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# Quantum Techniques Teleseminar

Food Additives and Quantum Techniques

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As a QT client, you must take complete responsibility for your own physical health and emotional well-being.

## Disclaimer Explained

QT consists of self-help coaching techniques and tools, within the category of “energy therapy.” A client learns and uses QT to balance their own body’s energy system with the intention of reducing stress, enhancing overall health, and removing dysfunctions in the body’s bio-energetic system. QT and its *Quantum Techniques® practitioner* believe that it is the client who heals himself/herself, and that the QT tools simply assist the client in this process. Every QT client is unique, and therefore, each client’s experience with QT may be unique.

QT is not a substitute for regular medical or psychological care. QT is not about disease or illness—rather, its focus is on healing and wellness. Medical authorities do not recognize this work as “medicine”. We agree. There are researchers in this area who believe there is a correlation between the detection of certain energetic frequencies and the presence of disease states or organisms in the body. Energy therapies, like QT, may be able to identify the unhealthy frequencies years before a physical disease manifests in the body. As a person heals those frequencies, health is enhanced. Our work, which includes evaluations and scans of the subtle-energy field, is strictly limited to address the imbalances in the subtle-energy field.

For example, in our scans we may talk about the frequencies of virus, bacteria, fungus and parasite issues. We are only saying that we have often found those frequencies when our clients are in a non healing state. Commonly, people who manifest those frequencies over time experience patterns of deterioration in the way they feel. As those frequencies are cleared and the energy field is balanced, they typically experience a return to feelings of wellness. We cannot determine if the client actually had a virus, bacteria, fungal infection or parasite. We cannot determine if a client actually has Multiple Sclerosis, Parkinson’s disease, Manic Depression or HIV, for example. Testing for that is beyond our expertise. For those determinations, we refer clients to their M.D. or licensed health care professional for appropriate tests.

No one is advised to discontinue or to avoid medical or psychological consultations. There are cases where medical or psychotherapeutic consultations are advised. Don’t use these techniques to try to solve a problem where your common sense would tell you it is inappropriate. Since these are self-treatment techniques, we cannot and will not take responsibility for what you do with them. You are required to take complete responsibility for your own well-being both during and after the use of our materials and/or coaching sessions.

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We have not personally experienced any adverse side effects when applying the gentle techniques of QT when the treatment protocols and suggestions were followed. This does not mean, however, that you will not experience or perceive negative side effects. If you use these techniques on yourself or others, you must agree to take full responsibility for your own well-being and you are required to advise others to do the same.

You must understand that while an energy healing approach is a safe self-treatment method, with a substantial body of clinical experience showing no serious side-effects when properly administered, it is possible, with any form of healing, that unresolved memories and related emotions and sensations may be brought into your awareness. It is possible that this emotional material may continue to surface after the coaching session and require further self-treatments or coaching sessions. It is also possible that previously traumatic memories may lose their emotional charge, and this could adversely affect your ability to provide legal testimony that carries the same impact as it might have prior to treatment. In some rare cases, clients with chronic illness have reported some mild healing reaction symptoms as their body releases stored toxins. Typically this is short lived and can be addressed with another coaching session or self-treatment protocol.

## Hold Harmless Agreement

You must agree to hold harmless Stephen Daniel and Beth Daniel, the originators of Quantum Techniques, LLC and Healing Solutions, LLC , all *Quantum Techniques*® practitioners, and anyone affiliated with QT from any claims, liability, or loss incurred directly or indirectly by you (or anyone you may teach or seek to help using QT) as a result of the use or application of any techniques or methods learned from a *Quantum Techniques*® practitioner or *Quantum Techniques* LLC / Healing Solutions, LLC product.

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## Description:

Quantum Techniques practitioner [Dr Carolee Johnson](#) presents this advanced teleclinic on food additives, and how much they affect our health. You will learn about using Quantum Techniques to make better food choices, and how to initiate a detox with herbs and Quantum Techniques. Additional details available soon!

Prepare for this event now by listening to [Detoxification Teleclinic](#) with Dr Steve and Beth Daniel, or read [the transcript](#) today.

## Transcript:

**Dr Carolee Johnson:** Good evening everyone, this is Doctor Carolee Johnson with Quantum Techniques.

Tonight we are going to be talking about food additives and what they are doing to our health.

After you listen to this teleclinic, I would highly recommend that you also listen to the detoxification teleclinic that Dr Stephen and Beth did earlier. To attain truly good health, regular detoxification is very important. And some of the things I am going to go over tonight might make you feel like you want to know more about detoxification.

Detoxification should be part of your health maintenance program anyway, and not just something that you do once. I like to detox each time the season changes. So in the spring I do a liver cleanse, a colon cleanse, and a kidney cleanse. And with that I do two or so weeks on 100% raw food diet. This gives my body a rest and allows it to do the house cleaning. So in a year, my body gets about eight weeks of cleaning.

