

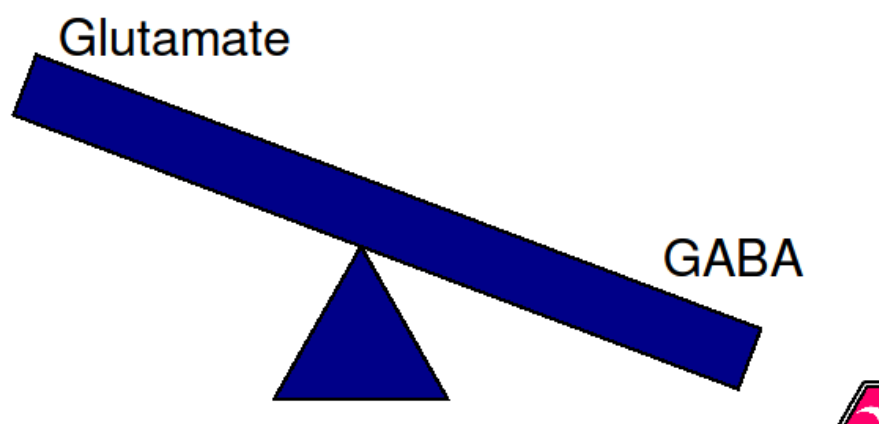
## DETECTING NEURO-PROVOKING FOODS

Mood, energy levels, mental stability, resilience, speech, motor-skills, sleep, and hormonal function are just a few of the many functional areas closely tied to *neurotransmitter* balance.

*Neurotransmitters* are brain chemicals that communicate information throughout the brain and body. They also signal the two halves of our autonomic nervous system—the sympathetic and parasympathetic systems, each of which helps perform a wide range of bodily functions.

There are two kinds of neurotransmitters, which act in a dynamic balance something like a seesaw.

↑ Glutamate  
in relation to GABA levels



*Excitatory neurotransmitters* stimulate

*Inhibitory neurotransmitters* calm the brain, nerves, and mood

Imbalances occur when one side or the other becomes overactive. The goal is to keep them in balance.

For children with autism the “seesaw” we’re concerned about is the one between glutamate, an excitatory neurotransmitter, and GABA, a calming neurotransmitter essential for speech.

Too much glutamate causes excitation leading to stimulatory behavior, called *stims*, and excess nerve firing and nerve damage. Not enough GABA and calming neurotransmission leads to lack of speech.

When the glutamate/GABA seesaws tips too far over to glutamate, reducing glutamate intake helps to restore balance and correct the health symptoms. While we all need low levels of glutamate, avoiding *excessive* intake will help stop the inflammatory process that glutamate and other excitotoxins trigger.

## **Toxic Food Ingredients**

To keep glutamate levels balanced, it’s best to avoid all foods (and nutritional supplements) that contain (or prompt the body to create) glutamate, glutamic acid, aspartate, and/or aspartic acid and cysteine. Once you begin to read labels, you’ll be surprised how widespread these ingredients are-- even in foods your children currently eat!

Here's what to look for.

## ***Foods to Avoid***

### **Sources of MSG**

- Hydrolyzed protein or hydrolyzed oat flour
- Sodium caseinate or calcium caseinate
- Autolyzed yeast or yeast extract
- Gelatin
- Glutamic acid
- Monosodium glutamate

### **Excitotoxic Food Ingredients**

- Ajinomoto
- Autolyzed anything
- Autolyzed yeast
- Autolyzed yeast extract
- Bouillon
- Broth
- Calcium caseinate
- Carrageenan (or vegetable gum)
- Caseinate
- Chicken/pork/beef "base"
- Chicken/pork/beef "flavoring"
- Disodium caseinate
- Disodium guanylate
- Disodium inosinate
- Dough conditioner(s)
- Gelatin
- Glutamate
- Guar gum
- Hydrolyzed anything
- Hydrolyzed oat flour
- Hydrolyzed plant protein
- Hydrolyzed protein
- Hydrolyzed vegetable protein
- Kombu extract
- Malt extract
- Malt flavoring(s)
- Malted anything
- Malted barely flour
- Malted barley/barley malt
- Maltodextrin
- Meat flavorings (chicken, beef etc.)
- Monosodium glutamate
- Natural flavor(s)
- Natural flavoring(s)
- Nutrasweet/aspartame
- Plant protein extract l-cysteine
- Seasoned salt
- Seasoning(s) or spices
- Smoke flavoring(s)
- Sodium caseinate
- Soup base
- Soy extract
- Soy protein
- Soy protein concentrate
- Soy protein isolate
- Soy sauce
- Spice mixes that contain glutamate or MSG as an ingredient
- Stock
- Textured protein

