



## The Idaho Observer

# 3 Types of Foods You Probably Didn't Know Have MSG

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Monosodium glutamate (MSG) is not a nutrient, vitamin, or mineral and has no absolutely no health benefits. It is a processed food and pharmaceutical additive that is an extremely dangerous neurotoxin (excitotoxin) that kills brain cells in the hypothalamus and has been linked to migraines, seizures, ADD/ADHD, heart palpitations and is now officially linked to obesity and disorders associated with metabolic syndrome including progressive liver disease. What is more shocking is that it's found in three types of foods most people are not even aware of.

### What is MSG?

Monosodium Glutamate (MSG) is not a nutrient, vitamin, or mineral and has no health benefits. The part of MSG that negatively affects the human body is the "glutamate", not the sodium. The breakdown of MSG typically consists of 78% glutamate, 12% sodium, and about 10% water. Any glutamate added to a processed food is not and can not be considered naturally occurring. Natural glutamate in plants and animals is known as L-glutamic acid.

In contrast, processed free glutamic acid (MSG) contains both L-glutamic acid and D-glutamic acid, and is also accompanied by pyroglutamic acid and other impurities. The impurities differ according to the starting materials and methods used to produce the glutamic acid (MSG). It is only acid hydrolyzed proteins that contain mono and dichloro propanols (which are carcinogenic), and it is only reaction flavors that contain heterocyclic amines (which are also carcinogenic).

By FDA definition, processed free glutamic acid (MSG) is "naturally occurring," because the basic ingredients are found in nature. "Naturally occurring" does not mean that a food additive is being used in its natural state. "Naturally occurring" only means that the food additive began with something found in nature. By FDA definition, the ingredient "monosodium glutamate" is natural. So is hydrochloric acid. So is arsenic. "Natural", especially in our beloved food industry, doesn't mean "safe."

Processed free glutamic acid (MSG) is created when protein is either partially or fully broken apart into its constituent amino acids, or glutamic acid is secreted from selected bacteria. A protein can be broken into its constituent amino acids in a number of ways (autolysis, hydrolysis, enzymolysis, and/or fermentation). When a protein is broken down, the amino acid chains in the protein are broken, and individual amino acids are freed. These processes are discussed in some detail in food encyclopedias — wherein articles on glutamic acid and "monosodium glutamate" are generally written by persons who work for Ajinomoto, Co., Inc., the world's largest producer of the food ingredient "monosodium glutamate."

It used to be that when any ingredient contained 78%-79% processed

free glutamic acid (MSG), and the balance was made up of salt, moisture, and up to 1 per cent impurities, the FDA required that the product be called "monosodium glutamate", and required that the product be labeled as such. The FDA required that other MSG-containing ingredients be identified by names other than "monosodium glutamate." Never has the FDA required mention of the fact that an ingredient contains processed free glutamic acid (MSG).

While the glutamic acid in "monosodium glutamate" is generally produced through bacterial fermentation, the glutamic acid in the other MSG-containing ingredients is made through use of chemicals (hydrolysis or autolysis), enzymes (enzymolysis), fermentation, or a complex cooking process wherein reaction flavors are produced from a combination of specific amino acids, reducing sugars, animal or vegetable fats or oils, and optional ingredients including hydrolyzed vegetable protein.

It is now essentially unregulated when it comes to labeling standards. A label may say "yeast extract", "calcium caseinate", or "beef flavoring", but the product still contains varying amounts of "free" glutamic acid. This makes it very difficult for consumers who are trying to avoid it. It is also very dangerous for those who suffer severe reactions to it. Many people who are very sensitive to MSG experience respiratory, neurological, muscular, skin, urological and even cardiac symptoms.