This allows me to stay healthy and fit, and reduces the signs of aging. And since it is hard in this day and age to avoid a lot of the toxins in our environment and food, it pays to keep the housecleaning done in your body.

When I was very young my great grandfather used to tell me to stay away from cans and packages, or processed food. He told me that kind of food wasn't very good for me. I wish now that I had listened to him then.

My research on this subject includes wide array information from some really excellent sources. I will be quoting some information from Randall Fitzgerald, Dr Russell Blaylock and a few others that I will mention as I go. These gentlemen have done a huge amount of research over a period of many years, on how our diet with all of the food additives from the present day food supply, affects our health and well being. I think you will be very interested to learn this information, because many of these toxic substances may be the underlying cause of a lot of disease in this day and age.

When we put all this toxic material into our bodies and weaken and age our tissues, we are fair game for an onslaught of pathogens including fungus, virus, bacteria, mycoplasma, and

parasites. A healthy body with strong clean tissues is much less likely to be invaded by these pathogens.

I hope you all find this information helpful, because we should educate ourselves more on this stuff so that we know what we are up against, and how important it really is to detox regularly, and test everything that goes into and onto or around our bodies. Or have your practitioner test for you.

It's only been in the last hundred years that we have been engaged in this giant chemistry experiment with our health. Every single one of us, including our children, our parents, and our grandparents have been a guinea pig in this. We've been using our bodies, our health, our wealth, and our good will to find out whether modern science can improve on the foods and medicines of nature.

So how do you think we are doing? Do you think that science has improved on divine intelligence?

The synthetics revolution that we are living in today is a by-product of activities within three sectors of the U.S. economy. These sectors include the processed foods industry, the pharmaceutical industry, and the chemical industry. These guys influence our diet and our health from the womb to the grave.

The control we give them over our lives springs directly from our acceptance of a belief system's primary conceit: which is their lab-created synthetics are as benign as, and more effective than, naturally occurring foods and medicines.

And we seem to have a sort of awestruck allegiance to these guys. Because they've created this persona that they, the Doctors and scientists are some sort of Gods, and they are going to create this magic pill that's going to make us all healthy.

There is some remarkable sophistication in medical technology that keeps the seriously ill alive and extends life spans, but the overall health condition as a society has degenerated alarmingly and very quickly. Over the past hundred years our cancer mortality rate has gone from 3 percent of all deaths to more like 20 percent of all deaths. Diabetes has gone from 0.1 percent of all deaths to 20% and heart disease has gone from almost non-existent to killing more than seven hundred thousand people a year.

The purpose of this teleclinic tonight is NOT to spread doom and gloom, and immobilize everyone with fear. The intention here is to give ourselves a wake-up call that inspires us to action. And maybe offer some tried and true food and medicine alternatives to synthetic chemicals.

There is a need for education in this area to help us lift ourselves out of the fog of confusion we find ourselves in with our diet and personal care products.

With this food additive problem, we really do have a choice of whether we become a victim or not. We can view ourselves as an individual market that **we own and control**. If we don't we are allowing our food and medicine choices to be made for us by an institute that regards us as little more than interchangeable parts of an economic engine. We **need** to exercise our freedom in our daily food and health choices.

While we may never be able to totally eliminate our risk of exposure to harmful toxins, we can manage those risks and reduce our chances of harm. The future of food and nutrition and health is about empowering ourselves as **sovereign individuals**. To accomplish that, to make informed choices, we all need the freedom of access to relevant information about the quality and purity of what our body absorbs.

Dr Claudia Miller from the University of Texas says "Today we are witnessing another medical anomaly – a unique pattern of illness involving chemically exposed people who subsequently report multi system symptoms and new onset chemical and food intolerances. These intolerances may be the hallmark for a new disease process, just as a fever is a hallmark for infection."

We really are the first generation of people to ever be exposed on a daily basis to such an unprecedented number of chemicals. While it may sound kind of harsh, we could just about label each and every one of us as a living toxic waste dumps, and I'll tell you why.

There were five major public surveys that tested the blood and urine of thousands of volunteers for chemical contamination. The results indicated that every resident of the industrialized countries now carries within his or her body, an average of **seven hundred** synthetic chemicals absorbed from our food water and air. The actual number of chemicals is probably much higher, because some toxins are embedded deep in organs and tissues. A toxicologist's ability to detect chemical toxins depends on knowing what to look for and every time they devise a new test, they tend to find evidence for the presence of more toxic invaders.

