Excitotoxins: The Taste That Kills

By Russell L. Blaylock

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Ex-ci'-to-tox-in: a substance added to foods and beverages that literally stimulates neurons to death, causing brain damage of varying degrees. Can be found in such ingredients as monosodium glutamate, aspartame (NutraSweet®), cysteine, hydrolyzed protein, and aspartic acid.

Citing over five hundred scientific studies, Excitotoxins explores the dangers of aspartame, MSG, and other substances added to our food. This is an electrifying and important book that should be available to every American consumer.

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Editorial Review

Review
"Detailed and well-researched, yet is written in such a fashion the non-medical person will come away with a good understanding of the subject." -- *Medical Sentinel*

"*Excitotoxins* is a valuable contribution to the understanding of the brain, and the need to protect it from assaults that result in various health problems and diseases." --*Townsend Letter for Doctors*

"Upsetting, yet it is responsibly researched and well argued. It opens a fresh view on the hazardous relationship of food (in this case, the wrong food) and brain health." --*Alternative Medicine's Reviews*

"This is an electrifying and important book that should be available to every American consumer." -- *Wilson Library Bulletin*

"This text will be of most interest to those serious about protecting their health, as well as to medical professionals." -- *Biosis*

"Blaylock releases a well-researched bombshell." --*Book News*

About the Author
RUSSELL L. BLAYLOCK, MD, board certified neurosurgeon, recently retired as a clinical assistant professor of neurosurgery at the Medical University of Mississippi. He has practiced neurosurgery for the past twenty-four years and runs a successful private nutritional practice.

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