

## ***MSG: A Silent Enemy***

I hope you take a moment to read the article enclosed below, which I received from a friend of mine earlier today. I just read the entire article and was amazed at what I learned. I had previously encountered bits and pieces on this topic from time to time over the years, but had never before seen it all pulled together as it is in the article and information shown below. I know those of you who are health-conscious ~ and especially those of you who have young children ~ will be interested in knowing this! We can empower ourselves by reading, staying aware, making healthy choices, and taking appropriate action where possible or necessary.

### Slow Poisoning of America

I wondered if there could be an actual chemical causing the massive obesity epidemic, so did John Erb, a friend of mine. He was a research assistant at the University of Waterloo, and spent years working for the government. He made an amazing discovery while going through scientific journals for a book he was writing called *The Slow Poisoning of America*. In hundreds of studies around the world, scientists were creating obese mice and rats to use in diet or diabetes test studies.

No strain of rat or mice is naturally obese, so the scientists have to create them. They make these morbidly obese creatures by injecting them with MSG when they are first born. The MSG triples the amount of insulin the pancreas creates, causing rats (and humans?) to become obese. They even have a title for the race of fat rodents they create: "MSG-Treated Rats"

MSG? I was shocked too. I went to my kitchen, checking the cupboards and the fridge. MSG was in everything! The Campbell's soups, the Hostess Doritos, the Lays flavored potato chips, Top Ramen, Betty Crocker Hamburger Helper, Heinz canned gravy, Swanson frozen prepared meals, Kraft salad dressings, especially the 'healthy low fat' ones. The items that didn't have MSG had something called Hydrolyzed Vegetable Protein, which is just another name for Monosodium Glutamate.

It was shocking to see just how many of the foods we feed our children everyday are filled with this stuff. They hide MSG under many different names in order to fool those who catch on.

But it didn't stop there. When our family went out to eat, we started asking at the restaurants what menu items had MSG. Many employees, even the managers, swore they didn't use MSG. But when we ask for the ingredient list, which they grudgingly provided, sure enough MSG and Hydrolyzed Vegetable Protein were everywhere. Burger King, McDonalds, Wendy's, Taco Bell, every restaurant, even the sit down ones like TGIF, Chili's, Applebee's and Denny's use MSG in abundance. Kentucky Fried Chicken seemed to be the WORST offender: MSG was in every chicken dish, salad dressing and gravy. No wonder I loved to eat that coating on the skin, their secret spice was MSG!

Why is MSG in so many of the foods we eat?

Is it a preservative or a vitamin? Not according to my friend John. In the book he wrote, an expose of the food additive industry called *The Slow Poisoning of America*, [go to <http://www.spofamerica.com> ] he said that MSG is added to food for the addictive effect it has on the human body.

Even the propaganda website sponsored by the food manufacturers lobby group supporting MSG [at <http://www.msg-facts.com/facts/msgfact12.html> ] explains that the reason they add it to food is to make people eat more. A study of elderly people showed that people eat more of the foods that it is added to. The Glutamate Association lobby group says eating more benefits the elderly, but what does it do to the rest of us?

Betcha can't eat just one', takes on a whole new meaning where MSG is concerned! And we wonder why the nation is overweight? The MSG manufacturers themselves admit that it addicts people to their products. It makes people choose their product over others, and makes people eat more of it than they would if MSG wasn't added.

Not only is MSG scientifically proven to cause obesity, it is an addictive substance!

Since its introduction into the American food supply fifty years ago, MSG has been added in larger and larger doses to the prepackaged meals, soups, snacks and fast foods we are tempted to eat every day.

The FDA has set no limits on how much of it can be added to food. They claim it's safe to eat in any amount. How can they claim it is safe when there are hundreds of scientific studies with titles like these?

The monosodium glutamate (MSG) obese rat as a model for the study of exercise in obesity. Gobatto CA, Mello MA, Souza CT, Ribeiro IA. *Res Commun Mol Pathol Pharmacol*. 2002

Adrenalectomy abolishes the food-induced hypothalamic serotonin release in both normal and monosodium glutamate-obese rats. Guimaraes RB, Telles MM, Coelho VB, Mori RC, Nascimento CM, RibeiroBrain *Res Bull*. 2002 Aug

Obesity induced by neonatal monosodium glutamate treatment in spontaneously hypertensive rats: an animal model of multiple risk factors. Iwase M, Yamamoto M, Iino K, Ichikawa K, Shinohara N, Yoshinari Fujishima *Hypertens Res*. 1998Mar

Hypothalamic lesion induced by injection of monosodium glutamate in suckling period and subsequent development of obesity. Tanaka K, Shimada M, Nakao K, Kusunoki *Exp Neurol*. 1978 Oct

Yes, that last study, written in 1978, was not a typo. Both the medical research community and food manufacturers have known MSG's side effects for decades! [Does MSG cross the placental barrier or become a constituent of breast milk?]

If you are one of the few who can still believe that MSG is good for us, and you don't believe what John Erb has to say, see for yourself. Go to the National Library of Medicine, at: <http://www.pubmed.com> Type in the words "MSG Obese", and read a few of the 115 medical studies that appear.

Many studies mentioned in John Erb's book link MSG to diabetes, migraines and other headaches, autism, ADD-HD and even Alzheimer's.

But what can we do to stop the food manufactures from dumping fattening, addictive and brain damaging MSG into our food supply and causing the obesity epidemic we now see? And, perhaps causing or contributing to the coinciding epidemic of depression remember the studies above that mentions serotonin and hypothalamic lesions.

Even as you read this, George W. Bush and his corporate supporters are pushing a Bill through Congress. Called the "Personal Responsibility in Food Consumption Act", also known as the "Cheeseburger Bill". This sweeping law bans anyone from suing food manufacturers, sellers, and distributors, even if it comes out that they purposely added an addictive chemical to their foods.

The Bill has already been rushed through the House of Representatives, and is due for the same rubber stamp at Senate level. It is important that Bush and his corporate supporters get it through before the media lets everyone know about MSG, the intentional Nicotine for food.

Several months ago, John Erb took his book and his concerns to one of the highest government health officials in Canada. While sitting in the Government office, the official told him "Sure I know how bad MSG is, I wouldn't touch the stuff!" But this top level government official refused to tell the public what he knew.

The big media doesn't want to tell the public either, fearing legal issues with their advertisers. It seems that the fallout on the fast food industry may hurt their profit margin. So what do we do? The food producers and restaurants have been addicting MSG to their products for years, and now we are paying the price for it. Our children should not be cursed with obesity, and maybe brain damage causing depression, caused by an addictive food additive.

But what can I do about it? I'm just one voice. What can I do to stop the poisoning of our children, while guys like Bush are insuring financial protection for the industry that is poisoning us? Blow the whistle on MSG. I am sending this email out to everyone I know in an attempt to show you the truth that the corporate-owned politicians and media won't tell you, and hope that enough people are successful in forwarding it to those who can expose this insidious evil before Bush can pass the Bill protecting those who have knowingly poisoned us.

The food industry learned a lot from the tobacco industry. Imagine if big tobacco had a bill like this in place before someone blew the whistle on Nicotine?

We do not want to be rats in one giant experiment, and we do not approve of food that makes us into a nation of obese,

lethargic, depressed, addicted sheep, waiting for the slaughter.

With your help we can put an end to this, and stop the Slow Poisoning of America. Let's save our children

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