This toxin load is something that can be cleared very effectively with Quantum Techniques. If you are doing your healing work by changing your diet to meet the needs of your body, then your detox pathways can be opened and the clearing process can begin. The body throws off the toxin load as it has the strength to do it. If you were to try to completely detoxify every cell of your body all at once, you would feel very sick and week, because a complete detoxification, would include many heavy metal energies.

I would highly recommend that if you wish to do any heavy metal detoxification that you do it with the help of your Quantum Techniques practitioner. I actually triggered an energetic detox in myself that released a large lead energy field. Thankfully, with Quantum Techniques I was able to put on filters so it didn't completely wipe me out. With Quantum Techniques we can put filters on those detox pathways to slow down the detoxification so it doesn't bring the body into a major healing crises all at once.

If you want to initiate mild detox patterns in yourself to start your body healing without doing too much at once, then add something alive and raw to every meal of the day including breakfast. You can do a green smoothie, or a fresh fruit smoothie, or whatever tests good for you. You can also add apples to every meal and snack, because these are very alkalizing and oxygenate the blood which will initiate a mild detox.

If you feel like you are ready for a heavier detox, you can try going on just watermelon for one entire day, this moves out a lot of uric acid, you feel a little hungry, but you don't really lose any energy. Then the next day, be careful not to overdo it with the food, and undo any good you have done. Once again, test everything, or have it tested for you. I would not recommend that a diabetic do a watermelon cleanse. A diabetic would have to do things a little different, using leafy greens and cruciferous veggies with little or no fruit depending on the person. But I have seen diabetics completely heal themselves in a months time using 100% raw food.

You can look up this information on you tube under Dr. Fuhrman Cures Diabetes.

You can also start mild detox patterns just by making sure you are completely hydrated by drinking plenty of clean water. You can add a little fresh lemon into it or put a spoonful of raw vinegar and honey into it if you want to ramp it up just a little.

Then to do even more good, start testing everything you put into and onto and around your body, and start eliminating the things that test toxic for you, because just getting rid of the things that test bad allows your body to move into some detoxification.

When it comes right down to the FOOD additives though, it seems like that labeling and the FDA should keep us safe don't you think?

The truth is, that because of trade secrecy laws we are denied the opportunity to assess the complete picture of chemical risks. The only truth in labeling today is the fact that there is widespread secrecy.

Food additives may be simply labeled as "flavorings" or "natural" while chemicals in personal care products might fall under the term fragrance, or unscented. Pesticide ingredients hide under the term inert.

This is why it is so necessary to test everything we put in, on and around our bodies for toxicity. We become what we eat and put on and around our bodies. We have to take responsibility for ourselves and our own health. The FDA isn't going to do it for us; the food processing industry isn't going to do it for us. We are the only ones who can make a difference for ourselves and our loved ones.

The toxin testing we do at Quantum techniques is one of the most important things we do, because when a person is trying to heal, if they are eating or using something that is toxic to their body, it is going to block their healing and slow things down considerably, until they take that toxic substance out of their field and clear it from their body.

Humans have used naturally occurring additives throughout recorded history to preserve food and enhance its taste.

We have used things like salt to preserve meat and fish, sugar to preserve fruits, and vinegar to pickle vegetables, and then herbs and spice to enhance the flavor of food.

Today's food additives are almost completely products of chemical laboratories and are extraordinarily effective at what they do. Milk doesn't even go sour anymore. It just turns black and blue. Meat doesn't spoil for months. Bread sits on the shelf unrefrigerated.

Preservatives have been created, such as BHA and BHT that dramatically slow spoilage and rancidity.

Maybe it's nice that it makes our food last longer, but what is the cost to our health? In addition to causing hyperactivity in children, BHT and BHA are considered carcinogens by the United States Department of Health and Human Services. Yet the FDA allows them to be used in foods?!

Chemical additives give the food pleasing colors appearances aromas and added flavors. You walk into the store and it all looks fantastic!

The artificial tastes and aromas in processed and fast foods are mostly a product of a few large chemical plant laboratories off the New Jersey turnpike. In his book *Fast Food Nation*, Eric Schlosser demonstrated how the flavor and aroma industries grew out of the already established perfume industry.

In his book Schlosser writes "in addition to being the world's largest flavor company, IFF manufactures the smell of six of the ten best-selling fine perfumes in the United States...It also makes the smell of household products such as deodorant, dishwashing detergent, bath soap, shampoo, furniture polish, and floor wax. All of these aromas are made through the same basic process, the manipulation of volatile chemicals to create a particular smell. The basic science behind the scent of your shaving cream is the same as that governing the flavor of your TV dinner. It's all just chemicals.

Everyone naturally wants to believe that food additives are safe and that the industry scientists and government regulators are vigorously testing each and every potential threat before it hurts someone. But are we really protected?

