**Add to T o H Jan 2017**

**Excitotoxins kill brain cells and kill nerves to the eyes.­ They kill brain cells in adults and are particularly toxic to babies in the womb and small children.**

**Common excitotoxins: glutamates, MSG, aspartame, flavor enhancers. MSG exists in  
over 50 names (including ‘spices’ and is added to ALL PROCESSED foods – even Organic/Health foods). Consuming them is leading to Obesity, epidemic Alzheimer’s, heart disease, stroke, cancers etc. Children grow up ‘dull’.**

**Dr Blaylock reveals this danger in his book, “Excitotoxins , The Taste That Kills” We Love them because they are addictive.**

# Use up or throw out all your soy sauces, Tamari and even Braggs unfortunately. Replace with Coconut Secret Organic Raw Coconut Aminos Soy-Free Seasoning Sauce

# Avoid all soy products – even Organic Avoid as many processed foods and sauces as possible. Just use up or throw away what you have and don’t replace them

**Take it one step at a time, and remember that this isn’t just**

**about chronic neurological and autoimmune illness; it affects everyone. Work toward gradual changes and**

**look for suitable alternatives, as even mild improvements can make a significant difference in health.**

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Ten Tips for reducing Excitotoxicity

Practical Tips for Eliminating Glutamates

These days we don’t live in cabins on the remote Alaskan tundra so yo

u can only do the best you can with

the time and resources you have available. Take it one step at a time, and remember that this isn’t just

about chronic neurological and autoimmune illness; it affects everyone. Work toward gradual changes and

look for

suitable alternatives, as even mild improvements can make a significant difference in health.

There is no need to memorize all of the names for MSG. A good rule of thumb is if it takes you more

than 2 minutes to read the ingre

dient list, it has too many excitotoxins.

Whenever possible, avoid any pr

ocessed dipping sauces, soy sauce, soups, gravy, Worcester sauce,

and many (not all) salad dressings as well as powder packs in foods such as Top Ramen, Mac &

Cheese, Bouillon, Accent, Taco & other seasoning packs, etc.

10.

Remember, life is short so it’s a

compromise; when you really enjoy something and can’t make or find

a good substitute, search for other ways to limit your daily intake

See

table 4 for beneficial supplements as well.

1.

Remember that this is not an all or nothing lifestyle change. Gradually remove & replace what you

reasonably

can. If you can eliminate 40

-

50% of these toxins, you have made substantial progress

toward lifelong neurological health.

2.

There is no need to memorize all of the names for MSG. A good rule of thumb is if it takes you more

than 2 minutes to read the ingre

dient list, it has too many excitotoxins.

3.

Make an MSG limit & stick with it. Most GF/CF crackers or cookies have at least 3 to 5 hidden

chemicals while the majority has 5 to 10, this is what makes them taste good. A box of Hamburger

Helper, Rice

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a

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Roni or

a can of Campbell’s soup has at least 10 to 20 toxic ingredients! Try to limit

each product to 5 or less and

avoid having more than

2

-

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of these foodstuffs mixed in with homemade

meals per day.

4.

Remember, there is almost always a reasonable substitute for

favorites. It is also important to realize

that your taste buds will adapt once accustomed to less MSG.

5.

Compromise to reduce your overall level. For example, roasted peanut butter is more convenient &

flavorful yet higher in glutamates than raw nut butt

er. Consider mixing

½

roasted nut butter with

½

raw

nut butter to cut down on content and retain flavor.

6.

Make up enormous batches of meatballs & patties, seasoned taco meat, stuffed meatloaf, chicken

soup, chili, whole grain rice, Sandwiches, stir

-

fry, Sa

usages, GF/CF pancakes & waffles, etc., and

freeze them in meal size batches for busy nights & mornings. It’s much easier to reheat food in a

toaster oven than to cook an entire meal three times a day.

7.

If you occasionally eat fast food, limit the burger to

“protein style” with some plain fries.

8.

Don’t forget that anything that is so delicious you just can’t stop eating it or often crave it is

undoubtedly chock

-

full of excitotoxins, which are triggering the addiction pathway.

