

# THE HEALTH NUGGET



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## Tampered Taste

The mystery black bag sitting on supermarket shelves read, “Doritos X-13D Flavor Experiment.” The objective was for the consumer to taste and name the new variety. The flavor hint was “All-American classic.” Hmmmm, what could be more all American than fast food hamburgers? How did they accomplish this culinary goal of wrapping the flavors of a cheeseburger with ketchup, mustard and pickles into a crunchy corn chip? In a list of 30 ingredients, MSG (monosodium glutamate) was found to be the sixth, followed by other ‘natural’ flavors and random ingredients. Now while there are corn chips consisting solely of corn, oil and salt, flavored Doritos are 40 percent chemicals.

There are over 14,000 chemicals added to the American food supply today. According to neuroscientist and brain surgeon Russell Blaylock, young people are destroying their brains with their chemical diets.<sup>1</sup> Dr. Blaylock is known for his extensive research on excitotoxins, such as glutamate and aspartate, found in MSG (in all of its guises) and the artificial sweetener aspartame. While the FDA refers to MSG as “natural,” Blaylock says it is a dangerous brain toxic compound.

MSG damages the nervous system and the endocrine system and is especially destructive in a child’s brain. “The infant and child’s brain is four times more sensitive to the damaging effects of glutamate than an adult’s.”<sup>2</sup>

Blaylock states that, “Liquids containing MSG, such as soups, are absorbed faster and more completely than solid foods. Experiments have shown that MSG in a liquid form is much more toxic to the

brain than when included in solid food.”<sup>3</sup> I wonder if this applies to all chemically laden liquids? There is a whole lot more diet soda going out of grocery stores than canned soup.

The two problems with diet soda are the amount consumed and the ingredients: artificial flavoring, artificial coloring and aspartame, an artificial sweetener. The FDA (Food and Drug Administration) maintains aspartame as safe. But as you will see, “safe” is a nebulous term. For example, Russell Blaylock states that diet soda is especially dangerous for pregnant women and children. Aspartame is said to produce the very same brain damage that MSG does. Just because babies are not born physically deformed, as a result of exposure to the chemical in utero, does not mean that he or she has not been damaged. Blaylock believes that giving an infant just six tablespoons of diet soda alters his DNA forever. Dr. Steve Nelson of Synergy Wellness Clinic calls diet soda “dangerous and toxic.” Dr. Howard Liebowitz, medical director of the Hall Center, calls it poison.

Aspartame is made from two amino acids, phenylalanine and the excitotoxin aspartate and methanol (wood alcohol). While glutamate and aspartate are naturally occurring neurotransmitters in our brains, when their concentrations rise above a critical level they can become deadly toxins to neurons. When digested, “aspartame breaks down into formaldehyde and formic acid, and when they put a radioactive tag on the aspartame to see what happens to it metabolically in the body, they found it not only broke down into formaldehyde, but also attached

to the DNA and caused multiple breaks in the DNA . . . what we call double-strand breaks and those are most associated with cancer induction.”<sup>4</sup>

As a result of giving rats aspartame throughout their lives, lymphoma and leukemia dramatically and statistically increased. Primary brain tumors and tumors of multiple organs have been connected with aspartame. Blaylock says, “All of this correlation shows that we’ve got a powerful carcinogenic substance here. It is either acting as a co-carcinogen or a primary carcinogen. Most likely, it’s the formaldehyde breakdown product. We know that when formaldehyde binds to DNA, it’s very difficult to remove it. It will stay there for long periods of time. What that means is if you just drink a single diet cola today, or sweeten something with NutraSweet, you’re accumulating damage every day. Eventually, you’re going to produce this necessary pattern of DNA damage to initiate the cancer, and once you develop the cancer, the aspartic acid component of aspartame will make the cancer grow very rapidly. You’ve got a double effect; it’s causing the cancer, and it’s making the cancer move very rapidly.”<sup>5</sup>

Another known carcinogen is benzene, typically used as an industrial solvent. Unfortunately, it has been found in dangerous levels in soda pop. While you won’t find benzene on a cola ingredient list, you will see two other substances, sodium benzoate (a preservative) and ascorbic acid (vitamin C). These ingredients can react to form benzene, especially in the presence of heat or light. Even drinks fortified with vitamin C or that feature real fruit juice provides the needed chemistry for benzene production. In 79 percent of diet soda samples that the FDA tested over a six-year period, benzene levels were found to be above the federal limit. “The average benzene level was 19 ppb, nearly four times the tap water standard. The maximum detection was 55 ppb, 11 times the tap water limit. One cola drink the FDA tested was contaminated at

138 ppb, 27 times the 5 ppb tap water limit. Tap water with benzene above 5 ppb would be illegal and would not be allowed for consumption under federal law. In fact, bottled water with greater than 5 ppb benzene could not be sold. However, diet soda with as much or more benzene is perfectly legal.”<sup>6</sup> Beware of not just the Diet Pepsi’s and Diet Rockstar Energy Drinks, but innocuous sounding Minute Maids and Country Time Lemonades contain the deadly duo of ascorbic acid and potassium or sodium benzoate.

But what about the food additives found in natural food products? While they may advertise “no MSG,” hydrolyzed vegetable protein and yeast extract remain. Hydrolyzed vegetable protein contains three known excitotoxins and is thought to be even more dangerous than MSG.

Even the food preservative BHA is thought to be a human carcinogen according to the National Toxicology Program. But, it’s still in our food chain. Diacetyl is the chemical that gives microwave popcorn that delicious buttery flavor without the use of any butter. It too has been found to be much less than healthful. But we still eat it. You see, our tastes have mutated. Now we enjoy and even crave the taste of chemicals.

It took only one bite for Eve’s tastes to radically change after she partook of sin. Her inclinations and leanings became perverted. Her now sinful nature desired that which was inherently self-destructive. “The result of eating of the tree of knowledge of good and evil is manifest in every man’s experience. There is in his nature a bent to evil, a force which unaided, he cannot resist. To withstand this force, to attain that ideal which in his inmost soul he accepts as alone worthy, he can find help in but one power. That power is Christ.”<sup>7</sup>

<sup>1</sup> Somers, Suzanne. *Breakthrough*, p. 146.

<sup>2</sup> *Ibid.*, p. 191.

<sup>3</sup> Blaylock, M.D., Russell. *Excitotoxins, The Taste that Kills*. p. 74.

<sup>4</sup> Somers, Suzanne. *Breakthrough*, p. 192.

<sup>5</sup> Adams, Mike. “Interview with Dr. Russell Blaylock on devastating health effects of MSG, aspartame and excitotoxins.” *Natural News*. 9/27/06. <http://www.naturalnews.com/020550.html>.

<sup>6</sup> “Benzene in Soft Drinks.” *Source Watch*. [http://www.source-watch.org/index.php?title=Benzene\\_in\\_Soft\\_Drinks](http://www.source-watch.org/index.php?title=Benzene_in_Soft_Drinks).

<sup>7</sup> White, Ellen. *Education*, p. 29.

