



# Excitotoxins: The Taste That Kills

*Russell L. Blaylock*

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**Excitotoxins: The Taste That Kills** Russell L. Blaylock

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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