

# Killing Me Softly

## Part 5

MSG (Monosodium Glutamate): Good or Bad? There is a ton of controversy surrounding MSG in the natural health community. It is claimed to cause asthma, headaches, and even brain damage.

On the other hand, most mainstream sources (like the FDA) claim that MSG is safe. This article takes a detailed look at MSG and its health effects, examining both sides of the argument.

MSG is short for monosodium glutamate. It is a common food additive that is used to enhance flavor. It has the e-number E621. MSG is derived from the amino acid glutamate, or glutamic acid, which is one of the most abundant amino acids in nature.

Glutamate is one of the non-essential amino acids, meaning that the human body is able to produce it. It serves various functions in the human body, and is found in virtually all foods. Visibly, MSG is a white crystalline powder that looks similar to table salt or sugar. As the name implies, monosodium glutamate (MSG) is the product of sodium (Na) and glutamate, known as a sodium salt.

The glutamate in MSG is made via fermentation of starches, but there is no chemical difference between glutamate in MSG and glutamate in natural foods. However, glutamate in MSG may be easier for the body to access, because it isn't bound inside big protein molecules that need to be broken down.

MSG enhances the savory or meaty umami flavor of foods. Umami is the fifth basic taste that humans sense, along with salty, sour, bitter and sweet. It is popular in Asian cooking, and is used in all sorts of processed foods in Western countries.

The average daily intake is around 0.55-0.58 grams in the US and UK, and 1.2-1.7 grams in Japan and Korea (3).

Monosodium glutamate (MSG) is the sodium salt of glutamate, an amino acid found in the human body and all sorts of foods. It is a popular food additive because it enhances the flavor of foods.

Why Do People Think That It Is Harmful? Glutamate functions as a neurotransmitter in the brain. It is an "excitatory" neurotransmitter, meaning that it excites nerve cells in order to relay its signal. Some have claimed that MSG leads to excessive glutamate in the brain, and excessive stimulation of nerve cells. For this reason, MSG has been referred to as an excitotoxin.

In 1969, injecting large doses of MSG into newborn mice was shown to cause harmful neurological effects. This paper ignited a fear of MSG, which remains to this day. In 1996, a book called *'Excitotoxins: The Taste That Kills'* was published by the neurosurgeon Dr. Russell Blaylock. In his book, he argued that nerve cells, including those in the brain, can be destroyed by the excitatory effects of glutamate from MSG. I have read Dr. Blaylock's reports since about 1998.

It is actually true that increased activity of glutamate in the brain can cause harm. It is also true that large doses of MSG can raise blood levels of glutamate. In one study, a megadose of MSG increased blood levels by 556%. However, dietary glutamate should have little to no effect on the human brain because it cannot cross the blood-brain barrier in large amounts. Overall, there doesn't seem to be any compelling evidence that MSG acts as an excitotoxin when consumed in normal amounts.

Some people have claimed that the glutamate from MSG can act as an excitotoxin, leading to destruction of nerve cells. However, there are no human studies to support this. Some People May Be Sensitive to MSG. There are some people who may experience adverse effects after consuming MSG. This condition is called Chinese restaurant syndrome, or MSG symptom complex.

In one study, people with self-reported MSG sensitivity consumed either 5 grams of MSG, or placebo (a dummy pill). 36.1% reported reactions with MSG, compared to 24.6% with placebo. Symptoms included headache, muscle tightness, numbness/tingling, weakness and flushing.

What this study indicates, is that MSG sensitivity is a real thing. The threshold dose that causes symptoms may be around 3 grams in a single meal. However, keep in mind that 3 grams is a very large dose, about 6 times the average daily intake in the US.

It is unclear why this happens, but some researchers speculate that such large doses of MSG enable trace amounts of glutamate to cross the blood-brain barrier and interact with neurons, leading to neuronal swelling and injury. MSG has also been claimed to cause asthma attacks in susceptible individuals. One study found that 13 of 32 individuals experienced an asthma attack with large doses of MSG. However, other similar studies did not find any relationship between MSG intake and asthma.

There is evidence that MSG can cause adverse symptoms in some individuals. The doses used in the studies were much higher than the average daily intake.