### 3 TYPES OF FOODS WHICH SHOCKINGLY CONTAIN MSG

#### 1. Dairy

Many of the fat free and reduced fat milks tend to be made from powdered milk that contains processed free glutamic acid. Pasteurization affects the MSG content, especially those milks "ultra-pasteurized" — the higher temperatures break down more milk protein resulting in more processed free glutamic acid. What about the organic whole milks? Unfortunately, those aren't safe from additional MSG either. Granted, the label doesn't specifically state that ingredient. All of the following dairy products may contain MSG:

#### Ultra Pasteurized Products

Powdered Milk  
Cottage Cheese  
Fat-free Milk  
Yogurt  
Reduced Fat Milk  
Ice Cream

#### 2. Fresh Fruits and Vegetables

Most people don't expect MSG in their fresh fruits and veggies. How can an artificial ingredient be in these natural foods? The Food and Drug Administration (FDA) allows dangerous and unhealthy practices to be applied to fresh produce. Again, the USDA's certified organic seal does not regulate crops after they are harvested, and USDA offers no guarantee of the absence of MSG. Auxigro is a very controversial chemical-based growth-enhancer that is approved in the by the EPA for spraying on fruits, vegetables, and grains. It is a mixture of equal parts gamma-aminobutyric acid (GABA), casein hydrolysate and free glutamic acid dissolved in water. The "free glutamic acid" or so called "L-glutamic acid" component being used by its manufacturer, Emerald BioAgriculture, contains L-glutamic acid, an amino acid found in protein; but it also contains D-glutamic acid, pyroglutamic acid, and other chemicals referred to in the industry as "contaminants." The free glutamic acid used in Auxigro is processed free glutamic acid. It is manufactured — in chemical plants — where certain selected genetically engineered bacteria — feeding on a liquid nutrient medium — excrete the free glutamic acid they synthesize outside of their cell membrane into the liquid medium in which they are grown. In contrast, the free glutamic acid found in protein, and the free glutamic acid involved in normal human body function, are unprocessed. free glutamic acid, and contain no contaminants.

Auxigro, the first MSG-laced plant "growth enhancer" to hit the market, has been approved for spraying on every crop we know of, with no restrictions on the amount of processed free glutamic acid (MSG) that may



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remain in and/or on crops when brought to market. Even before consumers had an inkling that crops were being sprayed.

### 3. Baby Formulas and Baby Foods

The food industry employed its usual tactic in the face of consumer criticism with MSG, especially with baby food. They buried it under new names. The industry came up with a fabulous range of euphemisms for monosodium glutamate – the most cheeky of all is ‘natural flavourings’.

Most powdered infant formulas contain some of the following ingredients including processed milk and or/soy proteins, enzymatically hydrolyzed reduced minerals, whey protein concentrate, corn syrup solids, casein hydrolysate, modified corn starch, carrageenan, which are broken down into MSG during the manufacturing process. Here is a link to the truthinlabeling.org website which shows a Canadian Study listing the glutamic acid in so-called hypoallergenic formulas.

#### Other Common Ingredients Containing MSG:

- Plant Proteins
- Hydrolyzed Corn Gluten
- Hydrolyzed Pea Protein
- Textured Protein
- Autolyzed Yeast Extract
- Autolyzed Plant Protein
- Yeast Extract
- Calcium Caseinate
- Sodium Caseinate
- Gelatin
- Disodium Guanylate



- Disodium Inosinate
- Carrageenan
- Xanthum Gum
- Maltodextrin
- Natural Flavor
- Barley Malt
- Malt Extract
- Soy Protein Isolate
- Ultra-pasteurized Soy Sauce
- Whey Protein Concentrate
- Soy Protein Concentrate
- Whey Protein Isolate
- Protease Enzymes
- Protein Fortified anything
- Enzyme Modified anything
- Citric Acid.



#### MSG Confirmed To Cause Obesity and Liver Disease

A new study published in the Journal of Medicinal Food, identified MSG as a critical factor in the initiation of obesity and shows that a restrictive diet cannot counteract this effect but can slow the progression of related liver disease is published in.

Makoto Fujimoto and a team of international researchers from Japan, the U.S., and Italy monitored the weight gain and development of nonalcoholic fatty liver disease and its progression to nonalcoholic steatohepatitis in MSG-treated mice fed either a calorie-restricted or regular diet.

Co-Editor-in-Chief Sampath Parthasarathy, MBA, PhD, Florida Hospital Chair in Cardiovascular Sciences, University of Central Florida, Orlando, said although MSG has been deemed a safe food additive, its dosage, interaction with other drugs, effects on vulnerable populations, and effects on chronic inflammatory diseases and neurological diseases are unknown.