9.

Whenever possible, avoid any pr

ocessed dipping sauces, soy sauce, soups, gravy, Worcester sauce,

and many (not all) salad dressings as well as powder packs in foods such as Top Ramen, Mac &

Cheese, Bouillon, Accent, Taco & other seasoning packs, etc.

10.

Remember, life is short so it’s a

compromise; when you really enjoy something and can’t make or find

a good substitute, search for other ways to limit your daily intake. For instance, a really good GF/CF &

excitotoxin free bread is often difficult to make and there are more appealing produ

cts on the market

now so instead, trade your canned soup or flavored chips and crackers for plain GF potato chips or

potato sticks.

*If you’re making stir-fry tonight, which condiment is healthiest to use?*

If you’re getting ready to cook some stir-fry, rice, an Asian salad, soup, or other recipe that calls for soy sauce, you may find yourself a little stumped. After all, there are alternatives out there. What about tamari, or Bragg’s Liquid Aminos? There’s even Coconut Aminos that are supposed to create a similar taste.

We decided to do some digging on all these condiments and report what we found. Here are the pros and cons of each one—you get to choose which works for your recipe tonight!

**Soy Sauce**

Made from the fermented paste of boiled soybeans, salt, water, and sometimes roasted grains, soy sauce is a traditional condiment used in Asian cuisine, with a salty, earthy flavor that can easily transfer to all sorts of dishes. To make it, manufacturers cook the soybeans, then add in bacterial and fungal cultures to begin the fermentation process. Roasted wheat and other grains can also be added for flavor.

The culture is then combined with a salt brine and allowed to “brew” for a time, while microorganisms break down the proteins and sugars naturally found in the soybeans. The mixture is then pressed to extract the dark brown liquid, and finally, pasteurized before bottled.

There are a number of varieties of soy sauce, including:

1. **Light:** What we think of as “normal” soy sauce, this option contains fewer soybeans and more grains, mainly wheat.
2. **Dark:** These are typically fermented for a longer period of time. Then manufacturers add molasses or caramel after the brewing process, to thicken the sauce and provide a sweeter flavor. Dark soy sauce may also contain about 50 percent grains.
3. **Low-Sodium:** This option has less sodium than the other varieties, and is made using acid-hydrolyzed vegetable protein, which doesn’t use bacterial and fungal cultures and requires less salt.
4. **Tamari:** This option is made with mostly soybeans—and little to no wheat or other grains. More on this below. It has a smoother, deeper flavor.

* **Pros:** Soy sauce has a potent flavor, and is rich in antioxidants, isoflavones, and protein. Provides vitamin B6, which is important in forming good mood neurotransmitters. The isoflavones may help prevent heart disease, and lower the risk of osteoporosis. Some studies have suggested that it may provide some benefits to the digestive tract, with probiotics that support the growth of friendly bacteria in the gut. The antioxidant density has also been compared with that of red wine.
* **Cons:** It’s high in sodium—about 1,000 mg per serving. For those watching their blood pressure or other health conditions, it may not be the healthiest option. Soy sauce naturally contains MSG, which is produced during the fermentation process. Because it’s not added, it may not be on the ingredient list. The soybeans and wheat used to make the sauce may be contaminated with GMO crops. Because of the wheat content, the sauce contains gluten, which may affect those with gluten sensitivities. Soy is also a common food allergen.

**Tamari**

As mentioned above, Tamari is a version of soy sauce made with little-to-no grains. Called “Japanese soy sauce,” it’s a deeper brown color and slightly thicker than ordinary soy sauce. Some people prefer the darker, richer flavor.

The general rule of thumb with tamari is that it provides a better flavor for cooking, whereas regular soy sauce may be better on the table, though some prefer the smoother taste of tamari in dipping sauces as well. Because of the lower level of grains, tamari is made with a greater concentration of soybeans, which changes not only the flavor, but some of the health benefits as well.

