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Dr. Blaylock's book , Excititoxins: The Taste That Kills, also gives details about the kinds of brain damage proven to be caused by eating much MSG in its various forms. "MSG: It is linked to learning disabilities in children, Parkinson's Disease, and other degenerative neurological diseases in older people, and yet is added to many baby foods!"

It's truly unfortunate that author Russell Blaylock chose a lame subtitle "the taste that kills," instead of specifically targeting a neurologically-oriented audience. Blaylock points the finger

straight at excitotoxins, a family of food-born amino acids that have the capability to excite brain neurons to death.

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Dr. Blaylock has authored four books on nutrition and wellness, including "Excitotoxins: The Taste That Kills," "Health and Nutrition Secrets That Can Save Your Life," "Natural Strategies for Cancer Patients," and his most recent work, "Cellular and Molecular Biology of Autism Spectrum Disorders," edited by Anna Strunecka.

[Excitotoxins: The Taste that Kills by Russell L. Blaylock](#)

Excitotoxins The Taste That Kills - Book \$20.00Price In his first book, written in 1994, Dr. Blaylock discusses the toxic effects of a number of food additives, including MSG (monosodium glutamate), aspartame and L-cysteine. These chemicals are added to a broad number of foods as a taste enhancing substance.

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Excitotoxins: The Taste That Kills. Presentation format of this book. "Excitotoxin: 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 (MSG), aspartame (NutraSweet ®), cysteine, hydrolyzed protein, and aspartic acid."

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Excitotoxins: The Taste that Kills by Russell L. Blaylock

Excitotoxins - The Taste That Kills Russell Blaycock, MD Book overview written by: Eliza Fulton, 2nd year Holistic Nutrition student of Clayton College for Natural Health and Owner of Insurance and Wellness in the Rockies (3/10/08) Excitotoxins are taste enhancers that are found in abundance in many food products and have been

Excitotoxins - The Taste That Kills Russell Blaycock, MD

MSG Excitotoxins: The Taste That Kills MSG (monosodium glutamate) is a taste enhancing and hydrolyzed vegetable protein. At the time of discovery, MSG was thought to be safe since it was a natural substance (an amino acid).

MSG Excitotoxins: The Taste That Kills - Life Enthusiast

They are all common taste-enhancing additives found in a variety of foods and beverages, and they all contain Excitotoxins. In his book, Excitotoxins --- The Taste That Kills , Dr. Russell L. Blaylock provides an extensive review of the literature supporting his hypothesis that these excitatory amino acids can promote death of neurons in the brain and spinal cord.

Excitotoxins --- The Taste That Kills

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