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Samurai about 110 pounds kills up to thirty attackers at one time, even Superman was amazed. As for the gays let them be what they want but incorporating them into the regular military will produce the same sort of army that France fielded in WWII, not exactly a winning concept the Germans who were outnumbered by the French six to one defeated them in less than three weeks, and all those gay French soldiers helped that along.

I lived near West Point when the changes began. First there was the academic problem. West point was besides a military school an engineering school. Unfortunately the girls did not do well in engineering so standards were changed and it is now possible to graduate West Point in speech. I assume that is based on the concept that you will be able to talk your enemy to death. Next came physical changes the girls had such a hard time with chin-ups, so the number was reduced from 25 to 3, naturally for everyone. The very next problem related to combat infantry training, running 25 miles with a full flied pack of 85 pounds, simply proved impossible. They fixed that one also. I watched in dismay as a troop of cadets jogged by in full combat gear, the girls were in seekers carried an unloaded 45 (its lighter than a loaded one) and no field packs. What heroic women we will have defending

us from jihadists, and foreign enemies, is yet to be seen. The very idea that I even at 75 years of age would require a gay or a woman defend me is outright insulting.

Major General Mike Murray is definitely one of those pussy soldiers who are at the forefront of destroying America's ability to defend itself. He did however condescend to saying, "There are probably soldiers in these MOS's that do not meet these standards, but we'd never have a way of determining it." Come, come now Murray it's really very simple you can either do the job or you can't. I was in nuclear artillery 210 mm (8") Howitzers; shell weight ranged from 180 to 340 pounds and had to be hand carried to the breach. Oh, now I know why the army has eliminated heavy artillery, the boys and girls can't pick up that much weight even in tandem.

The questions now posed by the army are vacuous in their stupidity. 1) Will tests be administered to recruits before they are processed or after? Say, General, I employed hundreds of people all of whom were interviewed by my management staff before employment; you don't hire a dud and then try to make adjustment later. 2) Will soldiers already serving in an MOS have to be tested for the job? Obviously the soldier can either do the job or not, if he or she can't they must be removed from the position or they will place

other lives in jeopardy! Get it? 3) What about the soldier hoping to reclassify into a job that requires a test? Same story, all to serve or be employed must meet the requirements of the job both physical as well as mental. There are certainly jobs for women in the army, combat and combat command is not one of them.

Nowhere to date have I excluded gays or females from any job except combat infantry, armor, engineering and artillery. Combat is an entirely different story. Every soldier depends on every other soldier for his life, the idea that a woman in combat can meet this requirement is wrong, she cannot, the idea that a gay can be incorporated into such a close knit and interdependent unit is stupid!

I have seen film as well as pictures of obstacle courses of the New Army, come-on guys do you really think that our adversaries will make accommodations like placing a mattress on the ground of the down side of a wall obstacle, using three people to climb over a 7 foot 20 degree slanted wall, reducing the weight of a drag dummy to under 100 pounds, using two men to replace a 50 caliber machinegun barrel, Anyone in the army I was in could do any of those things alone that was the requirement or you washed out. Combat is not some idiot's idea of a social experiment, its serous and life threatening, any process that obstructs that

requirement is self-defeating and will lead to massive casualties in combat. As much as a I love my wife I would not want her next to me in combat, we would both get killed me trying to protect her and her after I was dead.

There are many things that women are not able to do in the military, these include; throwing hand grenades to required distance, carrying a wounded 200 pound man on her back, removing a male casualty from a vehicle, loading 22mm high explosive tracer ammo into a Bradley vehicle, firing and carrying a 50 cal. sniper rifle and ammo, loading 125mm and larger artillery rounds, mounting a 50 cal. Machine gun on a tank turret, cover an entire infantry obstacle courses un-aided, carry a 50 cal. Machine gun, set up a 120mm mortar, fire a 120mm mortar, set up a 155mm artillery spade trail, this does not even cover civil engineering functions. The time is at hand for those generals still in the army to tell congress and the president to drop dead; they should retire if they lack the guts to do so.

Gender equality stops when it threatens the lives of those who serve and any commanding officer that cannot accommodate that reality does not belong in America's army. Female combat command officers are ridiculous! **S**

**Dr. Krieg's latest book is "The System" from all booksellers**