

Autism and ADHD linked to Addictive Food Additive

For the last fifty years, the medical community has been baffled by the rise in cases of Attention Deficit/Hyperactive Disorder and Autism. These two diseases, unheard of before 1950, have been striking an increasing number of children. Physicians have been unable to explain to parents why their children are suffering these maladies despite there not being any family history of the disorder.

Finally these parents will know the answer. Thanks to John Erb, a developmental disorder researcher and author of the book *The Slow Poisoning of America*, the cause of ADHD and Autism is no longer a mystery. "These diseases appear to be caused by a food additive commonly known as MSG or Monosodium Glutamate," John Erb explains. "MSG is added to food because of its addictive qualities, it is nicotine for food. It is highly reactive in the human brain and other organs."

MSG and its related ingredients have been found in increasing amounts in processed and fast foods. Almost every restaurant and most processed foods from snacks and soups to ready-made meals have glutamate in them in some form or another. MSG has no nutritional value. Scientific studies have shown that food laced with the MSG cause people to eat more of it, and faster, than food without it.

"Corporations use this knowledge to sell their products. Their competition uses MSG, so they keep adding it in larger amounts to keep up with them," John Erb comments. The FDA has no limits on how much MSG can be added to foods, even though as little as two tablespoons of it has been shown to cause epileptic convulsions and death in animals such as dogs.

MSG is a highly reactive amino acid. It is used by scientists in studies to purposely cause death of areas of the brain and is fed to rodents to make a strain of obese and pre-diabetic test subjects. MSG is classified as a neurotoxin, too much of it introduced to the brain can cause rapid cell death. It is this kind of destruction that John Erb states is the cause of ADHD and Autism. He came to this conclusion after reviewing hundreds of medical journal articles detailing the ways in which glutamate affects organs such as the brain. According to John Erb, "When a woman becomes pregnant, the placental barrier is not fully formed in the first month of fetal development.

The chemicals the mother eats can go directly to the developing child. The glutamate stimulates rapid growth in the brain, creating ADHD symptoms. Too much glutamate over-stimulates areas of the brain, resulting in neuronal cell death. This destruction to the neurons results in the symptoms categorized as Autism."

MSG is used in almost every institutional setting across the country. From hospitals to school cafeterias to elderly care facilities, MSG is being added to mass produced food to increase its palatability. Women are being exposed to a major toxin that can cause irreparable damage to their child, even before they discover they are pregnant."

Shocked by his discovery, John Erb met with Dr. Thomas Ward, Nova Scotia's Deputy Minister of Health, a pediatrician who specialized in Neonatology. When Mr. Erb explained to Dr. Ward about the dangers of MSG, Dr. Ward replied, "I know how awful the stuff is, I would never touch it." When John Erb pressed the Deputy Health Minister to remove it from all food products, Dr. Ward said that it was an issue for the federal government, and suggested that Mr. Erb take his book *The Slow Poisoning of America* to the federal government and "Hit them over the head with it."

John Erb took his discovery to Dr. Susan Bryson, head of the Autism Research Center in Halifax, and one of the leading Autism scientists in Canada. She was amazed by his findings, and confirmed that current studies being done by the National Institute of Health show that the cause of Autism has been linked to a toxin invading the embryo's brain stem as early as twenty days after conception. The NIH had not yet identified the toxin, but thanks to John Erb's discovery, they now know the direction in which to focus their research.

"The sooner people know that MSG can cause ADHD and Autism in their unborn children, the sooner they can take steps to avoid being another victim of the steadily increasing numbers of these disorders," John Erb states.

Autism, unheard of before 1950, (MSG was introduced to the American diet in 1948) has now risen to epidemic proportions, with one in every 200 children born with the affliction.

"There may be a genetic component deciding who is stricken with



Brookhead Queen Ashley Cottrell announced on December 6 that Betty's New and Used Clothing of Brookhead was the Brookhead Business of the Month for December. Betty's is located on Hwy. 150 right outside Brookhead. She has a wide array of clothing for the entire family! Great items for Christmas gifts! According to the Queen, Betty's not only has a great selection of fine clothing, but is extremely supportive of the community, making the store "an asset to Brookhead." Helping the Queen make the presentation are Brookhead Mayor, Walter Lee Cash, and Santa Claus.