Out of the original two hundred listed color additives, ninety have been listed as safe and the rest have either been taken off the market by the FDA or withdrawn by industry.

Ok so that means that more than half of all synthetic colorings are dangerous to our health, and have been taken off the market. These colorings are usually made from coal tar dyes that are commonly found in fabric, paint, and ink, and yet they have been added to processed food and consumed for years by millions of people.

So when were the additives taken off the market?

It was after the people who had been consuming them became sick or dead. It kind of seems like that safety concerns about food additives are mostly an afterthought dependent on how we the human guinea pig reacts to it.

The federal government allows thousands of chemical additives in your food that have not been tested for safety. So, when you take a bite of commercial food containing food additives, foreign chemicals enter your body whose safety is questionable. This is just one of the many good reasons that we need to take responsibility for our own food choices and health.

Another category of food additives is artificial flavors, which are usually added to replace more expensive ingredients in some products or to obscure the bland or poor taste of highly processed foods.

Of the more than two thousand chemicals used in various combinations to produce specific flavors, few have been researched or tested to determine individual effects on health, much less the possible synergistic effects inside the human body.

At least one hundred new synthetic additives are added to the food supply each year. These synthetics are designed to mimic the flavors of natural herbs and spices, but are much cheaper to produce.

A few of the other food additives that we commonly find in our grocery store items are: And these are some of the ingredients that when you look at the ingredient list is impossible to pronounce so I will do my best with this one.

- **Acesulfame-K**, also known as **Acesulfame-potassium** or "**Sunette**" is an artificial sweetener. It has not been adequately tested for human consumption. The FDA approved this additive even though the tests done to determine its safety did not meet the FDA standards and caused cancer in lab animals, which increases the probability that it will also cause cancer in humans.
- We went over some of this previously but, artificial colors, or FD&C colors, are mostly derived from coal tar, which is a carcinogen. Some of the worst FD&C colors include:
  - **Green #3, Blue #1, Blue #2 and Yellow #6** which cause allergic reactions and cancer in lab animals. Including adrenal gland and kidney tumors and it also contains small amounts of many carcinogens. **Blue #1**, used to color candy, beverages and baked goods, may cause cancer.
  - **Blue #2**, found in pet food, candy and beverages, has caused brain tumors in mice.
  - **Red #3 is a carcinogen, which may interfere with nerve transmission in the brain and causes genetic damage.** It causes thyroid tumors in rats, and may cause them in humans as well. It is banned in cosmetics, but allowed in food, and it's especially harmful to children.

- **Yellow #5** causes allergic reactions in those sensitive to aspirin. It may be life threatening.
- **Citrus red #2** is a known carcinogen. Its only allowed use is to color orange skins. So, If you use orange zest in some of your recipes, you may be ingesting carcinogens.
- Any color with the word "lake" after it means that aluminum has been added to the color to make it insoluble.
- **BHA & BHT** which we mentioned previously are stabilizers and antioxidants. BHA is known to cause cancer in humans. Both BHA and BHT are toxic to the liver and kidneys. BHT may react with other ingested substances to cause the formation of carcinogens. BHT is banned in England.
- **Potassium bromate** is used to treat flour to give bread and baked goods a sponge-like quality. It is probably not used in California because it might require a cancer warning on the label. Outside of California, "unbromated" breads do not contain potassium bromate. It is also used in toothpaste, mouth washes and gargles. It is a carcinogen, mutagen and highly toxic. It is banned worldwide, except in the U.S. and Japan .
- **Carrageenan** is a seaweed derivative used in a wide variety of foods and cosmetics. In its native form, it has not been classified as a carcinogen, but in its degraded or broken down form it has been classified as a possible human carcinogen by the International Agency for Research on Cancer (IARC).
- Joanne Tobacman, M.D., a researcher on carrageenan, said "There seems to be enough evidence associating carrageenan with significant gastrointestinal lesions, including malignancies, to avoid ingesting it."
- According to Dr. Tobacman, the native carrageenan, after being subjected to stomach acids may be broken down into the degraded form and be a cancer risk.
- And even if it wasn't, carrageenan cannot be identified as native or degraded on food labels, so there is no way of knowing if you are ingesting carrageenan, the carcinogen or not. Carrageenan is found in a lot of the dairy products on the store shelves.
- **Nitrates and nitrites** are found primarily in processed meats. They combine with stomach acids and chemicals in foods to form nitrosamines, which are powerful carcinogens.
- Some studies have found a link between consuming cured meats and nitrite and cancer in humans.

