

CONTENTS

Welcome	1
Part One: Evidence	4
Food Allergy	4
Food Intolerance	7
Aspartame	10
Blood sugar Problems	10
Chocolate	11
Food Additives	11
Glutamic Acid/Glutamates	12
Gluten	13
Histamine	14
Individual Foods	15
Lactase	17
Monosodium Glutamate (MSG)	17
Neuroexcitatory Amino Acids	18
Phenolsulphotransferase	19
Phenylethylamine	19
Red Wine	20
Serotonin	20
Tannins	20
Tyramine	21
Part Two: Food Chemicals	22
Amines	23
Aspartame	27
Caffeine	28
Histamine	30
Monosodium Glutamate (MSG)	33
Phenylethylamine	35
Serotonin	36
Tannins	37
Tyramine	39