



In Bad Taste: The MSG Symptom Complex

By George R. Schwartz

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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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Editorial Review

From Library Journal

Second only to salt and pepper in popularity, MSG (monosodium glutamate) is a chemical used to hide unpleasant or stale tastes. It causes toxic, not allergenic, reaction in all people, adversely affecting the digestive, circulatory, and central nervous systems. This book covers the chemical's history, the medical symptoms of toxicity, dangers in its use (it is frequently present in restaurant and prepared grocery foods), strategies shoppers can use to avoid it, a restaurant guide that lists specific menu items from fast food chains, and recipes that avoid MSG. This controversial treatment is highly recommended. Karen Hays Jackson, Susanna Wesley Sch., Tallahassee, Fla.

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Review

"Anyone who suffers migraines, depression or any other conditions possibly triggered by the virtually ubiquitous flavor-enhancer might benefit from this eye-opening book." -- *Los Angeles Times Book Review*

Users Review

From reader reviews:

Robert Densmore:

This In Bad Taste: The MSG Symptom Complex are usually reliable for you who want to be a successful person, why. The reason of this In Bad Taste: The MSG Symptom Complex can be one of several great books you must have is actually giving you more than just simple examining food but feed you with information that possibly will shock your previous knowledge. This book is actually handy, you can bring it almost everywhere and whenever your conditions both in e-book and printed types. Beside that this In Bad Taste: The MSG Symptom Complex forcing you to have an enormous of experience including rich vocabulary, giving you trial run of critical thinking that we all know it useful in your day task. So , let's have it and revel in reading.

Warren Zeigler:

Reading can called head hangout, why? Because if you are reading a book mainly book entitled In Bad Taste: The MSG Symptom Complex the mind will drift away trough every dimension, wandering in every aspect that maybe not known for but surely will become your mind friends. Imaging every word written in a guide then become one web form conclusion and explanation in which maybe you never get previous to. The In Bad Taste: The MSG Symptom Complex giving you yet another experience more than blown away the mind but also giving you useful facts for your better life in this era. So now let us show you the relaxing pattern the following is your body and mind will be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary paying spare time activity?

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