Intake of MSG has been linked to weight gain from the start. This is because injecting high doses of MSG into the brains of rats and mice causes them to become obese. However, this has little, if any, relevance to dietary intakes of MSG in humans. That being said, there are several observational studies that link MSG consumption to weight gain and obesity.

In China, increased MSG consumption has been linked to weight gain on several occasions, with the average intake ranging between 0.33-2.2 grams per day. However, in Vietnamese adults, an average intake of 2.2 grams per day was not associated with being overweight.

There was also a study linking increased MSG intake with weight gain and metabolic syndrome in Thailand, but this study had a number of flaws and probably should not be taken too seriously.

One recent controlled trial in humans showed that MSG raised blood pressure and increased frequency of headaches and nausea. However, this study used unrealistically high doses.

Some observational studies link MSG intake to weight gain, but the results are weak and inconsistent. One controlled trial using extremely high doses found MSG to raise blood pressure.

MSG Seems to Be Mostly Harmless, so says many. Depending on whom you ask, MSG is either 100% safe or a dangerous neurotoxin. As is often the case in nutrition, the truth is somewhere between the two extremes. Looking at the evidence, it seems pretty clear that MSG is safe in moderate amounts. However, megadoses, as in 6-30 times the average daily intake (consumed in a single dose) may cause harm. If you personally feel that you react adversely to MSG, then you should avoid it. Plain and simple! But if you can tolerate MSG without any symptoms, then there doesn't seem to be any compelling reason to avoid it.

That being said, MSG is generally found in processed, low-quality foods, stuff that you shouldn't be eating much of anyway. If you already eat a balanced, real food-based diet, then your MSG intake should be low by default. Personally, I do not eat any oriental foods and I can sense the heavily salted items in oriental restaurants. I do not like the smell one experiences in oriental restaurants. Because of health issues, I am on a largely salt-free diet.

Dr. Mercola, a well-known health expert on the Internet is largely negative on MSG. A widespread and silent killer that's worse for your health than alcohol, nicotine and many drugs is likely lurking in your kitchen cabinets right now.

"It" is monosodium glutamate (MSG), a flavor enhancer that's known widely as an addition to Chinese food, but that's actually added to thousands of the foods you and your family regularly eat, especially if you are like most Americans and eat the majority of your food as processed foods or in restaurants.

MSG is one of the worst food additives on the market and is used in canned soups, crackers, meats, salad dressings, frozen dinners and much more. It's found in your local supermarket and restaurants, in your child's school cafeteria and, amazingly, even in baby food and infant formula.

MSG is more than just a seasoning like salt and pepper, it actually enhances the flavor of foods, making processed meats and frozen dinners taste fresher and smell better, salad dressings more tasty, and canned foods less tinny.

While MSG's benefits to the food industry are quite clear, this food additive could be slowly and silently doing major damage to your health. You may remember when the MSG powder called "Accent" first hit the U.S. market. Well, it was many decades prior to this, in 1908, that monosodium glutamate was invented. The inventor was Kikunae Ikeda, a Japanese man who identified the natural flavor enhancing substance of seaweed.

Taking a hint from this substance, they were able to create the man-made additive MSG, and he and a partner went on to form Ajinomoto, which is now the world's largest producer of MSG (and interestingly also a drug manufacturer).

Chemically speaking, MSG is approximately 78 percent free glutamic acid, 21 percent sodium, and up to 1 percent contaminants.

It's a misconception that MSG is a flavor or "meat tenderizer." In reality, MSG has very little taste at all, yet when you eat MSG, you think the food you're eating has more protein and tastes better. It does this by tricking your tongue, using a little-known fifth basic taste: umami.

Umami is the taste of glutamate, which is a savory flavor found in many Japanese foods, bacon and also in the toxic food additive MSG. It is because of umami that foods with MSG taste heartier, more robust and generally better to a lot of people than foods without it.

The ingredient didn't become widespread in the United States until after World War II, when the U.S. military realized Japanese rations were much tastier than the U.S. versions because of MSG.

