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Excitotoxin Food Additives and Sudden Death

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Excitotoxicity is the pathological process by which nerve cells are damaged and killed by excessive stimulation by neurotransmitters such as glutamate and similar substances. You will recognize these excitotoxins by the names MSG (Monosodium Glutamate), Processed Free Glutamic Acid, and Aspartame (Aspartic Acid, Aspartate). Other excitotoxins include hydrolyzed protein, soy protein isolate and concentrate, natural flavoring, and sodium caseinate When excessive amounts of these substances are consumed, the glutamate receptors in the brain and in other areas of the body are over-stimulated, producing cardiac arrhythmias, seizures, headaches, dizziness, nausea and vomiting, and more.

Even those of us who believe we are eating a healthy diet need to take notice. **Recent research shows a likely link between consumption of excitotoxins and sudden cardiac death, particularly in young athletes.** Consumers of soy products may be surprised to see some soy ingredients on the above list. Current food labeling does not provide for full disclosure of "hidden MSG" in foods and beverages you and your family may consume regularly.

Food and beverage companies often use Processed Free Glutamic Acid (found in MSG and other ingredients) as a flavor enhancer. However, according to independent studies and researchers/insiders such as renowned neurosurgeon and nutritional expert Dr. Russell Blaylock (author of the book Excitotoxins: The Taste That Kills), ex-food processing scientist and engineer Carol Hoernlein, consumer advocate Debbie Anglesey, Dr. John W. Olney, and MSG activists and investigators Jack Samuels & Dr. Adrienne Samuels (founders of the Truth in Labeling Campaign), Processed Free Glutamic Acid is also a harmful neurotoxin and excitotoxin. Their research demonstrates that Processed Free Glutamic Acid leads to and/or worsens many health problems ranging from headaches, migraines, mood change, nausea, pains in joints/bones, sleep disorders, chronic post nasal drip, heart irregularities and excessive perspiration to asthma, ADD, depression, obesity and many more. It is also implicated in neurodegenerative diseases such as Lou Gehrig`s (ALS), MS, Parkinson`s and Alzheimer`s.

The nerve damage and/or nerve death occurs when receptors for the excitatory neurotransmitter glutamate (glutamate receptors) such as the NMDA receptor and AMPA receptor are over-activated by the Excitotoxins listed above.

It is also possible that Excitotoxicity may be involved in spinal cord injury, stroke, traumatic brain injury and neurodegenerative diseases of the central nervous system (CNS) such as multiple sclerosis, Alzheimer's disease, amyotrophic lateral sclerosis (ALS), Parkinson's disease, alcoholism or alcohol withdrawal and Huntington's disease. Other common conditions that cause excessive glutamate concentrations around neurons are hypoglycemia and status epilepticus (life-threatening seizure condition).

In Russell Blaylock, M.D.'s recent article, "Sudden Cardiac Death and Food Excitotoxin Additives", he noted that young athletes are at particular risk for Sudden Cardiac Death. According to Dr. Blaylock, "A particular deadly combination occurs in young athletes, which includes low magnesium intake, high calcium intake, low intake of omgea-3 fatty acids and excitotoxin food additives. Strenuous exercise—especially in extreme heat is known to deplete the body's magnesium stores, as is consumption of carbonated drinks and taking calcium supplements. In addition, adrenalin secretion, increased during exercise, increases heart muscle irritability and magnesium loss as well."

Dr. Blaylock continues, “When calcium supplements are taken in the face of existing magnesium deficiency, both magnesium and calcium is driven into the bones, resulting in a sudden magnesium depletion crisis. Low magnesium is known to produce both seizures and cause sudden cardiac arrest. In a classic experiment, it was found that stressing animals who were magnesium deficient resulted in an almost 100% mortality from sudden cardiac arrest. Adding magnesium cut mortality dramatically.”

When high consumption of aspartame (from diet soft drinks and many other diet foods) is combined with MSG or hidden MSG, the toxicity is magnified. Aspartame adds an additional cardiac muscle toxin, methanol.

Naturally, young athletes are not the only people with high Excitotoxin intake, low magnesium and low Omega-3 levels. Many adults age 40 and over have this similar profile, and many take calcium supplements with inadequate amounts of magnesium.

What can you do to protect yourself and your family?

1. Education is key! Share this information with people you care about.
2. Do not buy anything you or your family will consume, without fully reading and understanding the labels and ingredients! When in doubt, if you cannot pronounce the long chemical name(s), do NOT buy the product.
3. Avoid any products containing MSG, other forms of Processed Glutamic Acid, Aspartame, or other forms of Aspartic Acid/Aspartate. Refer to the separate chart and notes on hidden sources of glutamates and MSG to help you learn to recognize hidden ingredients better.
4. As we have always stressed, it is important to eat mostly organic and to eliminate or minimize the consumption of processed foods. You are what you eat!

In the event that that you and your family have been eating excitotoxins, discuss this with your natural healthcare practitioner, and to learn what options would be most appropriate for your particular situation for cleansing the residues.

References:

“Sudden Cardiac Death and Food Excitotoxin Additives”, article by Dr. Russell Blaylock.
References from the Natural News.com website
Definitions from Wikipedia website.