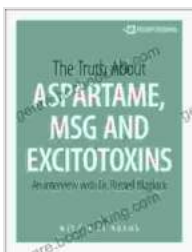


The Truth About Aspartame Msg And Excitotoxins: A Shocking Exposé

In the realm of health and nutrition, a silent threat lurks, largely unnoticed by the unsuspecting public: the presence of excitotoxins in our food. Aspartame, MSG, and other excitotoxins have become ubiquitous ingredients in countless processed foods, beverages, and even dietary supplements. Despite their widespread use, the detrimental effects of these substances on our health and well-being remain largely unknown or underestimated.

In his groundbreaking book, *The Truth About Aspartame Msg And Excitotoxins*, Dr. Russell Blaylock unveils the hidden dangers posed by these neurotoxic substances. Drawing upon extensive research and clinical experience, Dr. Blaylock meticulously dissects the scientific evidence linking excitotoxins to a range of health problems, including neurological disorders, behavioral issues, hormonal imbalances, and even cancer.



The Truth About Aspartame, MSG and Excitotoxins

by Liam Naden

★★★★☆ 4.7 out of 5

Language : English

File size : 89 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 15 pages

Lending : Enabled

Screen Reader : Supported



Unmasking Aspartame: The Sweet Deceiver

Aspartame, the artificial sweetener found in diet sodas, chewing gums, and countless low-calorie products, has been hailed as a safe and low-calorie alternative to sugar. However, Dr. Blaylock's compelling analysis reveals a far more sinister reality.

When consumed, aspartame breaks down into three components: aspartic acid, phenylalanine, and methanol. While aspartic acid and phenylalanine are natural amino acids, they become excitotoxic when present in high concentrations. Excitotoxins overstimulate nerve cells, leading to cellular damage and dysfunction.

Extensive research has linked aspartame consumption to a wide array of health problems, including:

- Headaches and migraines
- Mood swings and depression
- Memory loss and cognitive impairment

li>Seizures and epilepsy

Dr. Blaylock's book provides a comprehensive overview of the growing body of evidence linking aspartame to these debilitating conditions, leaving no doubt about its potential to wreak havoc on our health.

MSG: The Hidden Flavor Enhancer

Monosodium glutamate (MSG) is a flavor enhancer commonly used in Chinese food, processed meats, and other savory products. While it has been deemed safe by the FDA, Dr. Blaylock's research paints a different picture.

MSG acts as an excitotoxin, directly stimulating neurons in the brain and spinal cord. Over time, this overstimulation can lead to neuronal damage and dysfunction. Dr. Blaylock's book documents numerous studies linking MSG consumption to:

- Headaches and migraines
- Nausea and vomiting
- Heart palpitations and arrhythmias

li>Asthma and respiratory problems

- Neurological disorders, such as Parkinson's disease and Alzheimer's disease

By exposing the hidden dangers of MSG, *The Truth About Aspartame, MSG And Excitotoxins* empowers readers to make informed choices about their food consumption and safeguard their health.

Excitotoxins: The Silent Epidemic

Aspartame and MSG are just two examples of the many excitotoxins that have infiltrated our food supply. Other common excitotoxins include:

- Artificial sweeteners, such as saccharin and sucralose

- Hydrolyzed vegetable protein
- Carrageenan
- Aspartic acid
- Glutamic acid

Dr. Blaylock's book provides a comprehensive examination of the various sources of excitotoxins in our diet, exposing the far-reaching implications of their widespread use. By raising awareness about these hidden dangers, *The Truth About Aspartame Msg And Excitotoxins* empowers readers to take control of their health and protect themselves from the detrimental effects of excitotoxicity.

Reclaiming Our Health: The Path Forward

Unveiling the truth about excitotoxins is not simply about instilling fear or promoting paranoia. Rather, it is about empowering individuals with knowledge to make informed choices about their health and well-being.