In 1959, the U.S. Food and Drug Administration labeled MSG as "Generally Recognized as Safe" (GRAS), and it has remained that way ever since. Yet, it was a telling sign when 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 that syndrome is more appropriately called "MSG Symptom Complex," which the Food and Drug Administration (FDA) identifies as "short-term reactions" to MSG. There will be more on those "reactions" to come.

Why then is MSG so Dangerous? One of the best overviews of the very real dangers of MSG comes from Dr. Russell Blaylock, a board-certified neurosurgeon and author of *'Excitotoxins: The Taste that Kills.'* In it he explains that MSG is an excitotoxin, which means it overexcites your cells to the point of damage or death, causing brain damage to varying

degrees -- and potentially even triggering or worsening learning disabilities, Alzheimer's disease, Parkinson's disease, Lou Gehrig's disease and more.

Part of the problem also is that free glutamic acid is the same neurotransmitter that your brain, nervous system, eyes, pancreas and other organs use to initiate certain processes in your body. Even the FDA states:

*"Studies have shown that the body uses glutamate, an amino acid, 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."*

Although the FDA continues to claim that consuming MSG in food does not cause these ill effects, many other experts say otherwise.

According to Dr. Blaylock, numerous glutamate receptors have been found both within your heart's electrical conduction system and the heart muscle itself. This can be damaging to your heart, and may even explain the sudden deaths sometimes seen among young athletes. He says:

*"When an excess of food-borne excitotoxins, such as MSG, hydrolyzed protein soy protein isolate and concentrate, natural flavoring, sodium caseinate and aspartate from aspartame, are consumed, these glutamate receptors are over-stimulated, producing cardiac arrhythmias.*

*When magnesium stores are low, as we see in athletes, the glutamate receptors are so sensitive that even low levels of these excitotoxins can result in cardiac arrhythmias and death."*<sup>6</sup>

Many other adverse effects have also been linked to regular consumption of MSG, including:

- Obesity
- Eye damage
- Headaches
- Fatigue and disorientation
- Depression

Further, even the FDA admits that "short-term reactions" known as MSG Symptom Complex can occur in certain groups of people, namely those who have eaten "large doses" of MSG or those who have asthma.

According to the FDA, MSG Symptom Complex can involve symptoms such as:

- Numbness
- Burning sensation

- Tingling
- Facial pressure or tightness
- Chest pain or difficulty breathing
- Headache
- Nausea
- Rapid heartbeat
- Drowsiness
- Weakness

No one knows for sure just how many people may be "sensitive" to MSG, but studies from the 1970s suggested that 25 percent to 30 percent of the U.S. population was intolerant of MSG -- at levels then found in food. Since the use of MSG has expanded dramatically since that time, it's been estimated that up to 40 percent of the population may be impacted.

Food manufacturers are not stupid, and they've caught on to the fact that people like you want to avoid eating this nasty food additive. As a result, do you think they responded by removing MSG from their products? Well, a few may have, but most of them just tried to "clean" their labels. In other words, they tried to hide the fact that MSG is an ingredient. How do they do this? By using names that you would never associate with MSG.

You see, it's required by the FDA that food manufacturers list the ingredient "monosodium glutamate" on food labels, but they do not have to label ingredients that contain free glutamic acid, even though it's the main component of MSG. There are over 40 labeled ingredients that contain glutamic acid, but you'd never know it just from their names alone. Further, in some foods glutamic acid is formed during processing and, again, food labels give you no way of knowing for sure.

Dr. Mercola offers tips for keeping MSG out of your diet. In general, if a food is processed you can assume it contains MSG (or one of its pseudo-ingredients). So if you stick to a whole, fresh foods diet, you can pretty much guarantee that you'll avoid this toxin. The other place where you'll need to watch out for MSG is in restaurants. You can ask your server which menu items are MSG-free, and request that no MSG be added to your meal, but of course the only place where you can be entirely sure of what's added to your food is in your own kitchen. To be on the safe side, you should also know what ingredients to watch out for on packaged foods.

Ask anyone if MSG is dangerous, and you'll get a myriad of responses. Some of the more scientifically-minded among us will scoff at the notion that MSG is dangerous or poses real health risks. Sure, they'll allow, there are a few sensitive people who get headaches or migraines when they eat it, but MSG doesn't actually harm the rest of us. Or does it?

