

NEWSTART + 6 (Nutrition)
The Importance of Reading Ingredients
Hidden Names of MSG and Its Harmful Effects

Website: [Healthy Christian Living - Living by the Blueprint](#)

“...Education SHOULD BE GIVEN on proper diet...” (CD 406.4)

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

“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. Pure air, sunlight, abstemiousness, rest, exercise, **PROPER DIET**, the use of water, trust in divine power-- these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.”
{MH 127.1-.2}

OUR TOPIC TODAY IS ON NUTRITION, DEALING WITH THE SUBJECT OF NUTRITION, THE DANGERS OF MSG
“We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way...” (CG 361.2)

“...become more intelligent in regard to the laws of life. . .” {11MR 187.3}

EDUCATE IN REGARD TO THE LAWS OF LIFE:

“...Educate people in regard to the laws of life...” {GCDB, January 30, 1893 par. 2}

WHY?

“...Educate people in the laws of life so that they may know how to preserve health...” {MM 259.3}

“...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)

“True religion and the laws of health go hand in hand. It is impossible to work for the salvation of men and women without presenting to them the need of breaking away from sinful gratifications, which destroy the health, debase the soul, and prevent divine truth from impressing the mind...” (7T 137.1)

“You are to apply the laws of life and health to your own case. In violating the laws of health...you misrepresent your maker...” {KC 20.4}

“...Education should be given on proper diet...” (CD 406.4)

“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...” {MH 128.1}

BIBLE:

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 – “...the curse causeless shall not come.”

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

SOP:

“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)

“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.

MSG CAUSES:

- Acid Reflux
- ADD/ADHD
- Alzheimer's
- Autism
- Brain
- Brain Fog
- Fibromyalgia

- Lupus
- MS
- Obesity
- Parkinson's
- Racing Heart
- Restless leg Syndrome
- Stomach Disorders
- Tumors
- And **MUCH MORE**

SIGNS/SYMPTOMS of MSG POISONING

- ADD/ADHD
- Abdominal Discomfort
- Aching Teeth
- Angina (Chest Pains Around The Heart Or Ribs)
- Anxiety
- Arrhythmias Or
- Arthritic-Like Pain Muscle Aches - Legs, Back, Shoulders, Neck
- Asthma
- Awareness During Sleep Paralysis (ADSP)
- Balance Problems
- Behavioral Problems
- Bi-Polar
- Bloating (Stomach Swells)
- Broken Sinus Capillaries
- Bronchitis
- Bronchitis-Like Symptoms
- Burning sinuses
- Cartilage, connective tissue damage
- Chronic Cough - Sometimes A Tickle Cough
- Constipation
- Dark Circles Or Bags Under Eyes
- Delinquency
- Depression
- Diarrhea
- Diarrhea
- Difficulty focusing
- Disorientation
- Dizziness
- Ear problems - tinnitus or Meniere's Disease
- Extreme Dryness Of Mouth, "Cotton Mouth",
- Extreme Thirst
- Face Swelling
- Feelings Of Inebriation
- Fluctuations In The Blood Pressure
- Flu-Like Symptoms
- Flushing, Tingling, Burning Sensation In Face Or Chest

- Gagging Reflex
- Gall bladder or gall bladder like problems
- Gas
- Gastro-esophageal Reflux Disease (GERD)
- Gout-like condition (usually knees)
- Heart Palpitations (Change In Heartbeat, Or Irregularities, Such As Atrial Fibrillation)
- Heaviness Of Arms, Legs
- Hematuria Syndrome(blood in the urine)
- High Blood Pressure
- Hoarseness
- Hyperactivity
- IBS (Irritable Bowel Syndrome)
- Infertility
- Irritated Tongue
- Joint Pain
- Kidney pain
- Lethargy
- Light Headedness
- Loin Pain
- Loss Of Memory
- Low Blood Pressure
- Mastocytosis
- Mental Confusion
- Mental Dullness
- Migraine headaches - facial or temporal Eye symptoms –
- Mitral Valve Prolapse
- Mouth Lesions
- Mouth Lesions, Small Waxy Bits In Throat, Tonsils
- Nausea
- Neurological diseases: ALS, Parkinson's, M.S.
- Nocturia
- Numbness Or Paralysis
- Painful Rectum
- Panic Attacks
- Paroxysmal Atrial Fibrillation (Which Can Lead To Stroke)
- Postnasal Drip
- Pressure behind eyes
- Prostate
- Rage, And Hostility
- Restless Leg Syndrome
- Runny Nose And Sneezing
- Seeing Shiny Lights
- Seizures
- Shortness Of Breath
- Shuddering, Shaking, Chills
- Skin Rash - Hives, Itching, Rosacea-Like Reaction
- Sleeping disorders - insomnia or drowsiness (chronic fatigue)

