

# HealthTip

Feeding your hunger for information  
about your health...

SPOTLIGHT

## of the Week...

### What You Should Know About T11...

is involved with providing the primary nerve supply from the control centers in the brain to the *Kidneys* – It is commonly found to be an area that is subluxated and associated with the diverse series of health complaints resulting from being unable to filter waste from the blood and/or with the output of urine and toxins from the body.

### MSG Toxicity

Truly natural glutamic acid -- as it exists in nature -- is an acidic amino acid. It is found in abundance in both plant and animal protein where it is attached to other amino acids.

Manufactured glutamic acid (MSG) is different. It is ***produced*** commercially in manufacturing and/or chemical plants, and is a common flavor enhancer in many foods.

All processed free glutamic acid (MSG), no matter how it is produced, is neurotoxic which means it kills brain cells. It also damages the endocrine system. In addition, all processed free glutamic acid (MSG) will cause adverse reactions ranging from feelings of mild discomfort or simple skin rash to such things as irritable bowel, asthma, migraine headache, mood swings, heart irregularities, asthma,

seizures, and depression when the amount of MSG ingested exceeds a person's MSG-tolerance level. So, in a nutshell, MSG is a chemical stress that can easily exceed the body's ability to cope.

According to Dr. Blaylock, one of the principal MSG researchers in the world, "what we've discovered is that this is a very toxic substance, particularly to the developing brain..., at particular risk is the developing fetus... The amount in the food has doubled every decade" since it was first used in the 1940s... of all the life forms on earth, humans are the most sensitive to MSG."

For more on this subject, look up:

**Blaylock R. (ed). Blaylock Wellness Report. The Great Cancer Lie: It is Preventable and Beatable. October. 2008.**

### The Bottom Line...The Bottom Line...The Bottom Line...

We note the obvious and somewhat immediate symptoms associated with MSG toxicity. Dr. Blaylock noted "what was discovered is that there is silent damage to the brain in which there were few immediate symptoms. Over time, researchers saw destruction of major portions of the brain - things that could cause Alzheimer's disease, Parkinson's and other brain ailments. The food industry has lobbied the government to keep MSG in many foods... watch for it in labeling.

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