- **Olestra** has not been shown to cause cancer. However, it robs the body of carotenoids, which are known to have a protective effect against cancer. Carotenoids are naturally found in vegetables like carrots and beets, and other pretty colored veggies.
- Studies have shown a 40-50% drop in blood carotenoids after consuming only 3-8 grams of olestra in a day, equivalent to 6-16 flavored chips. It also may cause severe gastrointestinal cramping and diarrhea, which may last for extended periods of time.
- **Propyl gallate** is used as an antioxidant in fats, oils, candy and a variety of processed foods. It is a suspected carcinogen and is known to cause kidney, liver and gastrointestinal problems. It can cause allergic reactions in those with asthma and sensitivity to aspirin. It has not been adequately tested.
- **Saccharin**, or **Sweet'N Low**, is an artificial sweetener that is known to cause cancer. Because of pressure from the food industry, in 2000, saccharin was removed from the list of cancer-causing chemicals, in spite of the fact that studies still show that it causes cancer in lab animals. It wasn't taken off the market, it was just taken off the bad list so it didn't look so bad.

I am going to give a code here to help initiate a mild detox of food additives. Anytime you initiate any kind of a detox pattern in the body or open detox pathways you want to make sure and drink plenty of water.

That Code is:

MF IF SH IF G50 SH IF MF G50 LF LIV G50 SH EB IF A MF G50 SH LF IF G50 IF LF SH G50  
UN SH UN CHAKRA PATTERN 1

What about plain old white sugar? After going through all of those food additives, sugar almost seems like a good thing. But the truth is, science has now shown us, beyond any shadow of a doubt, that sugar in our food, in all its myriad of forms, is taking a devastating toll on our health.

Researchers at Huntsman Cancer Institute at the University of Utah have uncovered new information that sugar “feeds” tumors. The findings may also have implications for other diseases such as diabetes. The research is published in the journal Proceedings of the National Academy of Sciences.

“It’s been known since 1923 that tumor cells use a lot more glucose than normal cells. This research helps show how this process takes place, and how it might be stopped to control tumor growth.

The single largest source of calories for Americans comes from sugar—specifically high fructose corn syrup. Just take a look at the sugar consumption trends of the past 300 years.

- In 1700, the average person consumed about 4 pounds of sugar per year.
- In 1800, the average person consumed about 18 pounds of sugar per year.
- In 1900, individual consumption had risen to 90 pounds of sugar per year.
- In 2009, it was 180 pounds of sugar per year! And somebody had 360 because I didn't have any.

Sugar is loaded into your soft drinks, fruit juices, sports drinks, and hidden in almost all processed foods—from bologna to pretzels to Worcestershire sauce to cheese spread. And now most infant formulas have the sugar equivalent of one can of Soda, so babies are being metabolically poisoned from day one if they are taking formula.

I was looking at all the complications that sugar causes in the body, and many of them are synonymous with fungal infection. And we know that sugar is fungus food of choice, so the lengthy list of trouble sugar causes in the body may also be fungal related.

If you are interested in taking a closer look at fungal issues, I would recommend our teleclinic series on fungus.

I am going to give a code here to help control sugar cravings and especially if you are on a sugar detox or antifungal program to allay the feeling of sugar withdrawal.

That Code is:

UN G50 UN CH TH IF G50 SH UN G50 UN MF IF THYMUS EB OE IF E UN G50 UN  
SH UN

If we were to compare our bodies to a giant chemistry set, then our brains would be chemical factories, sensitive to every foreign chemical hitchhiking through our blood. Some of these chemicals are really toxic to the brain.

For example, glutamate can cause widespread destruction of certain brain cells in concentrations normally found in our diets. This is especially true when we consider the huge amounts of glutamate added to our food in the form of the flavor enhancer called MSG.

I saw a video where they showed pictures of a brain before consuming MSG and after they had consumed MSG. The damage was very immediate. Changes showed up within ten minutes. I saw the same thing with Aspartame, which we will also talk about.

Animal studies have shown that MSG can stimulate the release of hormones throughout the body. Lab animals exposed to MSG become grossly obese and experience difficulty in sexual reproduction.

By some estimates the amount of MSG added to the typical restaurant meal, can amount to nine grams for a single dish, enough to cause brain damage in lab animals.

It is commonly added to most commercial fast food type fried chicken, burgers, Taco's and other fast food products, as well as to most frozen processed foods. I also see it in just about every flavored chip as well.

When scientists need obese rats or mice for their studies, they inject the animals with MSG right after they are born. This MSG triples the amount of insulin produced by the pancreas and the rodents rapidly grow fat.

If you do an internet search of the National Library of Medicine database, looking under MSG and obesity, you will find many dozens of science studies linking MSG use and weight gain.

So if you just read the labels on the products you buy then are you safe from purchasing and consuming MSG?

Well, there is actually a list of hidden that are used in place of MSG that are actually MSG.