ADHD and Autism, otherwise when you consider the rampant use of MSG in today's diet, every child would be born with either ADHD or Autism. But if the growth curve keeps going the way it has, it won't be long before this is the case."

MSG has been hidden in food ingredient lists as hydrolyzed vegetable protein, autolyzed yeast extract, soy protein isolate, and many other names. Every year, the amount of this substance hidden in foods rises astronomically. Just because the name MSG does not appear on the label, does not mean that the food does not contain the excitotoxin glutamate.

"People should demand that the food industry, both restaurants and food manufacturers, remove the added glutamate in all its forms from anything we ingest," John Erb states emphatically. "The fact that they add it to make us addicted to their food is appalling enough, but considering it is doing terrible damage to our children, for that there is no excuse. The sooner these corporations are held accountable for poisoning us, the sooner we can eradicate ADHD and Autism from the maternity wards across the nation."

Have a safe New Year!!!

New Year's resolution: Quit smoking for real

Every January smokers across America pledge to quit smoking. But by February, many have given up the effort and are back in the habit, saving that New Year's resolution for next year. How can people really make 2004 the year they quit smoking?

According to Frederic Grannis, M.D., a lung cancer specialist at City of Hope Cancer Center in Los Angeles, "The most important ingredient in successful smoking cessation is for the individual smoker to make a personal decision to stop smoking in order to avoid the risks to future health. Having said that, it must be

understood that it is very hard to stop smoking. The smoker is addicted to nicotine and also has a complex behavior pattern and habit of smoking. Although some people can quit 'cold turkey', without any help, most people fail on their own and need help."

When people quit smoking the body reacts to the absence of nicotine, resulting in withdrawal symptoms that can include depression, feelings of frustration or anger, irritability, difficulty sleeping, restlessness, headaches, tiredness and increased appetite.

Nicotine substitutes and prescrip-

tion oral medicines, such as bupropion, can help ease withdrawal symptoms. There are many types of nicotine replacements including nicotine patches, nicotine gum, nicotine nasal spray, nicotine inhalers and nicotine lozenges.

Once the physical symptoms of quitting are under control, it is time to focus on the psychological challenges. For many people, smoking is a strongly linked to daily activities such as waking up, eating a meal, watching TV or drinking coffee. To cope with cravings that come at these moments, it is necessary after your behavior.

"For example, if you usually have a cigarette when you drink coffee, try taking a brisk walk instead of a coffee break, or consider drinking water or juice instead of coffee," suggests Dr. Grannis.

Other tips:
• Get rid of smoking related items such as lighters and ashtrays.
• Let your friends and family know you are quitting so that you have a strong support system, or consider attending a smoking cessation class.

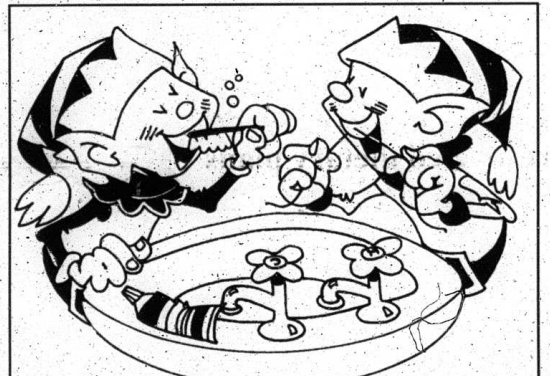
• Avoid people and places where you are tempted to smoke until you are more confident about your ability to avoid the temptation.

• After habits to perform activities that you don't associate with smoking.

• Try alternatives such as chewing gum, hand and/or snuffless seeds.
• Find ways to keep your hands busy to distract you from the urge to smoke.

Quitting smoking is difficult, but 46 million Americans have successfully quit and therefore reduced their risk of lung cancer. For more information about lung cancer research and treatment, contact City of Hope Cancer Center at 800-636-HOPE or visit www.cityofhope.org.

News deadline is Noon Tuesday



Have A SPARKLING SEASON!

Wishing you lots of smiles and laughter, throughout the holidays and after! Thanks for giving us so much to smile about this year.



Front row from left: Dr. John H. Parsons and Cheryl Brown. Back row from left: Linda Wilson - RDH and Brenda McKinney.

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Merry Christmas

May peace and joy come to you during this holy season



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