

Battling the MSG Myth

A Survival Guide and Cookbook

By Betha Angiano



We constantly hear about the modern day epidemics of Obesity, Diabetes, Autism, ADD, ADHD, Migraine, Depression, Fibromyalgia, Breast Cancer, Alzheimer's, Arrhythmia, sleep and stomach conditions, and many neurological disorders. Often blamed are fats, sugars, environmental chemicals, GMOs, and processed foods. They all play a role, but what most medical professionals and researchers miss is the important link to these disorders and one well hidden neurotoxic food additive: Processed free glutamate.

This book is dedicated to help combat the devastating effects of glutamate toxicity and to allow victims to reclaim their health.

Deborah L. Anglesey

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Author, Debby Anglesey, offers researched and written a publication that addresses the connection of glutamate (MSG) to the dramatic rise in health problems such as ADD, headaches, depression, obesity, stomach complications, and neurological disorders. Describing her own past health condition as being "one foot in the grave" However, we are now reaping the outcomes of the massive levels of chemicals that infest our drinking water, air, soil, and food. When her 19 12 months old son's health instantly spiraled downward, Debby proceeded to go into first equipment and discovered the concealed culprit lurking in the majority of the items we eat today from snack foods to vitamin supplements. The three minute segment spurred invitations to speak to local groupings and a book signing and dialogue at Barnes & Noble. Debby Anglesey and her husband, Mike, live in Washington state and have two daughters and two sons and six grandchildren. She wrote her publication to help her family and friends, never dreaming how many people it could eventually reach. The 20th century offered us much in terms of new technology., she shares her amazing journey from despair to reclaimed health. However, unlike smokers who choose whether to light that first cigarette, most of us don't possess a choice regarding concealed sources of MSG inside our foods. MSG is among the most harmful factory created substances added to and occasionally hidden in much of our prepared foods. Our anatomies are not equipped to handle such an assault. When the newspaper content and photo were picked up by the Associated Press, calls and e-mail from people around the country trying to purchase the book started to pour in. Today, she devotes much of her time answering e-mail, letters, and phone calls regarding MSG, and offers helped hundreds of fellow victims of the growing wellness crisis. In 1999, after articles about Debby and the task she does as a customer advocate made an appearance in the local newspaper, Debby and Mike were invited to become interviewed for the local evening news program.



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he did advise that I visit a practitioner who includes a more ... Thank you for gathering the info shared in this book! It has been very useful in obtaining rest from headaches, human brain fog etc.. start reading. I recently saw a neurologist in regards to symptoms covered here. I was informed that he didn't study some of things factors, that it was outside the scope of his practise. However, I knew it was a culprit.. Using these details has allowed me to pinpoint digestive problems & Neurologists don't research neurotoxins.. Hopefully, my family won't have to suffer with a few of the horrible human brain related diseases that the majority of families 're going through through the elimination of these awful additives from our diet.. who knew? Years ago I was pressured to find out what was leading to me to have the headaches from hell. This Book ... Anglesey's publication but the cookbook part of this one is especially helpful and awesome. I have experienced from sensitivity to MSG. What I didn't realize was that was still hidden in a variety of foods in a variety of ways and has much to do with how foods are processed, actually minimally, in creating free glutamate. I've told a number of doctors this only to involve some varied reactions. This book armed me with some information which has dramatically raised the standard of my life. I came across this to end up being very useful; I think the cost of this book was worthwhile for that alone. When I couldn't trace any consumption of MSG, I looked for another culprit. A valuable addition to my kitchen cookbook collection. Great reserve for understanding they why's and how's of this food additive and the many, many titles it and other additives use. I emailed Deborah about a issue I experienced on a recipe and I actually noticed back again from the friendly and helpful writer! This book is highly recommended, the best purchase I made this past year (2012). Finally - Validation This book was worth the price to me, since it is the very first time I've read that citric acid can have the same effect that MSG has on a person.) To his credit, he did recommend that I see a practitioner who has a more wholistic method of address my worries. When I discovered that it was MSG, I avoided it like the poison it is. However, from time to time I would still have among these dreaded episodes. That, and the tips on other triggering chemicals. I finally understood the problem was citric acid. I don't desire to write another book in writing about Ms. A few them have simply outright laughed in my own face. "No-one can end up being allergic to citric acid", they say. And both of these men were choice doctors who claimed to end up being very alert to how important diet is inside our lives. (Hmmmmmm. Deborah goes into great details about the set of things that can cause the problems for MSG sensitive individuals. My hubby says I am just like the Canary in the mine.. Her recipes are weighty with glucose, but I understand that is not her problem, and I will have to make allowances for that and adjust the quality recipes for me. In the event that you kid has ADS or any other ailment - browse this. I am heartsick at what our nation is doing to us