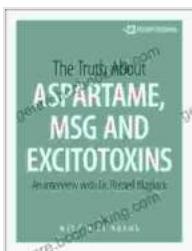
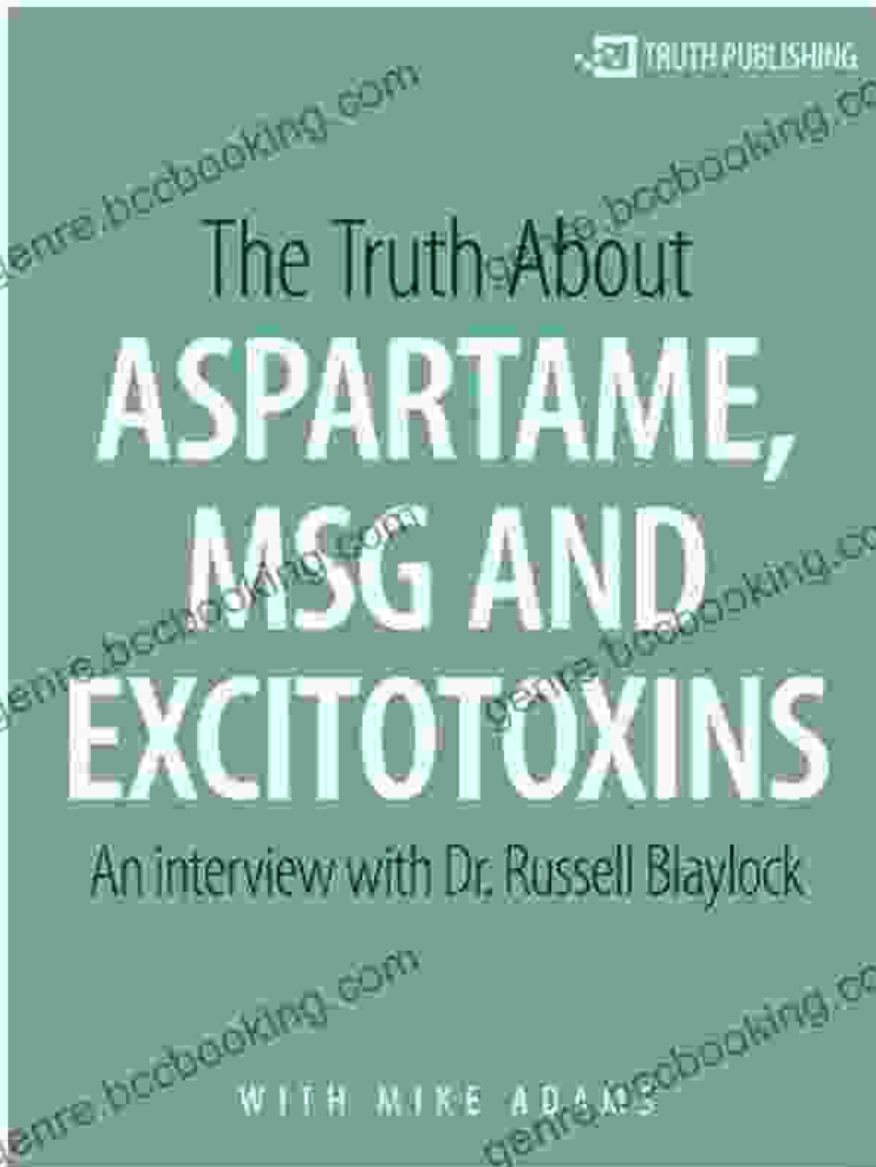
The Truth About Aspartame Msg And Excitotoxins offers practical guidance for reducing exposure to these harmful substances and promoting overall health. Dr. Blaylock provides detailed advice on:

- Identifying and avoiding excitotoxin-containing foods
- Detoxification strategies to eliminate excitotoxins from the body
- Dietary and lifestyle modifications to support neurological health
- Supplements and nutrients that can protect against excitotoxicity

By arming readers with this invaluable information, *The Truth About Aspartame Msg And Excitotoxins* becomes an indispensable tool for anyone seeking to reclaim their health and live a life free from the debilitating effects of excitotoxicity.

The Truth About Aspartame Msg And Excitotoxins is a groundbreaking exposé that unveils the hidden dangers lurking in our food supply. By meticulously dissecting the scientific evidence, Dr. Russell Blaylock reveals the alarming effects of excitotoxins on our health and well-being. This book is a must-read for anyone concerned about their health and the well-being of their loved ones. By raising awareness about excitotoxins and providing practical guidance for reducing exposure, *The Truth About Aspartame Msg And Excitotoxins* empowers readers to take control of their health and live a life free from the detrimental effects of these neurotoxic substances.

Free Download your copy today and embark on a journey towards a healthier, more vibrant life!



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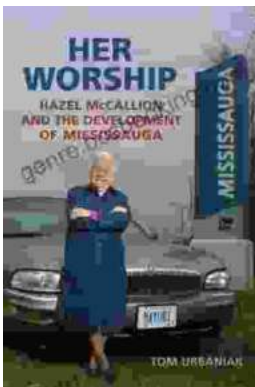
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