- Slurred Speech
- Sore Throat
- Sores
- Spastic Colon
- Stiffness - Jaw, Muscles
- Stomach Cramps
- Swelling Of Hands, Feet, Face
- Swelling Of Prostate
- Swollen Rectum
- Tachycardia (Heart Rate 100+)
- Tendinitis
- Thyroid Problems
- Tightness Of Chest
- Tingling Numbness On Face, Ears, Arms, Legs, Or Feet
- Tired Or Burning Eyes To Blurry Vision, Optic Neuritis
- TMJ
- Tremors
- Uncontrollable Bladder
- Urological Problems
- Vomiting
- Water Retention

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:

- Baby Food
- Braggs Amino's
- Candies
- Care Products
- Cosmetics
- Daiya Cheeses
- Dietary Supplements
- Earth Balance Vegan Butter - <http://www.Peertrainer.Com/Dfcaloriecounterb.aspx?Id=9634>
- Food That Is Labeled "Organic"
- Food
- Gums -
- McKay's Chicken Style Seasoning
- Mints
- Other Amino's
- Some Beverages
- Vaccines
- Vegenaize - <http://Healthybliss.Net/Whats-Wrong-With-Vegenaize/>
- Veggie Meats
- Wine
- And MUCH MORE

HIDDEN NAMES OF MSG ARE:

- Ajinomoto
- Any Hydrolyzed Protein
- Anything Hydrolyzed Or Autolyzed
- Autolyzed Plant Protein
- Autolyzed Yeast
- Calcium Casseinate
- Calcium Glutamate
- Gelatin
- Glutamate(E620)
- Glutamic Acid(E620)
- Hydrolyzed Plant Protein(HPP)
- Hydrolyzed Vegetable Protein(HP)
- Magnesium Glutamate
- Monoammonium glutamate(E624)
- Monosodium Glutamate
- Monosopotassium Glutamate
- Natrium Glutamate
- Pea Protein
- Senomyx (Wheat extract labeled as flavor)
- Sodium Casseinate
- Soy Protein
- Soy Protein concentrate
- Soy Protein Isolate
- Textured Protein
- Vegetable Protein Extract
- Vestin
- Whey protein
- Whey protein isolate
- Yeast Extract
- Yeast Food or Nutrient

SOME FOUND IN:

- “Low” or “No-fat” items
- Algae
- Barley Grass Powders
- Barley Malt
- Body Building Drinks
- Bouillon
- Broth
- Carrageenan (E407)
- Caramel Flavoring
- Citric Acid (when processed from corn)(E330)
- Corn Protein
- Dough Conditioners
- Gluten
- Gluten Flour

- Gluten powder
- Malt Extract or Flavoring
- Malted Barley Flavor
- Maltodextrin
- Natural Beef “flavoring”
- Natural Chicken “flavoring”
- Natural Flavor
- Natural seasoning/s
- Oat Protein
- Pectin
- Phytoplankton
- Protein Bars
- Protein Powders
- Protein Shakes
- Rice Protein
- Smoke Flavoring like Liquid Smoke
- Soy Sauce
- Soy Sauce Extract
- Stock
- Wheat Powders
- Wheat Protein
- Yeast Nutrient

INGREDIENTS SUSPECTED OF CONTAINING ENOUGH PROCESSED GLUTAMATE TO CAUSE HIGHLY SENSITIVE INDIVIDUALS TO REACT:

- Anything Enriched or Vitamin Enriched
- Brown Rice Syrup
- Caramel Color or Flavoring
- Corn Syrup
- Corn Syrup Solids
- Cornstarch
- Dextrose
- Fructose (From Corn)
- Gums (Guar, Vegetable, Xanthan)
- High Fructose Corn Syrup
- Lecithin from Soy
- Lipolyzed Butter Fat
- Milk Powder - Dry Milk Solids
- Modified Food Starch
- Most Low or No Fat Foods
- Reduced Fat Milk (Skim, 1%, 2%)
- Rice Syrup
- Spice
- Whey Powder

THESE SUBSTANCES WORK WITH MSG TO ENHANCE FLAVOR. IF THEY ARE PRESENT, SO IS MSG.