Are you one of the many who don't believe that MSG is dangerous? Or do you, like me, believe that because it is a newfangled substance invented in 1908, we should inherently distrust it as a food additive and seriously question its safety?

And, if you are like me, what scientific research do you use to convince the doubters among your circle of family and friends? The good news is the science **proving MSG is dangerous** is out there, and I've collected a lot of here for you.

Research on the dangers of MSG continues to mount, albeit slowly. Some contend that funding for such projects is inevitably sparse. After all, why would the food industry (which funds most of these sorts of research ventures) want to spend money proving the detrimental effects of one of its chief money makers?

There are a growing number of people who report immediate, adverse reactions within minutes eating MSG. Perhaps you're one of those people? Or, maybe you know someone who is sensitive? Typical MSG complaints include:

- burning sensations of the mouth, head and neck,
- weakness of the arms or legs,
- headaches, upset stomach,
- hives or other allergic-type reactions with the skin.

It's true that when people self-report what they're eating or how they're feeling their own bias tends to get in the way. They misremember exactly what they ate. They make associations between what they ate and how they think they ought to feel.

But **double blind studies on the effects of MSG have been done**. These are studies where neither the participants nor the ones administering the study know who consumed MSG. Everything's randomized and controlled by researchers a step removed from the process.

Guess what? Even these double blind studies also found that MSG exposure caused muscle tightness, fatigue, numbness or tingling, and flushing in sensitive people. But what if you're not one of these people? What if MSG causes no noticeable or immediate reaction in you? Should you still consider MSG a dangerous food additive? Yes!

That's because the effects of MSG are cumulative. Just because you don't react to MSG now, doesn't mean you won't later. According to Dr. Russell Blaylock, who wrote the book on the subject called *'Excitotoxins: The Taste That Kills'*, sensitivity to MSG builds up in our bodies until we reach what he calls our "threshold of sensitivity."

That's because **MSG overstimulates our nervous system** — exciting our nerves and causing an inflammatory response. With time, these repetitive inflammatory responses cause our nerves to start producing more and more nerve cells that are sensitive to this kind of stimulation. The more overly-sensitive nerve cells we have, the stronger our immediate response to MSG will be.

**That said, you still may be scratching your head about MSG.**

If the worst that can happen is a migraine headache or some hives, why worry about eating it now, when it causes no reaction in you?

Way back in 1957, a team researchers decided to see if glutamate could help repair a diseased retina. Remember, glutamate is a common and necessary amino acid in our diet (arguably the most common neurotransmitter in the brain), so this presupposition isn't so far fetched. The researchers fed rats MSG and were shocked by their results.

**Rather than repairing the disease, the MSG destroyed the retinal cells that allow vision!** A decade later, the neuroscientist Dr. John Olney used their method of destroying retinal cells so that he could study visual pathways to the brain. He found that MSG not only destroyed retinal vision cells, but also parts of the brain. This brain damage was done as neurons became over excited, virtually **exciting themselves to death**. He called this "excitotoxicity," and that has led subsequent researchers to describe MSG as an "excitotoxin." While the naturally occurring glutamates in food aren't dangerous, processed free glutamic acids like MSG are. Not only do they **cause brain damage and lead to nervous disorders**, but they also **cause radical hormone fluctuations**. Mice injected with MSG become rapidly obese, inactive, and have other hormonal issues.

*Wait! You say. Those are mice and rats. We're people. We're bigger, biologically different. Surely it won't affect us the same way.*

Unfortunately, that argument doesn't hold much weight. **Humans are 20 times more sensitive to MSG than monkeys, 5 times more sensitive than rats.** We have glutamate receptors on every major organ, hard-wired into our brains, and even on the tip of our tongue! That means that one fifth the level of MSG used to cause obvious brain damage to a rat will do the same to you.

