncbi.nlm.nih.gov/.../PMC4166758

Posted On 04/25/2024

billstri

Good list of foods to watch out for. These lists are not all necessarily bad, unless you are sensitive. Some are bad and some are probably okay. Foods you should totally eliminate all of these when you are on a special diet for the main purpose of finding food allergies and food sensitivities. Just beware and avoid when they are highly concentrated for the purpose of making food taste better or for the purpose of making the flavoring/seasoning easier to shake in a shaker or to keep it from clumping. After reading this article, I will still use powdered milk or whey from Mercola Market to thicken and make my fruit smoothies creamy like ice cream. But I am not sensitive to milk or milk products.

Selecting grass fed and organic for milk products is the way to go for me. I don't know any other significant sources of calcium in my diet, except in supplements. Most good sources of calcium only provide 2% daily value of calcium per serving, meaning you have to eat 50 servings every day to get one day's calcium need and that is ridiculous. So the only way I can find to get significant calcium from food is dairy products, that is milk products like milk, whey, butter, and cheese. But I don't eat enough butter and cheese, so my calcium has to come from milk and whey, or from supplements.

Posted On 04/25/2024

salviachela

billstri, you don't need milk for calcium or good bones. My Laotian neighbor, his wife and family, and a Vietnamese woman I worked with had never had milk growing up and still won't drink it. They all have never complained of osteoporosis. At 86 this neighbor fell off his bicycle in front of me a few years back and didn't break anything. Got right up and back on the bike. I blame milk drinking, from my childhood for my respiratory and skin issues growing up. We all thought it was good for us and drank more than we should have, and sugar in everything. Calcium is only one of the ingredients imperative for bones. Too much and the arteries become inflexible.

Space out your intake of milk and problematic foods, maybe try a natural cheese, and calculate your intake with something like cromometer to find out if you have enough calcium in your system. It has to be balanced with corresponding amount of magnesium so supplemental mg daily. Another poster mentioned how they had issues with citric acid. Citric acid in soda gives me the same symptoms: I have to drink a small amount of water with a quarter tsp of baking soda to counteract it or I'm up peeing several times a night. A can of stevia sweetened soda (Zevia) is my daily reward for accomplishing my daily tasks. I'm a fan of white miso from chickpeas and that's a fermented product.

Since it's naturally fermented I thought it would be good for me. There are so many other items on this list I didn't know about. Go only as far you Can go when you have multiple health issues like mine that are kept in remission by a specific diet. My eczema outbreaks reduced 90% (remission IMO) , by protein intake cut to less than 25 grams a day then adding more until tolerable level between 35-45 grams. I was able to see it because I used cronometer back then and watched to see what correlation might account for my disabling, itching eczema that I needed to take steroids for.

Posted On 04/25/2024

brodiebrock12

A person literally has to make ALL meals and snacks from scratch with zero processed foods to avoid this. Good luck with that in this living world

Posted On 04/25/2024

Barbara Dyjak

I'm an enigma, I suppose. Although I realized early on, because of agonizing pain, that I was sensitive(gross understatement) to MSG in all its evil forms. Naturally, I avoid all like the plague, but ironically, the very thing that's supposed to heal my gut, glutamine,(glutamate?) also induces symptoms. I have to be careful with bone broth, and only use home made. Collagen, which could be of great benefit, also causes severe problems, perhaps because it is always hydrolyzed. One of my favorite spices used to be something called, "Spike." I loved it on eggs, it was practically addicting. That should have been a clue. Yep, my first excruciating experience with hydrolyzed protein. Why is it that such lessons should be so painful?! To this day, casein is very problematic, gluten, possibly less so. Whatever they have in common with glutamine, they are poison to me. I'm even afraid to take glucosamine, which, with chondroitin could benefit my so-called, fibromyalgia.

Posted On 05/01/2024

DoccHoliday

So the list of ingredients in the article containing free glutamate which the article is declaring is bad for our bodies (like whey protein concentrate, rice syrup, flavors etc.) Is in the products that Doctor Mercola sells on his website. So this very article points out that some of the ingredients in Doctor Mercola's products are bad for our bodies. Now there is food for thought....

Posted On 04/27/2024

MissAnnThrope

MSG will aggravate Restless Leg Syndrome, too.

Posted On 04/25/2024

KLRM02

Synthetic MSG is known to cause food addictions that lead to obesity. I am very sensitive to MSG, it is a disaster for me to eat out or order takeaway. That umami taste to me, is a disturbing metallic after taste on my tongue. It lingers a long time.

Posted On 04/25/2024

sue2613

I am sensitive to MSG and now Citric Acid. Citric Acid is everywhere, even in healthy products made by supposedly healthy manufacturers. MSG makes me thirsty and sleepy; Citric Acid makes me stiff and pee all night. Maybe if I eat the two at the same time, they will cancel each other out - sarcasm. Labels don't usually hide citric acid, (not citrus, as from peels). I wonder if these things end up in our water when people pee them out.

Posted On 04/25/2024

Guillermou

Yes SUE, The widespread use and continuous increase in consumption has intensified the presence of food additives and their metabolites in the environment. This manuscript highlights the relevance of finding these compounds in water. The exposure routes and threat to both human health and the aquatic environment have been discussed. The research presented in the article aimed to determine the degree of contamination with food additives. Thirteen food additives have been identified in ten analyzed groups. The most frequently found were antioxidants (E320, E321) and preservatives (E211, E210), which were present in all the pools analyzed, both public and private.

Ascorbic acid (E300) and citric acid (E330) were found in all private pools analyzed, while aspartame (E951, sweetener) and canthaxanthin (E161g, colorant) were identified only in private pools. The hazard statements according to the European Chemicals Agency indicate that the identified compounds can cause both immediate effects (skin or eye irritation, allergic reactions) and long-lasting effects, for example, damage to fertility or genetic defects.

www.ncbi.nlm.nih.gov/.../PMC10048444 (2023).--

Posted On 04/25/2024

Greebo

Thank you for this! I had wondered why this happened. I never suspected something that sounded so benign as citric acid. My cat thanks you also. She gave up sleeping on such a Jack in the Box that needed to hop up to pee every hour or two, all night long. I bet it was in the bone broth as all the other ingredients were fresh vegetables that went into the soup. All the nutrients in the soup were probably washed out. That is a twofer for the 'bad guys'. No sleep and washing out nutrients needed for health. It is like being under siege by our own government and food producers. Apparently we have been for decades.

Posted On 04/25/2024