- Protease
- Protease Enzymes

LOOK FOR WORDS LIKE

- Disodium 5' - Guanylate (E627)
- Disodium 5' - Inosinate (E631)
- Disodium 5' - Ribonucleotides (E635)
- Enzyme Modified
- Enzymes
- Fermented Protein
- Fortified Anything
- Milk To Shampoos
- Protein Fortified

***Taken from www.msgmyth.com

IMPORTANT TO KNOW:

- **Nutritional Yeast Flakes** has “free-glutamate” in it and works on the brain the same way MSG does.
- **A BOOK HIGHLY RECOMMENDED:** ‘Food Additives: A Shopper’s Guide to What’s Safe & What’s Not!’

TO LEARN MORE ABOUT MSG GO TO:

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

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

HIDDEN NAMES FOR MSG:

http://www.msgmyth.com/hidden_names.html

60 MINUTES ON MSG:

<https://www.youtube.com/watch?v=8bwBfpWT1PU>

AN EXPOSE’ SEGMENT DONE ON MSG:

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>

***Some things recommended in the videos above are not recommended by SDA’s, but the overall info given in regards to MSG is great information.

DR. BLAYLOCK DISCUSSES THE DANGERS OF THIS POISON:

- ‘Excitotoxins: The Taste That Kills’
<http://www.youtube.com/watch?v=tTSvlGniHok>
- Dr. Blaylock also has a book called ‘EXCITOTOXINS: The Taste that Kills’

***Keep in mind that GOD HAS REPLACEMENTS for the things of Satan. (Psalms 84:11)

BEEF FLAVOR SUBSTITUTE:

1 ½ c. whole wheat or spelt 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 glass jar and use as needed.

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

*****Questions on next page*****

NEWSTART + 6 (Nutrition)

The Importance of Reading Ingredients

Hidden Names of Msg and Its Harmful Effects And The Dangers of Aspartame

(Questions)

1. Education should be given on proper _____.
2. Too little _____ is generally given to the _____ of health.
3. Guard the _____ of your _____.
4. Allow nothing to _____ that will be an enemy to your health and _____.
5. Our food should be plain and _____ from all objectionable _____.
6. _____ from all _____ food and drink is the _____ of all true _____.
7. Should the idea ever be given that it is of but little consequence what we eat? YES or NO
8. Disease is an effort of _____ to _____ the _____ from conditions that result from a _____ of the laws of _____.
9. Disease _____ comes without a _____.

10. List 15 health problems that MSG causes:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

11. Please list the 106 side effects of MSG poisoning

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____
34. _____
36. _____
37. _____
38. _____
39. _____
40. _____
41. _____
42. _____
43. _____
44. _____
45. _____
46. _____
47. _____
48. _____
49. _____
50. _____
51. _____
52. _____
53. _____
54. _____
55. _____
56. _____
57. _____
58. _____
59. _____
60. _____

61. _____
62. _____
63. _____
64. _____
65. _____
66. _____
67. _____
68. _____
69. _____
70. _____
71. _____
72. _____
73. _____
74. _____
75. _____
76. _____
77. _____
78. _____
79. _____
80. _____
81. _____
82. _____
83. _____
84. _____
85. _____
86. _____
87. _____
88. _____
89. _____
90. _____
91. _____
92. _____
93. _____
94. _____
95. _____
96. _____
97. _____
98. _____
99. _____
100. _____
101. _____
102. _____
103. _____
104. _____
105. _____
106. _____

12. What did Dr. Olney find about brain cells being exposed to higher levels of external glutamate?

13. List 26 places that MSG may be found:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____

14. List 30 hidden names of MSG

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____

17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____

15. List the 37 items that some MSG is found in:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____

34. _____
35. _____
36. _____
37. _____

16. List the 19 food items suspected of containing glutamate (MSG)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____

17. Which 2 substances work with MSG to enhance flavor?

1. _____
2. _____

18. List 8 words to look for in ingredients to be sure you're not getting MSG:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

19. Do Nutritional Yeast Flakes appear to have "free-glutamate" in it? YES or NO

20. Is it shown to work on the brain the same way MSG does? YES or NO

21. What is the name of the book that shows what ingredients are? _____

22. Is MSG a highly flavored seasoning? YES or NO

23. Are we to use highly flavored seasoning in our food? YES or NO

24. Are we to preserve our bodies in the very best condition of health? YES or NO