



# In Bad Taste: The MSG Symptom Complex

*George R. Schwartz*

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## **In Bad Taste: The MSG Symptom Complex** George R. Schwartz

Did you know that you may have a poison in your pantry? A substance which can cause migraine headaches and balance difficulties; precipitate severe shortness of breath, asthma attacks and heart irregularities; cause disabling arthritis, and even serious depressions? A substance that can induce disruptive behavior problems in your children?

Monosodium glutamate (MSG), a universally used flavor enhancer, permeates our processed, packaged and frozen foods. For those sensitive to this substance, it is indeed a poison.

The dose of MSG throughout our foods is increasing. It can even be found in cans of tuna, and injected into turkeys. It is served to us in the finest restaurants and to our children in school.

Older people are particularly susceptible. Many elderly people suffer from depressions and balance difficulties caused by MSG. There are links, as well, to Alzheimer's and other neurodegenerative diseases.

In the original "In Bad Taste" Dr. George R. Schwartz industry uses to hide it in your food, and the devastating effects MSG can have on your health.

Since the release of the original ground-breaking book, media from all over the globe, including The 700 Club and 60 Minutes, have covered this story. But what they haven't always told you is that medical research has continued to make stunning findings about what the ingestion of MSG can do to the human body.

New research has forged even stronger links between MSG and MSG-containing substances and the dramatic rise in cases of asthma, ADHD, migraine, Parkinson's Disease, heartbeat irregularities, and a host of other serious illnesses.

Once again, Dr. Schwartz has stepped to the forefront of this controversy. He has completely revised his previous work, adding more than 50% new material, incorporating new findings and case studies to create "In Bad Taste: The MSG Symptom Complex."

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