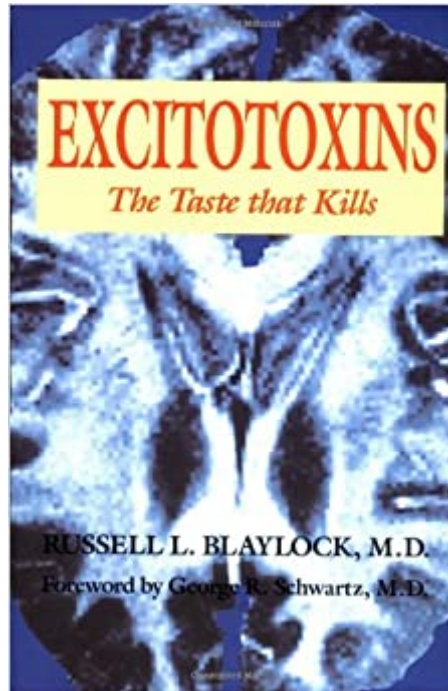




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# Excitotoxins: The Taste That Kills



## Synopsis

Ex-ci'-to-tox-in: a substance added to foods and beverages that literally stimulates neurons to death, causing brain damage of varying degrees. Can be found in such ingredients as monosodium glutamate, aspartame (NutraSweet<sup>®</sup>), cysteine, hydrolyzed protein, and aspartic acid. Citing over five hundred scientific studies, Excitotoxins explores the dangers of aspartame, MSG, and other substances added to our food. This is an electrifying and important book that should be available to every American consumer.

## Book Information

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## Customer Reviews

"Detailed and well-researched, yet is written in such a fashion the non-medical person will come away with a good understanding of the subject." -- Medical Sentinel "Excitotoxins is a valuable contribution to the understanding of the brain, and the need to protect it from assaults that result in various health problems and diseases." --Townsend Letter for Doctors"Upsetting, yet it is responsibly researched and well argued. It opens a fresh view on the hazardous relationship of food (in this case, the wrong food) and brain health." --Alternative Medicine's Reviews"This is an electrifying and important book that should be available to every American consumer." -- Wilson Library Bulletin "This text will be of most interest to those serious about protecting their health, as well as to medical professionals." -- Biosis "Blaylock releases a well-researched bombshell." --Book News

RUSSELL L. BLAYLOCK, MD, board certified neurosurgeon, recently retired as a clinical assistant professor of neurosurgery at the Medical University of Mississippi. He has practiced neurosurgery for the past twenty-four years and runs a successful private nutritional practice.

This is a "Must Read" for anybody who has any ailments related to degradation of your neural system. Virtually all of your organs have glutamate receptors, so the ailments/symptoms could be varied and widespread. This includes Alzheimer's and Parkinson's. If you suspect you have any ailments that are related to degradation of your nervous system, stay away from MSG and ASPARTAME -- and the hundreds of related substances. Almost all processed foods have msg, aspartame, and/or other "hidden" variations of these chemicals. You can easily find the names of these hidden substances on the web. And you can find the brand names that are the worst offenders. Hint: canned soup is one of the top offenders. Dr Blaylock is the No 1 expert on this field. Search him on the web. Read his book(s).

Whatever you might think about Dr. Blaylock, the scientific information in this book has been checked and verified by qualified and distinguished chemists. His reports about Aspartame, MSG and other chemicals COMMON to many, many of our food and drink choices are alarming to say the very least. Diet Colas seem to be more widely drunk than water these days. If you even occasionally have a diet drink of any sort, it would be a smart idea to read this book and then reevaluate your decision.

This is one neurosurgeon, who stepped out of the delusional, happy, prescription writing medical industry and dispelled how the excitotoxins in our food are linked to all the neurological and neurosurgical problems in today's world. Thanks to his book and other books and sites, I am free from hydrocephalus and seizures.

Book had the info I was looking for. Great explanations of brain processes and nervous system. Explanation of food toxins and how they affect the body and brain were very helpful. Lots of illustrations. Russ Blaylock is thorough and clear in his explanations. Good author and speaker. Very good reference book. Good explanations and recommendations on vitamins and supplements. Bought the book used. It arrived early and was in excellent condition, better than expected.

Incredible book. This is another MUST read for people who really want to understand toxic effects of

many food sold as healthy and/or "great tasting" When you find out why some things taste so good, and seem to draw you to want more, you learn that the products are designed specifically for that purpose.

This is an in-depth report on MSG, glutamates and more. It explains medical causes and effects in layman's terms. It gets fairly deep. If you're looking for a quick fix, try something else. But if you want the whole story up until publication. Not sure of date, but this is an update in 1996. There is no better explanation than this anywhere. If you think you are allergic to MSG, just get it now. If you have children, get it now. Just get it. And tell everyone who will listen. Just know when to stop telling them or you'll have fewer friends. :-)

This book will give you the motivation you need to wean yourself off the diet soda habit. It is not an "easy read" and I am an avid speed reader. The only downside is that ignorance "was" bliss, now I am aware of all the nasty stuff that is put into foods and drinks to make them more palatable. You really have to become very diligent about reading the fine print on ingredients in order to avoid some of the chemicals that are in foods, as they can be called by a variety of names and manufacturers are good at coming up with verbage that can be deceiving. Read with caution, as you may want to just stay in your house and eat organic bananas once you know what's out there!

This is a must have for anyone who eats food and drinks pop. I have found different products that have no MSG or MSG additives disguised under a different food ingredient name -- and found that my mood has vastly improved, depression gone, ADD symptoms greatly reduced or gone, and I added Magnesium to my Beauty Without Cruelty lotion. What a difference! Vitamin B6 detoxes the body AND brain from MSG. Every time I use the lotion, I feel BETTER! Also, tea has great antioxidants -- try Oolong for that! Other types of tea are good too. I used to drink lots of hot tea with milk, and eventually left out the sugar. My parents couldn't understand why I did that. Now I know why.

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