* **Pros:** Provides niacin (vitamin B3), manganese, and mood-enhancing tryptophan, and contains more protein than regular soy sauce. Other health benefits are similar to regular soy sauce. Smooth, rich flavor is great in soups, salad dressings, and in a range of other dishes in place of salt. Though some tamari sauces have some wheat, you can find wheat-free versions that work for a gluten-free diet.
* **Cons:** Tamari is still high in sodium, though there are some reduced-sodium options that may be around 700 mg per serving. Check the nutrition facts. It also contains MSG, and may be an allergen to those who are sensitive. You can find MSG-free options. The soybeans used may also be GMO crops.

**Bragg’s Liquid Aminos**

[Bragg’s has apparently admitted](http://www.welikeitraw.com/rawfood/2005/06/bragg_liquid_am.html) that they make this liquid protein concentrate by treating soybeans with hydrochloric acid to create free amino acids, then neutralizing the remaining acid with sodium bicarbonate, which creates sodium chloride—and the salty taste. Corn syrup, caramel, water, and salt may be added to create flavor.

This product is said to be rich in amino acids like arginine, glutamic acid, glycine, serine, tyrosine, lysine, and more. It’s marketed as a non-fermented alternative to soy sauce and tamari, and is often labeled as GMO-free.

* **Pros:** Gluten-free, and GMO-free. Still may contain naturally occurring MSG. A good source of protein with healthy amino acids. Works as an alternative to soy in most recipes.
* **Cons:** This type of sauce is sometimes called “chemical soy sauce” because it’s made by a chemical process rather than with natural bacterial and fungal cultures. Some caution against using it because it is a so-called “artificial” sauce. Though often advertised as having less sodium than other soy sauce options, check labels—some comparisons have found that it contains about the same amount or even more. Be particularly careful about “serving sizes”—they may be lower than what you’re seeing on regular soy sauce. Some say the flavor, as well, is not as good as fermented soy sauce.

**Coconut Aminos**

Made from raw, coconut tree sap and sun-dried sea salt, then naturally aged, this condiment is catching on as a potential alternative to soy sauce. Completely free of soy, it has a dark, rich, and salty flavor with a faint, sweet aftertaste, and can be used in salads, marinades, and as a seasoning.

* **Pros:** Gluten-free. Soy-free. Lower sodium option. Contains a higher level of 17 amino acids, which may contribute to heart health, digestive health, and mood stabilization. Also contains vitamins B and C, and various minerals.
* **Cons:** Couldn’t find any!

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Table 1.

Ingredients that include Monosodium Glutamate

Ingredients with Hidden

Free Glutamic Acid

Ingredients that often

have free Glutamic Acid

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e Sources of Free

Glutamic Acid

Glutamic acid

Glutamate

Monosodium glutamate

Monopotassium glutamate

Calcium glutamate

Monoammonium glutamate

Magnesium glutamate

Natrium glutamate

Natural Flavors

Yeast extract

\*Anything “hydrolyzed\*

Calcium cas

einate

Sodium caseinate

Yeast food or yeast nutrient

Autolyzed yeast

Gelatin

Textured protein

Soy protein

Soy protein concentrate

Soy protein isolate

Whey protein

Whey protein concentrate

Whey protein isolate

Vetsin

AuxiGro (plant enhancer)

Ajinomoto

Umam

i

Worchester sauce

Soy sauce

\*Examples of hydrolyzed\*

Pea, soy, wheat, whey, corn, &

vegetable protein.

This additive is the most harmful

version as it contains all 3

excitotoxins: glutamate, as

partate,

& cysteine as well as

chemicals

known to be carcin

ogenic.

\*Some vaccines also include

MSG such as Merck’s Varivax &

the MMR.

Carrageenan

Guar gum

Locust bean gum

Bouillon and broth

Stock

Any “flavors” or “flavoring”

Maltodextrin

Citric acid, Citrate

Anything “ultra

-

pasteurized”

Barley malt

Pectin

Pr

otease

Anything “enzyme modified”

Anything containing “enzymes”

Malt extract

Soy sauce

Soy sauce extract

Anything “protein fortified”

Anything “fermented”

\*

Any ingredients listed as

"seasoning," “spices,” "natural

flavoring," or "protein fortified

.

