

# Battling the MSG Myth

*A Survival Guide and Cookbook*

by Debby Anglesey



We constantly hear about the modern day epidemics of Obesity, Diabetes, Autism, ADD, ADHD, Migraine, Depression, Fibromyalgia, Breast Cancer, Alzheimer's, Arrhythmia, sleep and stomach conditions, and many neurological disorders. Often blamed are fats, sugars, environmental chemicals, GMOs, and processed foods. They all play a role, but what most medical professionals and researchers miss is the important link to these disorders and one well hidden neurotoxic food additive: Processed free glutamate.

This book is dedicated to help combat the devastating effects of glutamate toxicity and to allow victims to reclaim their health.

# Battling The Msg Myth

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