And what about growing babies? It turns out that MSG is especially harmful to pregnant or nursing mothers because infants and young children are four times more sensitive to MSG than adults! Dr. Blaylock elaborates:

*"Many studies have shown that glutamate plays a major role in how the brain is formed during development. There is a programmed rise and fall in brain glutamate levels during brain formation, which occurs in humans not only during intrauterine life, but until the age of 27.*

*This oscillation in brain glutamate is very critical, and any disruption in glutamate levels has dire consequences. It has been shown that during pregnancy, a diet high in MSG increases the developing baby's glutamate levels to those twice as high as the mother's. This can significantly alter how the baby's brain forms and functions.*

*Very high MSG intake (of any excitotoxin) can cause abnormal learning, addiction risk, and behavioral, emotional control, and endocrine problems later in the baby's life.*

*We now know, for instance, that glutamate is the main control neurotransmitter for the hypothalamus. This section of the brain controls most of your hormones, eating behavior, temperature control, pain regulation, and sleep habits, as well as the autonomic control of your heart, GI tract, lungs, and bladder. When animals are fed MSG early in life, they develop severe abnormalities, which include a short stature, small endocrine organs (pituitary, adrenal glands, thyroid, ovaries, testes and pancreas), and a high risk of seizures and impaired learning."*

I don't know about you, but this is enough to raise alarm bells. Not only is MSG **not a traditional food**, not only are many people **immediately sensitive to it**, but it can also **interrupt the hormonal and biological development of my children!**

Lest you think this is all fanciful, it's important to remember that a number of studies have found that **the effects of MSG can occur cumulatively over time with subsequent exposure**. For example, a study done with animals found that MSG exposure over a period of 3-6 months led to significant risk for damage to the retinas of the eyes.(9) Initially, there was no visible damage, but *multiple exposure over a period of time* led to the irreparable injury.

It's simply not worth the risk.

**So, if you want to avoid MSG, how can you do it?** Turns out, it's harder than it looks. If all you had to do was read food product labels and put anything that said "monosodium glutamate" back on the shelf, you could maybe handle it without much difficulty. Or, if you could trust a food manufacturer's claim that there is "No MSG added" to their food, that would be relatively simple too.

But, **MSG hides in more than 40 other FDA-approved ingredients**. Because the manufacturer didn't add an ingredient called "monosodium glutamate," they can "truthfully" claim "No MSG added" on their label. Yet, **nothing is stopping them from adding ingredients that contain MSG**. In that case, the manufacturer only has to list the name of the actual ingredient added, not the ingredients within those ingredients.

So, they can say a food includes "spices" or "flavorings" when that spice mix includes MSG. They can say the food includes "yeast extract" or "hydrolyzed soy protein" without telling you that the process of creating those ingredients also creates processed free glutamic acids (also known as MSG).

So we come full circle here, after all is said and done, we come back to this term "FDA-approved". Can we trust it as being truthful and reliable?

We know through many studies that the effect of excitotoxins, especially MSG, is cumulative.

Excitotoxins kill brain cells. They have been linked to behavioral problems in children, to macular degeneration, and to a host of other symptoms.

The amount of MSG in our food has increased dramatically since 1960, from 12 grams per person per year to 500 grams in 2000.

This final report comes from a news story that landed a whistle blower scientist in prison. It confirms much of what this series reveals.

IN BRIEF:

- The Facts Dr. Judy A. Mikovits, PhD, was thrown in prison after she refused to discredit her own research that led to the discovery that deadly retroviruses have been transmitted to 25 million Americans through vaccines.
- Reflect On What is the role of the Awakening Community in honoring and protecting courageous whistleblowers who risk their lives and careers to stand in their truth?

If you have been following stories in recent years of scientists and researchers who make discoveries that are threatening to the Deep State and the bottom line of Big Pharma, you will have seen the pattern before. Those doctors are often ‘persuaded’ to recant their studies, offered bribes or other benefits to distance themselves from or even destroy their data, and even threatened with jail time or, if a legal case is too difficult to fabricate against them, they may simply be killed.

Such is the tale of molecular biologist Judy A. Mikovits, PhD, in the disturbing true story first detailed in a ‘*Natural News*’ article that included a video of how she was thrown in prison for research that led to the discovery that deadly retroviruses have been transmitted to twenty-five million Americans through human vaccines. I watched the video on Vimeo earlier this year, in March of 2018.

