

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

M Planty



Battling The Msg Myth:

Whispering the Secrets of Language: An Mental Journey through **Battling The Msg Myth**

In a digitally-driven earth wherever monitors reign great and instant communication drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within phrases usually get unheard. Yet, nestled within the pages of **Battling The Msg Myth** a charming literary value pulsing with organic feelings, lies an exceptional quest waiting to be undertaken. Composed by a skilled wordsmith, that charming opus invites readers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the fabric of each and every word. Within the mental depths with this emotional evaluation, we shall embark upon a honest exploration of the book is key subjects, dissect their charming writing style, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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