

***Excitotoxins The Taste That Kills Russell L Blaylock***

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Excitotoxins - The Taste That Kills Page 1 of 8 This Overview was written by: Eliza Fulton, 2nd year Holistic Nutrition Student at Clayton College for Natural Health and Owner of Insurance & Wellness in the Rockies \* www.insuranceandwellness.com \* 800-613-4021 / 970-384-1900

### **Excitotoxins - The Taste That Kills Russell Blaycock, MD**

Excitotoxins: The Taste that Kills. Ex•cí•to•tox•in: a substance added to foods and beverages that literally stimulates neurons to death, causing brain damage of varying degrees. Can be found in such ingredients as monosodium glutamate, aspartame (NutraSweet®), cysteine, hydrolyzed protein, and aspartic acid.

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Excitotoxins also generate extreme levels of free radicals that cause additional cell death. Dr. Russell Blaylock, author of the 1995 book Excitotoxicity: The Taste that Kills , has researched and written extensively on excitotoxins.

### **Excitotoxins: The FDA-Approved Way To Damage Your Brain**

MSG Excitotoxins: The Taste That Kills. MSG is a modified from of 'glutamic acid' in which sodium is added to the molecule. But the toxic portion is the glutamic acid, not the sodium. Often manufactures will mix MSG with other substances to "disguise" it.

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