### **Hidden Names for MSG**

#### **Names of ingredients that always contain processed free glutamic acid:**

- Glutamic acid (E 620)2, Glutamate (E 620)
- Monosodium glutamate (E 621)
- Monopotassium glutamate (E 622)
- Calcium glutamate (E 623)
- Monoammonium glutamate (E 624)
- Magnesium glutamate (E 625)
- Natrium glutamate
- Yeast extract
- Anything "hydrolyzed"
- Any "hydrolyzed protein"
- Calcium caseinate, Sodium caseinate
- Yeast food, Yeast nutrient
- Autolyzed yeast
- Gelatin
- Textured protein
- Soy protein, soy protein concentrate
- Soy protein isolate
- Whey protein, whey protein concentrate
- Whey protein isolate
- Anything "...protein"

At present there is an FDA requirement to include the protein source when listing hydrolyzed protein products on labels of processed foods. Examples are hydrolyzed soy protein, hydrolyzed wheat protein, hydrolyzed pea protein, hydrolyzed whey protein, hydrolyzed, corn protein.

If a tomato, for example, were whole, it would be identified as a tomato. Calling an ingredient tomato protein indicates that the tomato has been hydrolyzed, at least in part, and that processed free glutamic acid (MSG) is present.

MSG reactions have been reported from soaps, shampoos, hair conditioners, and cosmetics, where MSG is hidden in ingredients with names that include the words "hydrolyzed," "amino acids," and/or "protein." Most sun block creams and insect repellents also contain MSG.

Drinks, candy, and chewing gum are potential sources of hidden MSG and/or aspartame, neotame, and AminoSweet (the new name for aspartame). Aspartic acid, found in neotame, aspartame (NutraSweet), and AminoSweet, ordinarily causes MSG type reactions in MSG sensitive people. (It would appear that calling aspartame "AminoSweet" is industry's method of choice for hiding aspartame.) I haven't really seen Neotame used widely in the United States.

Reactions to MSG are dose related, in other words, some people react to even very small amounts. MSG-induced reactions may occur immediately after ingestion or after as much as 48 hours. The time lapse between ingestion and reaction is typically the same each time for a particular individual who ingests an amount of MSG that exceeds his or her individual tolerance level.

By food industry definition, all MSG is "naturally occurring." "Natural" doesn't mean "safe." "Natural" only means that the ingredient started out in nature, like arsenic and hydrochloric acid did.

According to the book "The Slow Poisoning of America" MSG is added to food for the addictive effect it has on the human body.

Even the propaganda website sponsored by the food manufacturers lobby group supporting MSG explains that the reason they add it to food is to make people EAT MORE OF THEIR PRODUCTS.

The MSG manufacturers themselves admit that it addicts people to their products. It makes people choose their product over others, and makes people eat more of it than they would if MSG wasn't added.

Since MSG's introduction into the American food supply fifty years ago, MSG has been added in larger and larger doses to the pre-packaged meals, soups, snacks and fast foods we are tempted to eat everyday. The FDA has set no limits on how much of it can be added to food. They claim it's safe to eat in any amount.

Dr. Russell Blaylock who did a huge amount of research on MSG and Aspartame said that these Excitotoxins have been found to dramatically promote cancer growth and metastasis. In fact, one of the aspartame researchers noticed that, when [cancer cells](#) were exposed to aspartame, they became more mobile, and you see the same effect with [MSG](#), which also causes a cancer cell to become more mobile, and that enhances metastasis, or spread of cancer cells. These

MSG-exposed cancer cells started moving through tissues, which is one of the earlier observations from cancer.

When you increase the glutamate level, cancer just grows like wildfire, and then when you block glutamate, it dramatically slows the growth of the cancer.

With aspartame, we know that when formaldehyde type products, from aspartame binds to DNA, it's very difficult to remove it. It will stay there for long periods of time. What that means is if you just drink a single [diet](#) cola today, or sweeten something with [NutraSweet](#), you're accumulating damage every day. Eventually, you're going to produce this necessary pattern of [DNA damage](#) to initiate the cancer, and once you develop the cancer, the aspartic acid component of aspartame will make the cancer grow very rapidly. So You've got a double effect; it's causing the cancer, and it's making the cancer move very rapidly.

Of all the food additives though, Aspartame is, by far, the most dangerous substance on the market that is added to foods.

Aspartame is the technical name for the brand names NutraSweet, Equal, Spoonful, and Equal-Measure. It was discovered by accident in 1965 when James Schlatter, a chemist of G.D. Searle Company, was testing an anti-ulcer drug. <http://products.mercola.com/sweet-deception/>

Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious including seizures and death.

Aspartame is made up of three chemicals: aspartic acid, phenylalanine, and methanol. The book "Prescription for Nutritional Healing," by James and Phyllis Balch, lists aspartame under the category of "chemical poison." and that is exactly what it is.

