



THIS WEEK'S TOPIC

Foods That Are Zapping Your Brain

"Flavor enhancers called excitotoxins are added in large doses to food that cause excitement in the brain, cells become exhausted and die."

Have you ever wondered why the food at most restaurants tastes so good? Maybe you've tried to make it at home, but even if you have the recipe, it doesn't taste "quite" the same. This is because "flavor enhancers" or MSG is added to most of the foods in restaurants as well as packaged foods, soups, salad dressings, etc.

"Flavor enhancers" called "excitotoxins" are added in large doses under misleading names that sound harmless. Excitotoxins are toxins or poisons that cause excitement in the brain. Certain brain cells get excited and they fire rapidly. Cells become exhausted and in one hour they suddenly die.

Excitotoxins are "free radical" generators. Glutamate, aspartate, and L-cysteine can stimulate large amounts of free radicals within exposed neurons. This results in the progressive death of these exposed motor neurons which can lead to neurode-

generative diseases. Excess excitotoxic stimulation results in the buildup of free radicals and eventually it overwhelms the cell's ability to neutralize them.

Take a look at the list of ingredients on the packages of foods you buy. Is ONE or MORE of these added? Vegetable protein, hydrolyzed vegetable protein, textured vegetable protein, sodium or calcium caseinate, enzymes, spices, autolyzed yeast, yeast extract, natural flavor, carrageen, broth or stock.

Infant formulas are loaded with flavor enhancers like MSG. Many baby foods, especially toddler foods, have large amounts of MSG added to them. This is dangerous and harmful for the developing brains of children.

We have an epidemic of attention deficit disorder, mood disorders, outbursts of anger and other mental illness that are diagnosed in children! I've had several calls from young moms with babies that develop seizures in the first year of life. Doctors prescribe drugs with dangerous side effects for



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these seizures. I've recommended Mixed EFAs and organic or homemade baby foods. "Mysteriously" the seizures are gone.

I have treated many children whose mothers were desperate for answers when their children presented behavioral problems that are routinely treated with drugs. In every case I found low blood sugar to be a major factor. When their diet was changed their behaviors remarkably improved and not one has needed to resort to medications.

The elderly are at risk as well. Let's face it, neurodegenerative diseases are at an all time high and rising. Food industry lobbyists go to drastic means to prevent knowledge of this from being made public. Money is the driving force behind it.

The food industry uses deceiving methods to keep us from knowing these "excitotoxins" have been added to our foods. We are told that only small amounts are being used and are not harmful, based upon animal research. The truth is: Humans are more susceptible to MSG than ANY experimental animals; our brains are five times more sensitive than mice and 20 times more sensitive than the rhesus monkey.

Marketers also claim that these excitotoxins can't penetrate the blood brain barrier which protects our brain. That's not exactly true. The brain receives the same blood that flows through the body. Therefore, it is exposed to high concentrations of chemicals in the blood from metabolism and from the diet. Some of

these chemicals are toxic to the brain. Without the blood brain barrier these chemicals would do serious damage to the brain and spinal cord.

This barrier excludes some substances while allowing others free passage. NutraSweet® opens the blood brain barrier and the glutamate that is in your blood seeps into the brain. For example, a person with MS can get significantly worse for days or weeks after eating just one serving of a food containing flavor enhancers.



Your Wellness clinician can recommend supplements which can be effective to help stabilize your blood brain barrier and coach you how to protect

your brain. We want to avoid ANY additives in our diet that can cause excessive neuron damage. With supplementation we can assist the cell's ability to combat the accumulation of free radicals in the brain by supplying antioxidants.

Supplements which support the fight against free radicals in the brain are N-Acetyl-L-Cysteine, Coenzyme Q10, lipoic acid, taurine and Acetyl-L-Carnitine.

And along with supplementation let's get back to real food. Fresh, natural and organic foods possess properties science has yet to understand, and best of all, the taste is amazing without added neurotoxins. Plus if we eat real food, we won't have to worry about compromising of one of our most valuable assets... our brain.

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