by letting our food supply be filled with these toxins and protecting the food industry with regard to the almighty dollar. She's some great sounding dishes in the book. I anticipate delving in deeper and learning a lot more.. If you suspect that you or one of your family members have trouble with MSG, I would recommend that you get this book. BUY THIS Publication! His doctors have already been racking your brains on what makes him so sick since he was born. I've had one reaction that almost sent me to the hospital. Kudos to the author for all her study and well crafted book. The dishes for all the sauces etc, that aren't safe to buy ready made, certainly are a present from heaven to your family and to everyone who EATS! We certainly are a medical family that's actively trying to prevent damaging elements being in the meals supply and fed to the kids(and adults)of the world, who assume that it's secure and under some watchful federal government eye. When you have not browse this, and eat ANYTHING anywhere. I am totally migraine free after 35 years. And I understand how to look for canned Tuna and a large number of other items you would never have known contained MSG. This book changed our family's lives forever!! My grandchildren will be so much healthier, brain safe and smarter, because their Gramma offers this wonder of a book!! It is very informative about all of the unwanted effects of MSG. MSG UGH! If you've ever endured an allergic attack to MSG you will understand the need for this book. This book has been needed for quite a long time. This book includes a website, also, where one can read some snippets from her book to see if the content is of interest to you. Should you have had problems from meals additives, MSG, Excitotoxins, etc. I would recommend this book. Great book I purchase this book in 2010 2010 and I would suggest it to anyone who think MSG is definitely a myth it's really not. Eye opening Really excellent eye opener. I knew MSG was the cause of a lot illness i had after taking in something that had it increase it. I've learn so much from scanning this book. Of invaluable use will be the bread recipes which are free of barley malt or malted barley flour and the deadly syrups frequently used for sweetening in industrial bakery recipes. detailed, but explained well. At least half the book is quality recipes. A Must Browse for Everyone Concerned About Their Health! MANY THANKS SO QUITE DEFINITELY! I plan on recommending this publication to everyone I understand. And more importantly, it tells just what to consider on food labels to avoid MSG. My 3 12 months old is MSG sensitive.! Fortunately for all of us, I happened to this book and it had been the answer to most of his sicknesses! He's now happy and healthful thanks to this reserve and the important info in it. I am buying it for all his doctors and our family and friends! Very useful for my lifestyle transformation!! I've only begun scanning this and I've already learned so very much. I was recently identified as having not only a dairy allergy but also MSG and other preservatives, and changing how I eat and what I believe about food has been a real eye-opener. This reserve has been very helpful so far. Nevertheless, she

actually is obviously not sensitive to sugar.. Through my problems we have learned a great deal and are trying eat right. Five Stars As promised, thanks Thank you This book is exactly what I had a need to get me started on replacing all the pantry items I cannot have from the store. Many thanks, Deborah! Every parent, every mom should read this booklet. MSG has invaded virtually all manufactured food products and under therefore many guises, that to become safe you need to make everything you ingest yourself... make required dietary. I am very glad that I came across this book.



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