

### Ingredients

<p><b>Campbell's Cream of Mushroom Soup</b></p> <ul style="list-style-type: none"> <li>WATER, MUSHROOMS, CREAM (MILK), VEGETABLE OIL (CORN, COTTONSEED, CANOLA AND/OR SOYBEAN), MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, <b>MONOSODIUM GLUTAMATE</b>, <b>SOY PROTEIN CONCENTRATE</b>, YEAST EXTRACT, SPICE EXTRACT, DEHYDRATED GARLIC, OLEORESIN PAPRIKA.</li> </ul>	<p><b>Campbell's <u>Healthy Request</u> Cream of Mushroom Soup</b></p> <ul style="list-style-type: none"> <li>WATER, MUSHROOMS, MODIFIED FOOD STARCH, WHEAT FLOUR, VEGETABLE OIL (CORN, COTTONSEED, CANOLA AND/OR SOYBEAN), SUGAR, <b>SOY PROTEIN CONCENTRATE</b>, CREAM (MILK), CONTAINS LESS THAN 1% OF: LOWER SODIUM NATURAL SEA SALT, POTASSIUM CHLORIDE, SALT, CALCIUM CARBONATE, DEXTROSE, <b>DISODIUM INOSINATE</b>, <b>DISODIUM GUANYLATE</b>, SPICE EXTRACT, MALTODEXTRIN, <b>FLAVORING</b>, DEHYDRATED GARLIC, MUSHROOM POWDER.</li> </ul>
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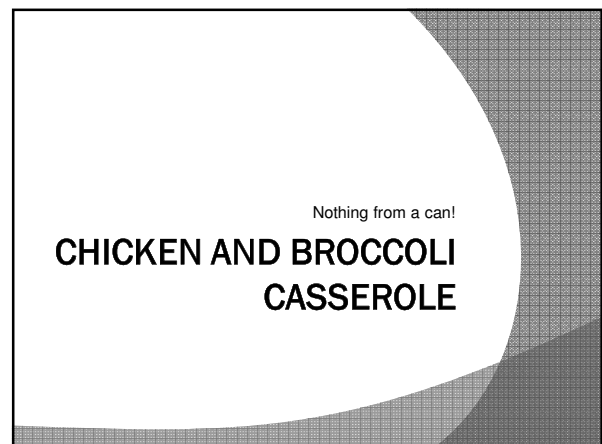
### Ingredients: Tricky Labeling

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No sugar here!

### Critical Look @ Nutritional Facts

<p><b>Campbell's Cream of Mushroom Soup</b></p> <ul style="list-style-type: none"> <li><b>Serving Size</b> 1 Container (7.25oz) (almost 1 cup) NOT CONDENSED</li> <li>Calories 90</li> <li>Calories From Fat : 50%</li> <li>Total Fat 6 g</li> <li>Saturated Fat 1.5 g</li> <li>Trans Fat 0 g</li> <li>Cholesterol Less than 5 mg</li> <li>Sodium 830 mg</li> <li>Total Carbohydrate 8 g</li> <li>Dietary Fiber 4 g</li> <li>Sugars 0 g</li> <li>Protein 1 g</li> <li>Vitamin A 0%</li> <li>Vitamin C 0%</li> <li>Calcium 0%</li> <li>Iron 0%</li> </ul>	<p><b>Campbell's Health Request Cream of Mushroom Soup</b></p> <ul style="list-style-type: none"> <li><b>Serving Size</b> 1/2 CUP CONDENSED</li> <li>Calories 70</li> <li>Calories From Fat : 20%</li> <li>Total Fat 2 g</li> <li>Saturated Fat 0.5 g</li> <li>Trans Fat 0 g</li> <li>Cholesterol 5 mg</li> <li>Sodium 470 mg</li> <li>Potassium 420 mg</li> <li>Total Carbohydrate 10 g</li> <li>Dietary Fiber 1 g</li> <li>Sugars 2 g</li> <li>Protein 2 g</li> <li>Vitamin A 0%</li> <li>Vitamin C 0%</li> <li>Calcium 10%</li> <li>Iron 0%</li> </ul>
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What do I serve with the casserole?