### **Isolating The Virus**

With a well-established history of working for the National Cancer Institute as a cancer researcher, Dr. Mikovits worked with human retroviruses like HIV. Her work focused on immunotherapy research. In 2009, she was working on autism and related neurological diseases. She found that many of the study subjects had cancer, motor-neuron disorders and chronic fatigue Syndrome (CFS). She believed a virus may have been responsible for these symptoms, and through her research, she isolated the viruses that turned out to come from mice.

It looked like a virus, it smelled like a virus, a retrovirus, because those are the types of viruses that disrupt the immune system. And several other investigators back in the 1990s had actually isolated retroviruses from these people but the government called them ‘contaminants,’ that they weren’t real and that they didn’t have anything to do with the disease. Well, we isolated a new family of viruses that were called xenotropic murine leukemia virus-related virus. So these viruses were murine leukemia viruses, mouse viruses.

So spin forward two years, our paper published in one of the best scientific journals in the world in *'Science'*, October 8th, 2009. Usually that makes one's career, in my case it ended my life as a scientist as I knew it.

### **Virus Delivered Through Vaccines**

Dr. Mikovits' paper, in and of itself, did not immediately bring the wrath of the powerful pharmaceutical industry. However, when a paper published 2 years later made the connection between this new virus and vaccines, then Mikovits' research findings became too dangerous for the Deep State. Here is how Mikovits explains it in the video:

"So in 2011, another AIDS researcher in a journal called *'Frontiers in Microbiology'* wrote a paper that really cost me a lot; I didn't know that he was going to write this paper, but it basically said the most likely way that these murine leukemia virus-related viruses, these types of viruses, entered humans, was through vaccines.

So when did we start vaccines? 1953, 1934, right in the 30s with the polio, and what we were doing to attenuate, to make the virus less pathogenic, less toxic, is we were passing them through mouse brains, so we were passing them through the brains of mice, and every scientist who works with these viruses, and worked at the National Cancer Institute recognized the possibility that if you put human tissue and mouse tissue together the possibility is that you're going to pick up a virus that is silent, in the mouse, that is it doesn't hurt the mouse, but it kills the human, or causes serious disease in the human.

### **Deep State Comes Knocking**

It was not long after the implications from the paper became clear and the Deep State saw the threat that was being posed to the vaccine industry that their powerful mechanisms of cover-up, obfuscation, and deception were activated:

I was fired, jailed, without cause, without hearing, without any civil rights at all, just drug out of my house in shackles one day, on November 18th, 2011, I refused to denounce the data, I refused to say it was a mistake, we have the data, I showed the data, I showed all of the data, and I just refused, they basically said tell everybody you made it all up, and you can go home. And if you don't, we'll destroy you. And they did.

She was arrested without a warrant and held in jail for 5 days without the opportunity for bail as a fugitive from justice, and was given a 4-year gag order. Her career was destroyed. Her story is documented in the book *'Plague: One Scientist's intrepid Search For the Truth about Human Retroviruses and Chronic Fatigue Syndrome, Autism, and Other Diseases'*.

Ironically, the FDA has now approved a testing protocol to detect retroviruses in the U.S. blood supply which is worth millions of dollars, and based in large part on Dr. Mikovits' research, but

it is being managed by Big Pharma. So while this distinguished scientist is now bankrupt and without employment, others are allegedly capitalizing on her research to earn millions of dollars to clean up the U.S. blood supply.

### **The Takeaway**

Whistleblowers in all fields of human endeavor need to get the attention and the support of the Awakening Community. Brave people like Dr. Judy Mikovits show us that it is possible to keep your integrity even under tremendous pressure being brought down by the Deep State. We need to hear and proliferate their stories, since they provide us important insights into the way the world really operates, and help us to distinguish between those seeking the truth and those hiding it. Let's all work together in continuing to remove the veils of deception in our world.

The facts to the contrary, reveal that government agencies are not looking out for the safety of the American public. They are working in collaboration with global organizations that are in reality seeking to depopulate the earth. From what we know so far, no one should allow themselves or their children to receive any sort of so-called vaccine. Contrast this report with that of Senator Pan of California, who puts an end to all California Medical Exemptions.