Dr. Russell L. Blaylock, whom we mentioned earlier, is a professor of neurosurgery at the Medical University of Mississippi. He recently published a book that thoroughly detailed the damage that is caused by the ingestion of excessive aspartic acid from aspartame. Blaylock goes through almost 500 scientific references to show how excess free excitatory amino acids such as aspartic acid and glutamic acid (about 99 percent of monosodium glutamate (MSG) is glutamic acid) in our food supply are causing serious chronic neurological disorders and a myriad of other acute symptoms.

Aspartate which is aspartame and glutamate which is MSG act as neurotransmitters in the brain by facilitating the transmission of information from neuron to neuron. Too much aspartate or glutamate in the brain kills certain neurons by allowing the influx of too much calcium into the cells. This influx triggers excessive amounts of free radicals, which kill the cells. The neural cell damage that can be caused by excessive aspartate and glutamate is why they are referred to as "excitotoxins." They "excite" or stimulate the neural cells to death.

The risk to infants, children, pregnant women, are huge.

The brain works a lot like a computer, but what makes a brain different from a computer is that the brain can change its circuits so that it forms new pathways. It develops new circuits, and bypasses injured areas.

The process of molding the brain continues all through life, even into advanced years. But the majority of structuring and growth of the human brain happens from the first week after conception to a period as long as six or seven years after birth. This is a critical period. Over stimulation from things like, MSG and aspartame can have devastating effects on this development.

Some neuroscientists feel that excitotoxins added to foods and fed to newborns and young children can result in this overstimulation. Sometimes the effects might be subtle, such as a slight case of dyslexia, or more severe such as frequent outbursts of uncontrollable anger. In fact, injection of minute amounts of glutamate into the hypothalamus of animal's has been shown to produce sudden rage.

Even more severe cases could result in conditions such as autism, schizophrenia, seizures and cerebral palsy. There is a possibility that early exposure to excitotoxins could cause a tendency for episodic violence and criminal behavior in later years.

In one carefully controlled study twenty two rats were given a daily low dose of MSG by injection beneath the skin. The injections began on the first day after they were born, and continued for eleven days. When the rats were examined they were found to be shorter and fatter than control animals fed a normal diet.

But more importantly the rats exhibited hyperactive behavior. At first this would imply that the animals were brighter, but when they were tested in mazes it was found that they had considerable difficulty escaping from even the simplest maze, whereas all of the control rats were able to escape the mazes in the usual amount of time.

In one test where the rats had to escape an electric shock by jumping up onto a rod suspended over the maze, the MSG treated rats were never able to learn how to escape.

They concluded that the MSG treated rats behaved like animals with lower intelligence. It is important to remember that humans concentrate glutamate in their blood to a much greater degree than rats and they are equally susceptible to its toxic effect once it enters the brain.

I am going to give a code here to help detoxify MSG poisoning, and to help reverse the side effects of this chemical poison.

SH UN G50 MF LF SH G50 IF LF SH G50 MF LF SH UN IF G50 EB OE IF LF 9G SH UN  
CHAKRA PATTERN 1

Aspartic acid from aspartame has the same damaging effects on the body as glutamic acid or MSG.

One common complaint of persons suffering from the effect of aspartame is memory loss. Olney, a neuroscientist and researcher, and one of the world's foremost authorities on excitotoxins says that aspartic acid caused holes in the brains of mice.)

## Aspartame Side Effects

The components of aspartame can lead to a number of health problems. Side effects can occur gradually, can be immediate, or can be acute reactions.

According to Lendon Smith, M.D. there is an enormous population suffering from side effects associated with aspartame, yet have no idea why drugs, supplements and herbs don't relieve their symptoms. Then, there are users who don't 'appear' to suffer immediate reactions at all. Even these individuals are susceptible to the long-term damage caused by excitatory amino acids, phenylalanine, methanol, and DKP.

Adverse reactions and side effects of aspartame include: And I am going to give you the entire list, because people don't really have any idea how bad this stuff really is.

