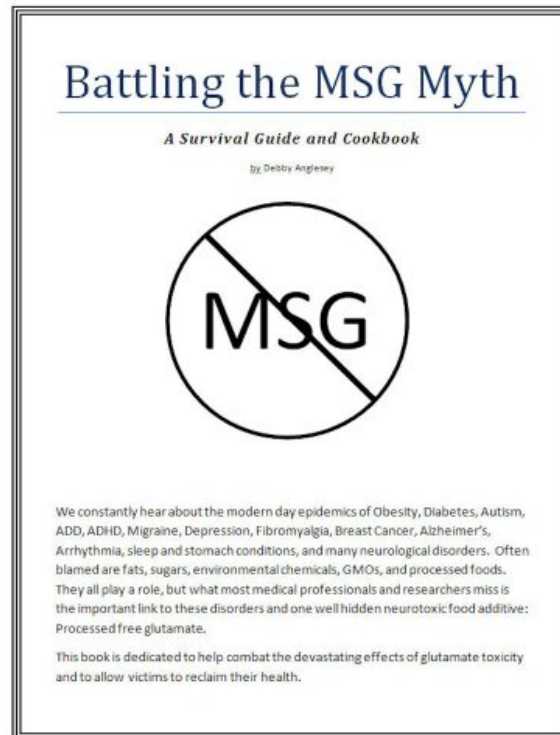


BATTLING THE MSG MYTH BY DEBORAH L. ANGLESEY



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Battling the MSG Myth

A Survival Guide and Cookbook

by Debby Anglesey



We constantly hear about the modern day epidemics of Obesity, Diabetes, Autism, ADD, ADHD, Migraine, Depression, Fibromyalgia, Breast Cancer, Alzheimer's, Arrhythmia, sleep and stomach conditions, and many neurological disorders. Often blamed are fats, sugars, environmental chemicals, GMOs, and processed foods. They all play a role, but what most medical professionals and researchers miss is the important link to these disorders and one well hidden neurotoxic food additive: Processed free glutamate.

This book is dedicated to help combat the devastating effects of glutamate toxicity and to allow victims to reclaim their health.

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About the Author

Author, Debby Anglesey, has researched and written a book that addresses the connection of glutamate (MSG) to the dramatic rise in health problems such as ADD, headaches, depression, obesity, stomach problems, and neurological disorders. Describing her own past health condition as being "one foot in the grave", she shares her remarkable journey from despair to reclaimed health. When her 19 year old son's health suddenly spiraled downward, Debby went into first gear and discovered the hidden culprit lurking in the majority of the items we eat today from snack foods to vitamins.

Today, she devotes much of her time answering e-mail, letters, and phone calls regarding MSG, and has helped hundreds of fellow victims of this growing health crisis.

Debby Anglesey and her husband, Mike, live in Washington state and have two daughters and two sons and six grandchildren. She wrote her book to help her family and friends, never dreaming how many people it would eventually reach. The 20th century gave us much in terms of new technologies. However, we are now reaping the results of the massive amounts of chemicals that infest our water, air, soil, and food. Our bodies are not equipped to handle such an assault. MSG is one of the most dangerous factory created substances added to and sometimes hidden in much of our processed foods. Yet, unlike smokers who choose whether to light that first cigarette, most of us don't have a choice regarding hidden sources of MSG in our foods.

In 1999, after an article about Debby and the work she does as a consumer advocate appeared in the local newspaper, Debby and Mike were invited to be interviewed for the local evening news program. The three minute segment spurred invitations to speak to local groups and a book signing and discussion at Barnes & Noble. When the newspaper article and photo were picked up by the Associated Press, calls and e-mail from people around the country trying to order the book began to pour in. Si

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0 of 0 people found the following review helpful.

MSG UGH!

By Laura Power

If you've ever had an allergic reaction to MSG you will understand the need for this book. I've had one reaction that almost sent me to the hospital. Great book for understanding they why's and how's of this food additive and the many, many names it and other additives use. If you have had problems from food additives, MSG, Excitotoxins, etc. I recommend this book.

1 of 1 people found the following review helpful.

This Book ...

By JDKapow

This book armed me with some information that has dramatically raised the quality of my life. I have suffered from sensitivity to MSG. What I didn't realize was that this was still hidden in a variety of foods in a variety of ways and has much to do with how foods are processed, even minimally, in creating free glutamate. I don't wish to write another book in writing about Ms. Anglesey's book but the cookbook portion of this one is especially helpful and awesome. Of invaluable use are the bread recipes which are free of barley malt or malted barley flour and the deadly syrups so often used for sweetening in commercial bakery recipes. I think the price of this book was worth it for that alone. That, and the tips on other triggering substances. A valuable addition to my kitchen cookbook collection. This book has a website, also, where you can read some snippets from her book to see if the content is of interest to you. I emailed Deborah about a question I had on a recipe and I actually heard back from the friendly and helpful author!

This book is highly recommended, the best purchase I made last year (2012).

0 of 0 people found the following review helpful.

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By Lliterary Granny

Thank you for gathering the information shared in this book! It has been very helpful in obtaining relief from headaches, brain fog etc. Using this information has allowed me to pinpoint digestive issues & make needed dietary. I recently saw a neurologist in regards to symptoms covered here. I was told that he didn't study any of things things, that it was outside the scope of his practise. (Hmmmmm... Neurologists don't study neurotoxins.... who knew?) To his credit, he did recommend that I see a practitioner who has a more holistic approach to address my concerns.

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