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Excitotoxins The Taste That Kills

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

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

**Excitotoxins: The
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Ex•cí•to•tox•in: a
substance added to
foods and beverages

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that literal...
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**Excitotoxins: The
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a family of food-born amino acids that have the capability to excite brain neurons to death.

Excitotoxins, the Taste That Kills: Blaylock, Russell L

...

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

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ingredients as monosodium glutamate, aspartame (NutraSweet®), cysteine, hydrolyzed protein, and aspartic acid. Citing over five hundred scientific studies, Excitotoxins explores the dangers of aspartame, MSG, and other substances added to our food.

**Excitotoxins: The
Taste That Kills by
Russell L. Blaylock**

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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
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causing brain damage
of varying degrees.

Can be found in such
ingredients as
monosodium
glutamate (MSG),
aspartame

(NutraSweet®),

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cysteine, hydrolyzed protein, and aspartic acid.”.

Excitotoxins: The Taste That Kills | The Suppers Programs

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

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substance (an amino
acid).
Russell L Blaylock

**MSG Excitotoxins:
The Taste That Kills**

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

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can promote death of
neurons Russell L Blaylock

**Excitotoxins --- The
Taste That Kills**

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
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Excitotoxins The
Taste That Kills
Russell Blaylock
are taste enhancers
that are found in
abundance in many
food products and have
been

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

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foods and beverages
that literally stimulates
neurons to death,
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**Excitotoxins: The
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Blaylock**

Dr. Blaylock has
authored four books on
nutrition and wellness,
including "Excitotoxins:

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“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.

**Blaylock Health
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Blaylock, M.D.**

Published on Mar 7,
2013 Lecture of Dr.

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"Excitotoxins: The
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how it destroys the
brain and causes
shocking...

**EXCITOTOXINS: The
Taste That Kills (The
dangers of MSG) Dr**

...

Dr. Russell L. Blaylock,
MD, has written
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that Kills, in which he explains that certain amino acids when overly abundant in the brain can cause neurons to die.

Excitotoxins: The Taste that Kills (toxic MSG)

Dr. Russell Blaylock, a retired neurosurgeon, and author of the book Excitotoxins: The Taste That Kills (<http://amzn.to/908spn>), gives a talk on compounds ca...

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**Dr. Russell Blaylock:
Excitotoxins - The
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Excitotoxins In his classic book Excitotoxins: The Taste that Kills, Dr. Russell L. Blaylock, a board certified neurosurgeon with excellent credentials, gives much valuable information about MSG and other harmful food additives meant to enhance taste and how

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they are hidden in our
processed food supply.
Russell Blaylock

**Excitotoxins in
Processed Food:
How they Affect You
& Your ...**

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Blaylock ...**

He is the author of a number of books and papers, including Excitotoxins: The Taste That Kills (1994), Health and Nutrition Secrets That Can Save Your Life (2002), and

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Natural Strategies for
Cancer Patients (2003),
and writes a monthly
newsletter, the
Blaylock Wellness
Report.

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