



life & Health

Excitotoxins

Excitotoxins? What are they and what do they do? Dr. Russell Blaylock wrote a book on Excitotoxins explaining they are food additives, including MSG (monosodium glutamate), aspartame, L-cysteine and others. These chemicals are added to a broad number of foods as a taste enhancing substance. In many cases several of these brain toxic additives are combined with foods to give them a delicious taste and to stimulate our brains to want to eat more.

The mechanism by which these food additives damage the brain is called excitotoxicity, a mechanism in which certain brain cells are excited to death. Most people have never heard the term excitotoxicity, but today, neuroscientists consider excitotoxicity to be the central mechanism in causing many health related issues - from the seemingly minor foggy brain all the way to Autism and Alzheimer's.

Doctors Amy Yasko and Gary Gordon have compiled a comprehensive list of excitotoxins and their sources in their book *The Puzzle of Autism: Putting It All Together - A Guide to Transforming the Treatment of Autism*. We are happy to share this list with you.

Sources of Excitotoxins

- Monosodium glutamate
- NutraSweet/Aspartame
- Malted barley flour
- Glutamate
- Hydrolyzed protein
- Malt extract
- Natural flavor(s)
- Hydrolyzed vegetable protein
- Malt barley/barley malt
- Maltodextrin
- Hydrolyzed oat flour
- Malted anything
- Carrageenan
- Hydrolyzed anything
- Textured protein
- Gelatin
- Sodium caseinate
- Guar gum
- Spice(s)
- Smoke flavoring(s)
- Calcium caseinate
- Whey protein concentrate
- Plant protein extract
- L-cysteine
- Chicken/pork/beef "flavouring" whey protein
- Chicken/pork/beef "base" whey protein isolate
- Seasoning(s)
- Caseinate
- Soy protein
- Seasoned salt
- Disodium guanylate
- Soy protein concentrate

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- Dough conditioner(s)
- Disodium inosinate
- Soy protein isolate
- Yeast extract
- Disodium caseinate
- Soy extract
- Soy sauce
- Autolyzed yeast
- Autolyzed yeast extract
- Autolyzed anything
- Bouillon
- Broth
- Stock
- Soup base
- Vegetable gum
- Kombu extract
- Ajinomoto

Sources of MSG

Definite Sources of MSG

- Hydrolyzed Protein or Hydrolyzed Oat Flour
- Sodium Caseinate or Calcium Caseinate
- Autolyzed Yeast or Yeast Extract
- Gelatin
- Glutamic Acid
- Monosodium Glutamate

Possible Sources of MSG

- Textured Protein
- Carrageenan or Vegetable Gum
- Seasonings or Spices
- Flavorings or Natural Flavourings
- Chicken, Beef, Port, Smoke Flavorings
- Bouillon, Broth or Stock
- Barley Malt, Malt Extract, Malt Flavoring
- Whey Protein, Whey Protein Isolate or Concentrate
- Soy Protein, Soy Protein Isolate or Concentrate
- Soy Sauce or Extract

Other Sources of MSG

- MSG is found in most food prepared by major fast-food chains.
- Binders and fillers for medications, nutrients and supplements, both prescription and non-prescription and some fluids administered intravenously in hospitals, may contain MSG.
- According to the manufacture, Varivax-Merck chicken pox vaccine (Varicella Virus

Live) contains L-monosodium glutamate and hydrolyzed gelatin, both of which contain processed free glutamic acid.

- MSG is used as a plant "growth enhancer" (AuxiGro) that is sprayed on growing crops. AuxiGro Plant Metabolic Primer contains 29.2% by weight, pharmaceutical grade, L-glutamic acid.
- The most common sources of MSG: molasses, sugar beet and cane.
- MSG and Aspartame (NutraSweet) are found in everything from soups, sauces and juice to frozen entrees, candy, cigarettes and anything with seasonings (e.g. potato chips, meat and ice cream).

The following foods have enough MSG/Glutamate content to cause a reaction in individuals sensitive to it or contain some amount of Glutamate and should be avoided. Remember - ALWAYS read labels. Product contents can change at any time at the company's discretion.

- Doritos
- Pringles
- KFC fried chicken
- Boar's head cold cuts/hot dogs
- Progresso soups
- Lipton soups/sauces
- Gravy master
- Planter's salted peanuts
- Sausages/processed meats/cold cuts
- Processed cheese spread
- Molasses
- Supermarket turkey and chicken (injected)
- Restaurant gravy from food service cans
- Ramen noodles
- Bouillon (any kind)
- Instant soup mixes/stocks
- Many salad dressings/croutons
- Most salty, powdered dry food mixes
- Flavored potato chips
- Restaurant soups made from food service soup base
- Gelatin
- Soy sauce
- Worcestershire sauce
- Kombu extract
- Dry milk or whey powder
- Dough conditioners
- Body builder protein mixes
- Parmesan cheese
- Fresh produce sprayed with AuxiGro in the field
- Some spices
- Skim, 1%, 2%, non-fat or dry milk
- Whipped cream topping substitutes
- Non-dairy creamers
- Chocolates/candy bars
- Low-fat/diet foods
- Cereals
- Baked goods from bakeries
- Frostings and fillings
- Catsup/Ketchup
- Mayonnaise
- Chili sauce
- Mustards
- Pickles
- Bottled spaghetti sauce
- Citric acid (when processed from corn)
- Canned and smoked tuna, oysters and clams

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- Barbeque sauce
- Canned, frozen or dry entrees and potpies
- Fresh and frozen pizza
- Flavored teas, sodas
- Seasoned anything
- Some peanut butters
- Some bagged salads and vegetables
- Tomato sauce/Stewed tomatoes
- Egg substitutes
- Flour
- Canned refried beans
- Tofu and other fermented soy products
- Table salts
- Anything with corn syrup added
- Anything with milk solids
- Anything fermented
- Anything vitamin enriched
- Anything protein fortified
- Anything enzyme modified
- Anything ultra-pasteurized
- Caramel flavorings/colorings
- Pectin
- Cornstarch
- Flowing Agents
- Xanthan gum/other "gums"
- L-cysteine

References

1. *The Puzzle of Autism: Putting It All Together - A Guide to Transforming the Treatment of Autism*, Dr. Amy Yasko, Dr. Garry Gordon, 2004, 2006. ISBN# 0-9759674-4-4