

Excitotoxicity is the process by which nerve cells are damaged

and killed by glutamate and similar substances. Excitotoxicity may be involved in spinal cord injury, stroke, traumatic brain injury and neurodegenerative diseases of the central nervous system (CNS) such as multiple sclerosis, Alzheimer's disease, amyotrophic lateral sclerosis (ALS), Parkinson's disease, alcoholism or alcohol withdrawal and Huntington's disease.

MSG is used to fatten lab animals for tests, and is an Excitotoxin.

Food Additives that ALWAYS contain MSG:

*Monosodium Glutamate, *Hydrolyzed Vegetable Protein (Bragg Liquid Aminos), *Hydrolyzed Protein, *Hydrolyzed Plant Protein, *Plant Protein

Extract, *Sodium Caseinate, *Calcium Caseinate, *Yeast Extract, *Textured Protein (Including TVP), *Autolyzed Yeast, *Hydrolyzed Oat Flour, *Corn Oil.



Food Additives That FREQUENTLY Contain MSG:

*Malt Extract, *Malt Flavoring, *Bouillon, Broth, *Stock, *Flavoring, *Natural Flavors/Flavoring, *Natural Beef Or Chicken Flavoring, *Seasoning, *Spices.

Food Additives That MAY Contain MSG Or Excitotoxins:



*Carrageenan, *Enzymes, *Soy Protein Concentrate, *Soy Protein Isolate, *Whey Protein Concentrate.

Food Additives to ALSO AVOID:

*Caffeine *Protease Enzymes,
*Aspartame, *Aspartate, *L-Cystine, Colors and Dyes *even FDA approved.*

Help PROTECT Yourself from the damage of Excitotoxins & MSG by doing these five things:

- Avoid Excitotoxins, and Caffeine in any form.
- Add daily antioxidants; vitamins A, C and E.
- Eat regularly avoiding hypoglycemic moments.
- Eat a high starch diet. (Excluding Carbohydrates). · Also Coconut oils and Water will help.



Coconut oil; consume 3-tablespoons a day in cooking or from the spoon. Any unrefined extra virgin, unrefined virgin, unrefined cold or unrefined expeller pressed oils, helps in nerve rebuilding.