

Migraine Headaches and Monosodium Glutamate

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Migraine Headaches and Monosodium Glutamate

For a countless number of years now, my sister has experienced excruciating migraine headaches; ones that keep her out of school too much during the year. She has seen different doctors and they have all tried to figure out what the cause is, but so far, it is yet to be done. I started looking around and saw that MSG has been known to trigger migraine [headaches](#), and it occurred that this could be a possibility in my sister's case.

Monosodium Glutamate (MSG) is a salt added to foods to enhance flavor. This additive helps to bring out natural flavors that make foods taste their best. MSG is made from starch, corn sugar, or molasses from sugar cane or sugar beets and is produced by a natural fermentation process that has been used over time to make foods like beer, vinegar, and yogurt. (<http://ificinfo.health.org/brochure/msg.htm>)

MSG and Head Pain

Because MSG is a flavor enhancer for foods, many competitors in the food industry use lower quality foods and just add it in because of its cheap price. This allows the

[manufacturer](#) to have a large gain in the economy. There is a large investment in MSG that leads food giants and glutamate manufacturers to get together to finance “medical research studies” to prove the safety of the additive to the consumer. Obviously, the research done in these studies funded by the manufacturer will “prove the safety” of MSG. The FDA’s [Advisory](#) Board consists of food industry reps as opposed to an unbiased group. It would only seem natural that the board accepts these research studies. When doctors look at these reports, they see that they are industry funded and don’t take into consideration that MSG could be causin...

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...estigating this topic was to find the role, if any, that MSG played in the instigation of migraine headaches. In researching, however, I was presented with more information, finding out that MSG is known to cause more than just headaches, as shown in this study. Before looking into studies done on the topic of MSG’s effects on migraines, I deduced that there could possibly be a link between the two, however, this study gives much stronger evidence that MSG is troublesome more to some people than to others.

Bibliography

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