

The Importance Of Reading Ingredients

Hidden Names Of MSG And Its Harmful Effects

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

Psalms 103:4-5 – “Who redeemeth thy life from destruction...Who satisfieth thy mouth with good things...”

Isaiah 55:2 – “...eat ye that which is good...”

*The word **GOOD** here from the Hebrew section of the Strong's Concordance comes from #2896 = Best, Pleasant, Prosperity, Welfare (which also means Beneficial).

Proverbs 26:2 – “...so the curse causeless shall not come.”

Job 29:16 – “...the cause which I knew not I searched out.”

“...All who believe that the Lord has spoken through Sister White, and has given her a message, will be safe from the many delusions that will come in in these last days...” {8MR 320.2}

“When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness and then go to work intelligently to remove the cause...” (MH 235.1)

TODAY WE WILL BE DISCUSSING THE IMPORTANCE OF READING LABELS, PARTICULARLY DEALING WITH HIDDEN NAMES FOR MSG.

“Be sure that as a rational Christian sentinel you guard the door of your stomach, allowing NOTHING to pass your lips that will be an enemy to your health and life...” {CD 102.1}

“Our food should be plain and free from all objectionable elements, but let us be careful that it is always palatable and good.” {LLM 545.3}

“Abstinence from all hurtful food and drink is the fruit of true religion.” (9T 113)(CD 457.1)

“The idea SHOULD NEVER BE GIVEN that it is of but little consequence what we eat...” (CD 198.4)(CH 151.1)

THE CONSUMPTION OF MSG RELATED TO MANY DISEASES:

“Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health...” (MH 127.1)

“Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health.” (MH 234.1)

*****Note:** Find out which law of health has been violated, remove the violation, offer a prayer of faith and then sit back and see the glory of God.

"Too little attention is generally given to the preservation of health. It is far **better to prevent disease** than to know how to treat it when contracted. **It is the duty of every person,** for his own sake, and for the sake of humanity, **to inform himself in regard to the laws of life and conscientiously to obey them..."** {MH 128.1}

MSG CAUSES: Obesity, Fibromyalgia, MS, Lupus, Brain Tumors and **MANY** other **PROBLEMS**.

Go to the following link to see more: <http://msgmyth.com/>

Dr. Olney found that **when brain cells are exposed to higher levels of external glutamate,** within an hour of exposure, **the cells died.** It is found in food, cosmetics, baby food, vaccines, care products, wine, and food that is labeled "organic", dietary supplements and many other items.

<http://www.thefoodishorrible.com/asp/m/337951>

TO LEARN MORE ABOUT MSG GO TO:

<http://www.truthinlabeling.org/>

<http://www.healthy-holistic-living.com/silent-killer-hidden-in-your-kitchen-pantry-msg.html?t=jv>

HIDDEN NAMES FOR MSG:

http://msgmyth.com/hidden_names_for_msg.html

WALTER VEITH VIDEO DISCUSSING MSG: STARTING @58:55 ON THE TIME BAR TO THE END OF THE VIDEO.

<http://video.google.com/videoplay?docid=7145286585701590611#>

HERE ARE VIDEOS SHOWING HOW DEADLY MSG IS:

Part 1: <http://www.youtube.com/watch?v=txiVDY-prk4>

Part 2a: <http://www.youtube.com/watch?v=a3LckpVXoIY&feature=related>

Part 2b: <http://www.youtube.com/watch?v=j54dGXtBnKA&feature=related>

Part 3: <http://www.youtube.com/watch?v=j54dGXtBnKA&feature=related>

Part 4: <http://www.youtube.com/watch?v=5Tc4-FQ8WIs&feature=related>

DR. BLAYLOCK DISCUSSES THE DANGERS OF THIS POISON:

Excitotoxins: The Taste That Kills: Just go to google.com and right above the google sign to the left are some options to click...click VIDEO and in the space, type in **EXCITOTOXINS**.

<http://video.google.com/videoplay?docid=2384105525501310962&ei=DherS4eCNoLCgAOs7tGXDA&q=excitotoxins&hl=en#>

KEEP IN MIND THAT FOR EVERYTHING SATAN HAS, GOD HAS A REPLACEMENT (Psalms 84:11)

Both McKay's Chicken and Beef Style seasoning, Soy Sauce, and many Soy Sauce substitutes have ingredients that are not fit for food.

Chicken Style Seasoning

½ c. lightly toasted fine cornmeal

1 t. garlic powder

1 t. onion powder

1 t. sage
1 t. thyme
½ t. turmeric
1 T. celery salt
1 T. Herbamare
1 T. dried parsley

Mix all together and store in a jar.

Beef Flavor Substitute

1 ⅓ c. whole wheat flour
1 T. onion powder
½ t. celery seed
2 t. garlic powder
½ t. turmeric
3 T. salt
2 T. dried parsley
1 T. paprika

Mix all together and store in a jar.

SOP ABBREVIATIONS:

MH = Ministry of Healing
CD = Counsels on Diets and Foods
LLM = Loma Linda Messages
9T = Testimonies to the Churches, Volume 9
CH = Counsels on Health
8MR = 8 Manuscript Release

Links to my blog:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/the-importance-of-reading-ingredients.html>
<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/the-importance-of-reading-ingredients.html>
<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/the-importance-of-reading-ingredients.html>