**The Importance Of Reading Ingredients**

**Hidden Names Of MSG And Its Harmful Effects**

**3 John 2 –** “Beloved, **I wish above all things that thou mayest prosper and be in health,** even as thy soul prospereth.”

**Psalms 103:4-5 – “**Who redeemeth thy life from destruction...Who **satisfieth thy mouth with good things...”**

**Isaiah 55:2 – “...eat ye** **that which is good...”**

\*The word **GOOD** here from the Hebrew section of the Strong's Concordance comes from #2896 = **Best,** **Pleasant, Prosperity, Welfare** (which also means Beneficial).

**Proverbs 26:2 –** “…so the **curse causeless shall not come.”**

**Job 29:16 – “...the cause** which I knew not **I searched out.”**

**“...All who believe that the Lord has spoken through Sister White,** and has given her a message, **will be safe from the many delusions** that will come in in these last days...” {8MR 320.2}

“When the abuse of health is carried so far that sickness results, **the sufferer can often do for himself what no one else can do for him.** The first thing to be done is to **ascertain** the true character of the sickness and **then go to work** intelligently **to remove the cause...”** (MH 235.1)

**TODAY WE WILL BE DISCUSSING THE IMPORTANCE OF READING LABELS, PARTICULARLY DEALING WITH HIDDEN NAMES FOR MSG.**

“Be sure that as a rational Christian sentinel you **guard the door of your stomach,** **allowing NOTHING to pass your lips that will be an enemy to your health and life...”** {CD 102.1}

“Our food should be plain and **free from all objectionable elements,** but let us be careful that it is always palatable and good.” {LLM 545.3}

**“Abstinence from all hurtful food and drink** is the fruit of true religion.” (9T 113)(CD 457.1)

**“The idea** **SHOULD NEVER BE GIVEN** **that it is of but little consequence what we eat...”** (CD 198.4)(CH 151.1)

**THE CONSUMPTION OF MSG RELATED TO MANY DISEASES:**

**“Disease is** an effort of nature to free the system from conditions that result from **a violation of the laws of health...”** (MH 127.1)

**“Disease never comes without a cause.** The way is prepared, and disease invited, **by disregard of the laws of health.”** (MH 234.1)

**\*\*\*Note:** **Find out which law** of health has been violated, **remove the violation,** **offer a prayer** of faith and **then sit back and see the glory of God.**

**“Too little attention is generally given to the preservation of health.** It is far **better to prevent disease** than to know how to treat it when contracted. **It is the duty of every person,** for his own sake, and for the sake of humanity, **to inform himself in regard to the laws of life and conscientiously to obey them...”** {MH 128.1}

**MSG CAUSES:** Obesity, Fibromyalgia, MS, Lupus, Brain Tumors and **MANY** other **PROBLEMS.**

Go to the following link to see more: <http://msgmyth.com/>

Dr. Olney found that **when brain cells are exposed to higher levels of external glutamate,** within an hour of exposure, **the cells died.** It is found in food, cosmetics, baby food, vaccines, care products, wine, and food that is labeled “organic”, dietary supplements and many other items.

<http://www.thefoodishorrible.com/aspx/m/337951>

**TO LEARN MORE ABOUT MSG GO TO:**

<http://www.truthinlabeling.org/>

<http://www.healthy-holistic-living.com/silent-killer-hidden-in-your-kitchen-pantry-msg.html?t=jv>

**HIDDEN NAMES FOR MSG:**

<http://msgmyth.com/hidden_names_for_msg.html>

**WALTER VEITH VIDEO DISCUSSING MSG: STARTING @58:55 ON THE TIME BAR TO THE END OF THE VIDEO.** [http://video.google.com/videoplay?docid=7145286585701590611#](http://video.google.com/videoplay?docid=7145286585701590611)

**HERE ARE VIDEOS SHOWING HOW DEADLY MSG IS:**

**Part 1:** <http://www.youtube.com/watch?v=txiVDY-prk4>

**Part 2a:** <http://www.youtube.com/watch?v=a3LckpVXolY&feature=related>

**Part 2b:** <http://www.youtube.com/watch?v=j54dGXtBnKA&feature=related>

**Part 3:** <http://www.youtube.com/watch?v=j54dGXtBnKA&feature=related>

**Part 4:** <http://www.youtube.com/watch?v=5Tc4-FQ8WIs&feature=related>

**DR. BLAYLOCK DISCUSSES THE DANGERS OF THIS POISON:**

**Excitotoxins:** The Taste That Kills: Just go to google.com and right above the google sign to the left are some options to click...click VIDEO and in the space, type in **EXCITOTOXINS**.

[http://video.google.com/videoplay?docid=2384105525501310962&ei=DherS4eCNoLCqAOs7tGXDA&q=excitotoxins&hl=en#](http://video.google.com/videoplay?docid=2384105525501310962&ei=DherS4eCNoLCqAOs7tGXDA&q=excitotoxins&hl=en)

**KEEP IN MIND THAT FOR EVERYTHING SATAN HAS, GOD HAS A REPLACEMENT** (Psalms 84:11)

Both McKay's Chicken and Beef Style seasoning, Soy Sauce, and many Soy Sauce substitutes have ingredients that are not fit for food.

**Chicken Style Seasoning**

½ c. lightly toasted fine cornmeal

1 t. garlic powder

1 t. onion powder

1 t. sage

1 t. thyme

½ t. turmeric

1 T. celery salt

1 T. Herbamare

1 T. dried parsley

Mix all together and store in a jar.

**Beef Flavor Substitute**

1 ⅓ c. whole wheat flour

1 T. onion powder

½ t. celery seed

2 t. garlic powder

½ t. turmeric

3 T. salt

2 T. dried parsley

1 T. paprika

Mix all together and store in a jar.

**SOP ABBREVIATIONS:**

**MH =** Ministry of Healing

**CD =** Counsels on Diets and Foods

**LLM =** Loma Linda Messages

**9T =** Testimonies to the Churches, Volume 9

**CH =** Counsels on Health

**8MR =** 8 Manuscript Release

**Links to my blog:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/the-importance-of-reading-ingredients.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/the-importance-of-reading-ingredients.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/the-importance-of-reading-ingredients.html>