## ACCOMPANIMENTS

### FAST

#### 3 Ingredient Salads

- Greens with:
  - Pumpkin seeds and strawberries
  - Pecans and grapes
  - Almonds and bean sprouts
  - Pistachios and sliced fennel
  - Walnuts and sliced peppers
- Tangy Tomato Dressing
- Creamy Cucumber-Avocado Dressing
- *Basic Dressing Base*
  - 1 cup acid
    - balsamic vinegar, citrus juices or apple cider vinegar
  - ½ cup honey
  - 1-2 cups of olive oil
    - Depending on the salad ingredients add ONE of the following:
      - ½ T Ginger
      - 2 cloves Garlic
      - ¼ C Cilantro
      - ½ T Ancho chili pepper powder
      - ½ T Smoked Paprika

### Excitotoxins

- Cause certain brain cells to become excessively excited to the point the burnout and die.
- Excitotoxins can also cause a loss of brain synapses and connecting fibers.
- Food-borne excitotoxins include such additives as MSG (free glutamic acid), aspartame, hydrolyzed protein and soy protein extract.

### FDA on MSG

- What FDA says about MSG
  - Only recognizes free glutamate
  - Don't recognize products that can create free glutamate
- In 1959, FDA labeled MSG as "Generally Recognized as Safe" (GRAS), and it has remained that way ever since.
- Just 10 years later a condition known as "Chinese Restaurant Syndrome" entered the medical literature, describing the numerous side effects, from numbness to heart palpitations, that people experienced after eating MSG.
- Today it's called "MSG Symptom Complex," which the FDA identifies as "short-term reactions" to MSG.

### Brain Dead

- "Monosodium Glutamate (MSG) literally stimulates neurons to death, causing brain damage to varying degrees."
- Russell Blaylock, M.D.
  - Board Certified Neurosurgeon
  - "Excitotoxins: The Taste that Kills"
- What chronic conditions are associated with brain/neuron damage?
- Even the FDA states:
  - *"Studies have shown that the body uses glutamate as a nerve impulse transmitter in the brain and that there are glutamate-responsive tissues in other parts of the body, as well."*
  - *Abnormal function of glutamate receptors has been linked with certain neurological diseases, such as Alzheimer's disease and Huntington's chorea. Injections of glutamate in laboratory animals have resulted in damage to nerve cells in the brain.*
    - U.S. Food and Drug Administration "FDA and Monosodium Glutamate (MSG)" August 31, 1995

### Potential Adverse Reactions

- Headache
- Flushing
- Sweating
- Facial pressure or tightness
- Numbness, tingling or burning in face, neck and other areas
- Rapid, fluttering heartbeats (heart palpitations)
- Chest pain
- Nausea
- Weakness

### Effects of MSG on lines of chickens having different juvenile exponential growth rates.

- MSG (vs NaCl solution) significantly influenced growth in chickens, but the absolute effect was genotype and sex dependent.
- MSG significantly increased fat pad size by 51%, independent of genotype or sex.
- MSG significantly decreased breast weight in females and males by 7%.
  - Life Sci. 1991;49(22):1659-65.
  - Source: Department of Poultry Science, Intercollege Program in Genetics and Physiology, Pennsylvania State University, University Park 16802.

### Association of MSG Intake With Overweight in Chinese Adults


- 750 Chinese men and women, ages 40-59
- Most of the study subjects prepared their meals at home without commercially processed foods and roughly 82% used MSG.
- Participants who used the highest amounts of MSG had nearly 3 times the incidence of overweight as those who did not use MSG, even when physical activity, total caloric intake, and other possible explanations for body mass differences were accounted for.
- The positive correlation between MSG and higher weight confirmed what animal studies have been suggesting for years.
  - *Obesity* (2008) 16 8, 1875-1880. doi: 10.1038/oby.2008.274

How prevalent is MSG in the U.S. diet? Americans consumed about 1 million pounds of MSG in 1950, and today that number has increased by a factor of 300!