\*

Bel

ow are MSG

Flavor

enhancers

. I

f these are present,

MSG is as well:

•

Disodium 5’

-

guanylate

•

Disodium 5’

-

inosinate

•

Disodium 5'

-

ribonucleotides

\*Diet soda, chewing gum, low

-

calorie & low

-

fat foods almost

always have multiple versions of

MSG and/or asparta

me included.

Corn starch

Corn syrup

Modified food starch

Lipolyzed butter fat

Dextrose

Rice syrup

Brown rice syrup

Milk powder

Reduced or Non

-

fat milk

\*

Most no

-

fat or low

-

fat products &

those with enriched vitamins, etc.,

are highly likely to contain

MSG

.

\*

Any addictive food or snack is

most certain to have several

excitotoxins present. Many times,

once these foods are removed,

taste buds and receptors adjust

so that natural foods become

more palatable

.

\*Cysteine is another amino acid

that acts as an

excitotoxin

Aspartame: Hidden Sources

AminoSweet

Aspartic Acid

Aspartate

NutraSweet

Neotame

Aspartame is often found in

medicines, particularly children’s

OTC and prescription

medications

.

Foods naturally high in free

glutamate:

Tomatoes

Peas

Mushroom

s

Olives

Parmesan cheese & dairy

Soy sauce

Black bean paste

Breast milk

This table has been modified from Truth in Labeling, courtesy of Jack and Adrienne Samuels

.

According to

Dr. Samuels, natural glutamic acid found

in untreated

protein

is not proble

matic.

In order to induce an MSG

reaction, the glutamic acid must be either processed or extracted from a fermented protein. If an MSG

containing ingredient such as yeast extract is used instead of MSG, the manufacturer may make the

statement “

no added M

SG

”. Whereas if MSG is

processed into

a product instead of being

poured into

product, the company may declare "

no MSG.

"

5,59

-

60,48,& 64

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Table 3.

Signs & Symptoms of Glutamate Toxicity

Monosodium Glutamate Toxicity

Early Findings

Later Findings

Currently Under

Investigation

ü

Flushing

ü

Sweating

ü

Headache/migraine

ü

Low blood pressure

ü

Flu

-

like achiness &

malaise

ü

Facial pre

ssure and/or

pain

ü

Numbness to face or

mouth

ü

Dizziness/

Lightheadedness

ü

Chest Pain

ü

Loss of balance (ataxia)

ü

Confusion/

Disorientation

ü

Heart Palpitations

ü

Shortness of breath

ü

Nausea/vomiting

ü

Abdominal pain

ü

Diarrhea

ü

Lethargy/sleepines

s

ü

Insomnia

ü

Slurred speech

§

Asthma

§

Urticaria/Hives

§

Runny nose

§

Angioedema

(swelling of

face, throat, tongue)

§

Frequent night waking

§

Agitation/r

age reactions

§

Seizures

§

Tremors

§

Impaired memory &

learning

§

Anxiety/panic attacks

§

Hyperactivity

§

Depression

§

Behavioral

p

roblems

§

Hypertension

§

Tinnitus

§

Hearing loss

§

Frequent urination

§

Blurred vision or poor

focus

§

Muscle fatigue or

twitching

§

Extreme dryness/thirst

§

Nerve pain/s

ciatica

§

Hypoglycemia

•

Neuropathy

•

Dementia

•

Obesity

•

Vi

sion: retinopathy,

cataracts, & visua

l

processing problems

•

Polycystic ovaries

•

Diabetes

•

Sex hormone imbalance

•

Infertility

•

Cancers

•

White matter lesions

(MS)

•

Irritable Bowel Syndrome

•

CFS/FM

•

Autism

& PDD NOS

•

Interstitial Cystitis

(chronic bladder pain)

•

ADD/ADHD

•

Atrial fibrillation & other

heart

rate disturbances

•

Restless leg syndrome

•

Syncope (loss of

consciousness)