**Eye:** blindness in one or both eyes decreased vision and other eye problems such as: blurring, bright flashes, squiggly lines, tunnel vision, decreased night vision pain in one or both eyes decreased tears trouble with contact lenses bulging eyes

**Ear:** tinnitus - ringing or buzzing sound severe intolerance of noise marked hearing impairment

**Neurologic:** epileptic seizures headaches, migraines and (some severe) dizziness, unsteadiness, both confusion, memory loss, both severe drowsiness and sleepiness paresthesia or numbness of the limbs severe slurring of speech severe hyperactivity and restless legs atypical facial pain severe tremors

**Psychological/Psychiatric:** severe depression irritability aggression anxiety personality changes insomnia phobias

**Chest:** palpitations, tachycardia shortness of breath recent high blood pressure

**Gastrointestinal:** nausea diarrhea, sometimes with blood in stools abdominal pain pain when swallowing

**Skin and Allergies:** itching without a rash lip and mouth reactions hives aggravated respiratory allergies such as asthma

**Endocrine and Metabolic:** loss of control of diabetes menstrual changes marked thinning or loss of hair marked weight loss gradual weight gain aggravated low blood sugar (hypoglycemia) severe PMS

**Other:** frequency of voiding and burning during urination excessive thirst, fluid retention, leg swelling, and bloating increased susceptibility to infection

**Additional Symptoms of Aspartame Toxicity include the most critical symptoms of all:** death irreversible brain damage birth defects, including mental retardation peptic ulcers aspartame addiction and increased craving for sweets hyperactivity in children severe depression aggressive behavior suicidal tendencies

**Aspartame may trigger, mimic, or cause the following illnesses:** And I want everyone to listen to this closely because your disease may not be what it appears to be.

These diseases that can be triggered, mimicked or caused by aspartame include:

- Chronic Fatigue Syndrome
- Epstein-Barr
- Post-Polio Syndrome
- Lyme Disease
- Grave's Disease
- Meniere's Disease
- Alzheimer's Disease
- ALS
- Epilepsy
- Multiple Sclerosis (MS)
- EMS
- Hypothyroidism
- Mercury sensitivity from Amalgam fillings
- Fibromyalgia
- Lupus
- non-Hodgkins
- Lymphoma

Attention Deficit Disorder (ADD)

These are not allergies or sensitivities, but diseases and disease syndromes. Aspartame poisoning is commonly misdiagnosed because aspartame symptoms mock textbook 'disease' symptoms, such as Grave's Disease.

Aspartame changes the ratio of amino acids in the blood, blocking or lowering the levels of serotonin, tyrosine, dopamine, norepinephrine, and adrenaline. Therefore, it is typical that aspartame symptoms cannot be detected in lab tests and on x-rays. Textbook disorders and diseases may actually be a toxic load as a result of aspartame poisoning.

Have you ever gone to the doctor with real, physical symptoms, but they can't find the cause? Your most probable cause will be your diet, your environment, or both.

Aspartame is the common denominator for over [92 different health symptoms at the root of modern disease](#).

I am going to give you a few steps to help your body detox aspartame poisoning.

The number one most effective way to reverse disease symptoms is removing the underlying cause – which can be aspartame and or any number of other things. And once again I would like to stress the importance of testing to find the things that test toxic to you, so that you can remove them from your diet until you do your healing. With things like MSG and Aspartame, I would not ever recommend bringing them back into the diet though.

Nine out of 10 people with aspartame symptoms can restore their health by following a detoxification Program, and using Quantum Techniques to see if there are any other toxins pathogens or non physical components blocking the healing process.

**Steps:**

1. Remove all sugar-free products with aspartame from your diet.
2. Learn to 'read' your body. Begin recording any health changes.
3. Detoxify.
4. Restore depleted nutrients.
5. Exercise and get plenty of rest.
6. Eat from 50% to 75% raw foods at every meal.
7. Drink water, water, water.
8. Get control of your life.

I would like to read a short account of a case of extremely high phenylalanine levels caused by aspartame, which was recently published in the "Wednesday Journal" in an article titled "An Aspartame Nightmare." I will read a short excerpt from the article.

It says, John Cook began drinking six to eight diet drinks every day. His symptoms started out as memory loss and frequent headaches. He began to crave more aspartame-sweetened drinks. His condition deteriorated so much that he experienced wide mood swings and violent rages.

Even though he did not suffer from PKU, a blood test revealed a phenylalanine level of 80 mg/dl. He also showed abnormal brain function and brain damage. After he kicked his aspartame habit, his symptoms improved dramatically.

This account shows just how important it is to remove a food from your diet once you find out that it is testing as a toxin for you. Because just removing that one thing in this case made a huge difference in this man's healing. In this case, this man would be wise to leave aspartame products out of his diet for good.

I am going to give a code here to help your body detoxify Aspartame.

That Code is:

IF G50 SH UN G50 EB IF SH MF C CH THYMUS OE A C LIV G50 SH EB IF LF MF SH G50 SH  
UN SH UN

I hope that this teleclinic has helped everyone to realize the importance of making better food choices and the dangers of some of these additives that are being put in our food supply today.

I hope we can all benefit and find true health.

I will continue next week with another teleclinic on how our diet can affect our behavior and the behavior of our children and the differences between real vitamins and synthetic vitamins. Good night everyone. Thanks for listening.