## **Senator Pan – Proclaims An End To ALL California Medical Exemptions**

POSTED ON 11/08/2018 BY ADMIN

# California Vaccine Mandate Czar Proclaims An End To ALL Medical Exemptions



**Senator Pan**

10/29/2018

“Granting medical exemptions is an administrative, public health function that the state has chosen to delegate to physicians, however the practice of granting exemptions isn’t the practice of medicine—there is no treatment or diagnosis of illness. Since the state delegates this public health author-

ity to physicians, the state should also be able to revoke the duty—and in fact, they should be able to **retroactively revoke previously granted medical exemptions** that are based upon abuse of authority.”

The vaccine agenda and paid off politicians do not care how many children are harmed, maimed or killed by vaccination so long as the liability free vaccine industry continues to profit off of our vulnerable children. If you are not yet involved in this fight to preserve medical freedom, get involved NOW, before it is too late.

October 29, 2018

Sacramento, CA – Dr. Richard Pan, a pediatrician and state senator representing the Sacramento area, co-authored a commentary released today in *‘Pediatrics’*, a journal of the American Academy of Pediatrics along with Dorit Rubinstein Reiss, a UC Hastings law professor.

## **Dr. Richard Pan Pens Commentary on Outcome of Legislation he authored in 2015, Senate Bill 277 Which Eliminated the Personal Belief Exemption**

The *Pediatrics* commentary highlights the increase of vaccine rates since the passage of SB 277 in 2015, which abolished all nonmedical exemptions in California.

However, the commentary also examines the rise of doctor-granted medical exemptions. Since the passage of the law, medical exemptions have more than tripled, with some schools reporting that 20 percent of their students have medical exemptions, revealing that many students received them inappropriately.

“Granting medical exemptions is an administrative, public health function that the state has chosen to delegate to physicians, however the practice of granting exemptions isn’t the practice of medicine—there is no treatment or diagnosis of illness,” said Dr. Richard Pan. “Since the state delegates this public health authority to physicians, the state should also be able to revoke the duty—and in fact, they should be able to retroactively revoke previously granted medical exemptions that are based upon abuse of authority.”

Arkansas, Delaware, Mississippi, New Mexico, West Virginia and Wyoming have chosen to involve their departments of public health in the process of granting medical exemptions of vaccines.

“There aren’t a lot of physicians granting fraudulent exemptions, but it only takes a few. Physicians are providing exemptions because it is a lucrative business,” added Dr. Pan.

Measles was declared eliminated from the United States in 2000. However, in the same year, the disgraced author of a fraudulent paper published in *The Lancet* in 1998, which the medical journal later retracted, appeared on a 60 Minutes broadcast falsely claiming the MMR vaccine caused autism. Stoked by unfounded anxiety about vaccines, personal belief exemptions to legally required vaccines for school entry rose in California until the implementation of AB 2109, which Dr. Richard Pan authored in 2012 which required parents are counseled about the impact of personal belief exemptions on their child’s health and that of the community. After the measles outbreak that began at Disneyland, which infected 136 people and the 2010 pertussis outbreak in California which lead to the death of 10 infants, Dr. Richard Pan and Senator Ben Allen authored SB 277 in California.

As SB 277 became law, many people have relocated from California, moving across the state line into Nevada rather than to submit to forced vaccinations of any kind now mandatory in California. As molecular biologist Judy A. Mikovits, PhD, has shown, the system is far from being safe and secure, let alone preventing medical side effects from laboratory corruption. Keep in mind, as California goes, so goes the nation. Any form of social engineering, experiments is usually introduced into the more liberal state of California, then become

adopted and spread throughout the country. The vaccine agenda and paid off politicians do not care how many children are harmed, maimed or killed by vaccination so long as the liability free vaccine industry continues to profit off of our vulnerable children. If you are not yet involved in this fight to preserve medical freedom, get involved NOW, before it is [...].

Blessings,

Pastor Bob, [EvanTeachr@aol.com](mailto:EvanTeachr@aol.com)