- Vegetable gum
- Whey protein
- Whey protein concentrate
- Whey protein isolate
- Yeast extract

## **Food Products That Commonly Contain Excitoxins and Other Harmful Ingredients**

Clearly, you can't always avoid everything on these lists. But you can regard these foods and ingredients with suspicion, as they have been known to cause problems. Even if you do not eliminate them entirely, you can pay special attention after your child has eaten a potentially troublesome food and look for and note an immediate negative reaction (within the next twenty-four hours.) On the other hand, there can also be a long term cumulative effect, so don't think that in the absence of an immediate problem, your child can tolerate that food.

It may not always be possible to avoid every single item on these lists, but you can and should monitor your child's intake of foods that damage the nerves.

## **Foods That Damage the Nerves**

- Anything enzyme modified
- Anything fermented
- Anything protein fortified
- Anything ultra-pasteurized
- Anything vitamin enriched
- Anything with corn syrup added
- Anything with milk solids
- Baked goods from bakeries
- Barbeque sauce
- Certain brands of cold cuts/hot dogs
- Body builder protein mixes
- Bottled spaghetti sauce
- Boullion (any kind)
- Canned and smoked tuna, oysters, clams
- Canned soups (certain brands)
- Canned refried beans
- Canned, frozen, or dry entrees and potpies
- Caramel flavoring/coloring
- Catsup
- Cereals
- Chili sauce
- Chocolates/Candy bars

- Citric acid (when processed from corn)
- Cornstarch
- Corn chips (certain brands)
- Dough conditioners
- Dry milk or whey powder
- Egg substitutes
- Flavored chips (certain brands)
- Flavored teas, sodas
- Flour
- Flowing agents
- Fresh and frozen pizza
- Fresh produce sprayed with Auxigro—instead choose organically grown produce
- Fried chicken from fast food sources
- Frostings and fillings
- Gelatin
- Gravy Master
- Instant soup mixes/Stocks
- Kombu extract
- L-cysteine
- Low-fat/Diet foods
- Many salad dressings/Croutons
- Mayonnaise
- Molasses
- Most salty, powdered dry food mixes
- Mustards
- Non-dairy creamers
- Parmesan cheese
- Pectin
- Pickles
- Salted peanuts (certain brands)
- Powdered soup and sauce mixes (certain brands)
- Processed cheese spread
- Ramen noodles
- Restaurant gravy from food service cans
- Restaurant soups made from food service Soup base
- Sausages/Processed meats/Cold cuts
- Seasoned anything
- Skim, 1%, 2%, non-fat, or dry milk
- Some bagged salads and vegetables
- Some peanut butters
- Some spices
- Soy sauce
- Supermarket turkey & chicken (injected)
- Table salts
- Tofu and other fermented soy products
- Tomato sauce/Stewed tomatoes
- Whipped cream topping substitutes
- Worcestershire sauce
- Xanthan gum/other “gums”

## **Conclusion**

The bottom line is that once glutamate reaches a certain level, neurological damage has already occurred. To avoid getting to that point, the goal is to limit the amount of glutamate that comes into the body every day. As you learn the sources of glutamate and aspartate, you can make informed choices about limiting intake to keep excitotoxins to a minimum; you will never avoid them completely.

Transitioning to proper nutrition and getting glutamate under control are foundational to this Yasko Protocol, even though it's often a challenge. Please seek out the techniques and approaches that work for your child and family, and remember that this is a marathon, not a sprint.