

Connection between MSG and cancer?

Dr. Russell Blaylock, in his book *Natural Strategies for Cancer Patients* cites the relationship between glutamate (MSG is mono-sodium glutamate) and cancer. Dr. Blaylock points out that glutamate increases cancer cells' ability to spread (metastasize).

This is so well accepted in the scientific community that research has begun to find ways to block glutamate so that the cancer will grow more slowly. (*Biochemical Pharmacology*, 64:8, 15 October 2002, pp. 1195-1200)

Foreign countries have done several studies on this. There was a report in *The Times of India* of a study done there of 134 patients with stomach cancer with a high proportion of them avid eaters of Chinese food.

The following contain factory-created MSG under other names:

- MSG
- Gelatin
- Calcium Caseinate
- Monosodium glutamate
- Hydrolyzed Vegetable Protein (HVP)
- Textured Protein
- Monopotassium glutamate
- Hydrolyzed Plant Protein (HPP)
- Yeast Extract
- Glutamate
- Autolyzed Plant Protein
- Yeast food or nutrient
- Glutamic Acid
- Sodium Caseinate
- Autolyzed Yeast
- Vegetable Protein Extract
- Senomyx (wheat extract labeled as artificial flavor)