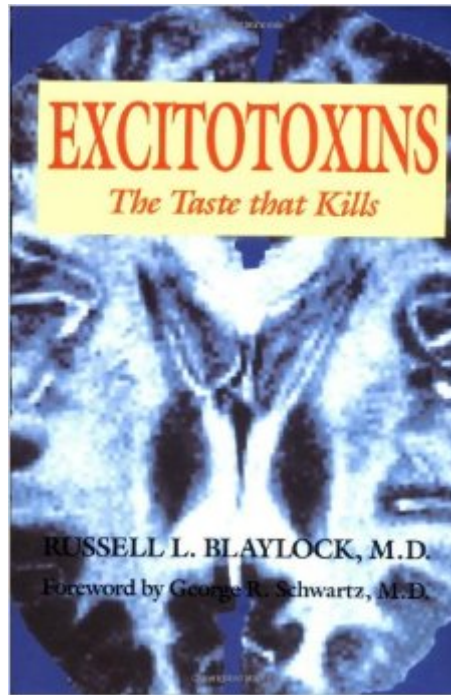


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Excitotoxins: The Taste That Kills



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®), 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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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (176 customer reviews)

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[Toxicology](#)

Customer Reviews

It's weird how fate sometimes thrusts a book into your hands at just the right moment. I was in New York and visited a bookstore, and was almost about to walk out when the title Excitotoxins caught my eye. I actually picked the book up thinking it would be about mycotoxins, which are found in mushrooms, and which some WHO scientists have identified as potential carcinogens. However, upon opening Russell Blaylock's excellent book, I was surprised to find that it was in fact a mystery book - a book written by a neurosurgeon for the purpose of understanding how Parkinson's had struck down one of his parents. As the son of two parents with Parkinson's, I was entranced by the book's premise - that common food additives could cause demonstrable health problems in sensitive individuals - and shocked that because these effects did not involve the whole population, such additives were deemed to be safe by the FDA. I was also shocked that manufacturers were given the right to add them to food under the guise of "spices", "natural flavoring" and other non de

plumes. When my parents first became ill, I did a large amount of research into Parkinson's and related illnesses. One of the more interesting aspects I came across was the discovery by some researchers that seborrheic dermatitis and Parkinson's may have a link. Being a recent sufferer of this annoying skin condition, my heart sunk on hearing this news. However, since reading *Excitotoxins* I have made an effort to rid myself of any intake of the toxic additives mentioned in the book. It should come as no surprise that my skin problem has gone. My energy level has doubled. I recently visited my parents and gave them a copy of this book.

It is almost a cliché in this day and age for someone to ask the waiter at a Chinese restaurant 'no MSG, please,' as is the waiter's knowing smirk in response. MonoSodium Glutamate (MSG), or 'The essence of taste' (as coined by the Japanese), is used as a 'taste-enhancer' in nearly every form of processed food on the market today, though 'taste addiction' may be a more correct term. But what exactly does it do? And how is it harmful? Dr. Russell L. Blaylock answers these questions and poses some startling evidence as to the eventual consequences of a heavy MSG-diet in his book *Excitotoxins: The Taste that Kills*. In basic terms, MSG (and other, similar agents) pierces the blood-brain barrier and over-stimulates the neurons of a brain to a deadly degree. Habitual intake among animal experiments has shown the development of tumors, memory loss, and a whole host of neurodegenerative diseases as the end result of excess excitotoxin intake, including Alzheimer's, Parkinson's, Lou Gehrig's etc. Walk into any gas station in the United States (or grocery store, for that matter) and, upon close investigation, you will find that 75%-90% of the available food has been 'enhanced' to some degree by excitotoxins. The chemical agents are often disguised by such ambiguous terms as 'spice' and 'natural flavors' or, my personal favorite, 'hydrolyzed vegetable protein.' A consumer society must have consumer slaves to keep it functioning; MSG is the crack cocaine of the food industry...and it is legally perpetuated by slush-fund advocates and a pork-gluttoned FDA. As proven again and again, money talks, ... [you can finish the maxim for me].

I would like to thank the reviewers who gave a favorable review, but especially I would like to say to those who were helped by the book, God bless you. As for the harshly critical reviewers, most are from those who know little about the subject and could care less. At least one prefers hedonistic pleasures of gustatory stimulation over scientific fact and logical conclusions based on science. I direct this at the reviewer who stated, rather condescendingly, that I knew very little biochemistry and was so uninformed that I wasn't aware that Parkinson's disease occurred before the arrival of MSG and aspartame. In fact I majored in biochemistry in undergraduate school and completed with

honors biochemistry in medical school. I continue to be a student of neurochemistry. My articles on these subjects are printed in peer-reviewed medical journals, which I'm sure the reviewer would have difficulty understanding. Cysteine is a neurotoxin, as is homocysteine, phenylalanine, glutamate and aspartate and a number of naturally occurring amino acids. Has the reviewer ever heard of PKU? While cysteine plays a vital role in brain protection, it is only safe as the N-acetyl product and as cystine. Cysteine, beside being an excitotoxin itself, is converted to homocysteic acid and homocysteine sulphonic acid, both very powerful excitotoxins. Sulfite, a metabolite of cysteine, is also a powerful neurotoxin (as in sulfite oxidase deficiency). As for the causation of Parkinson's and other neurodegenerative diseases, I never said they were exclusively caused by food born excitotoxins-in fact, in three places in the book I make this point. I do contend they exacerbate the symptoms and accelerate the progression of these diseases.

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