**THE MORE YOU CONSUME...**

### Aspartame

- Breaks down into
  - 50% phenylalanine
  - 40% aspartic acid
  - 10% methanol
    - Aspartic acid transaminated to glutamate
      - Both neurotransmitters
  - Diketopiperazine metabolite



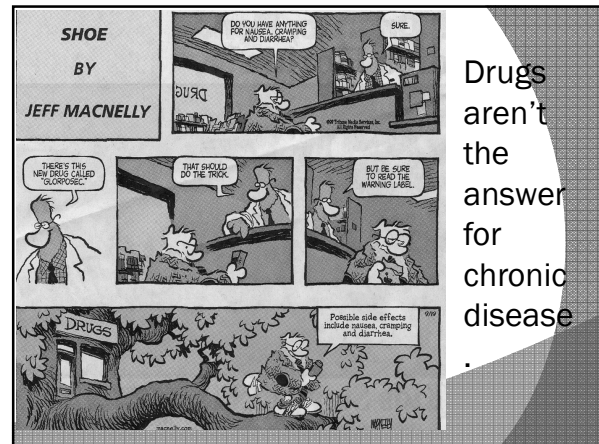
**EVEN PRODUCTS LABELED "NO MSG ADDED" CAN STILL CONTAIN THESE HIDDEN SOURCES.**

### Where is free glutamic acid found or created?

- ALWAYS
  - Anything "glutamate"
  - Yeast Extract
  - Yeast Food
  - Yeast Nutrient
  - Nutritional Yeast
  - Anything autolyzed
  - Calcium Caseinate; Sodium Caseinate
  - Textured Protein
  - Textured Vegetable Protein (TVP)
  - Gelatin
  - Any "hydrolyzed protein"
  - Soy protein, soy protein concentrate
  - Soy protein isolate
  - Whey protein, whey protein concentrate
  - Whey protein isolate

### Best methods for avoiding MSG

- Buy organic produce whenever possible.
- Make things from scratch, avoiding processed ingredients as much as possible.



Drugs aren't the answer for chronic disease.

### "It's in my Genes."

- Genes load the gun
- Environment pulls the trigger
  - What you eat affect your genes
  - Toxic elements (pollution, lead, mercury, plastic chemicals affect your genes)
- 20% Genetics      80% Environment

### Eat Real Food



Eat less from boxes, bags, cartons, and cans.

### Upcoming Events

- Back To Health: Your guide to better living
  - Every Saturday 11am-Noon
  - Newstalk 1290am and 95.7fm WHIO
- Menopause
  - Reaching Conference May 19-21
    - Tracey Merkle speaks May 20
  - www.reachingconference.com
- Back to Health 5k
  - June 25, 2011
  - Indian Riffle Park
  - www.bk2health.com for more info.
- **THERMOGRAPHY**
  - ONLY at Back To Health Center
  - Visualize pain, injury, illness, & disease.
  - Provides for the **earliest possible breast cancer detection.**
    - Before it forms a sizable mass
    - Before it has a chance to spread
    - Infrared imaging can detect the first signs of breast cancer... up to 10 years before any other procedure (including mammograms).
      - Most breast tumors take 8-10 years to grow to the size of a dime (1cm) – the smallest average size detectable by mammography.
    - An abnormal thermogram is 10 times more significant as a future risk indicator for breast cancer than a first order family history.
    - 44% of women with an abnormal thermogram develop breast cancer within 10 years (no preventative treatment). This number falls to 0.4% if the thermogram is normal.
    - Best of all...no radiation!
    - Call 937-433-3241 to set up your appointment today!