

# Russell Blaylock

From Wikipedia, the free encyclopedia

**Russell L. Blaylock**, MD is a retired neurosurgeon and author. He is a former clinical assistant professor of neurosurgery at the University of Mississippi Medical Center and is currently a visiting professor in the biology department at Belhaven College.<sup>[1]</sup> He is the author of a number of books and papers, including *Excitotoxins: The Taste That Kills* (1994), *Health and Nutrition Secrets That Can Save Your Life* (2002), and *Natural Strategies for Cancer Patients* (2003), and writes a monthly newsletter, the *Blaylock Wellness Report*.

Blaylock has endorsed views inconsistent with the scientific consensus, including that food additives such as aspartame and monosodium glutamate (MSG) are excitotoxic in normal doses and that the H1N1 influenza (swine flu) vaccine carries more risk than swine flu itself.<sup>[2][3][4]</sup>

## Contents

- 1 Education and career
- 2 Allegations of health dangers
- 3 Views on politics
- 4 Media
  - 4.1 Television and radio
  - 4.2 Books
  - 4.3 Articles
- 5 References
- 6 External links

## Education and career

According to his website, Blaylock completed his general surgical internship and neurosurgical residency at the Medical University of South Carolina in Charleston, SC.<sup>[5]</sup> He was licensed to practice Neurological Surgery in North Carolina between May 6, 1977 and December 15, 2006.<sup>[6]</sup> Along with Ludwig G. Kempe, Blaylock published a novel transcallosal approach to excising intraventricular meningiomas of the trigone.<sup>[7][8]</sup> He is retired as a clinical assistant professor of neurosurgery from the University of Mississippi Medical Center, and is currently a visiting professor in the biology department at Belhaven University,<sup>[1]</sup> a

### Russell L. Blaylock

<b>Born</b>	November 15, 1945
<b>Nationality</b>	American
<b>Education</b>	Doctor of Medicine, fellowship in neurology
<b>Alma mater</b>	LSU School of Medicine, Medical University of South Carolina
<b>Occupation</b>	Neurosurgeon (retired), writer, lecturer

### Website

<http://www.russellblaylockmd.com/>

Christian university in Mississippi.<sup>[9]</sup> He is associated with the Association of American Physicians and Surgeons and was on the editorial board of their journal.<sup>[10]</sup>

## Allegations of health dangers

Blaylock has been quoted several times in media outlets regarding his position that MSG is toxic to the brain.<sup>[11][12][13]</sup> He also states that the widely-used artificial sweetener aspartame is toxic<sup>[14][15]</sup> and may be the cause of multiple sclerosis.<sup>[16]</sup> He has additionally cautioned against heavy use of the artificial sweetener Splenda (sucralose).<sup>[17]</sup> These positions are not supported by scientific consensus or regulatory bodies, as extensive studies support the safety of aspartame, sucralose, and MSG.<sup>[2][3][18]</sup>

Blaylock has also urged avoidance of the swine flu (H1N1) vaccination, which he claims is more dangerous than the infection itself. In various alternative media outlets, Blaylock has given advice on what he feels an individual should do if faced with mandatory vaccination.<sup>[19]</sup> Current research indicates that an effective vaccine is a vital tool in protecting the public and that the new H1N1 vaccine is both safe and effective.<sup>[4][20]</sup> Advertisements selling the 'Blaylock Wellness Report' at newsmax.com contain claims of additional health dangers, including fluoridated drinking water, fluoridated toothpaste, vaccines, dental amalgam, cholesterol drugs, pesticides, and aluminum cookware.<sup>[21][22][23][24][25]</sup>

## Views on politics

Blaylock wrote that the Medical University of South Carolina (where he did his internship) was "deeply embroiled in a leftist-initiated war on Western Culture". He called the American medical system 'collectivist', and blamed this collectivism for the retirement of his friend Miguel Faria. Blaylock wrote that it was around this time that he began "exploring for the first time some of the classics of liberty", including Frédéric Bastiat's *The Law*, Friedrich Hayek's *The Road to Serfdom* and *The Constitution of Liberty*, and works by Ludwig von Mises, and Murray Rothbard.<sup>[26][27]</sup>

## Media

### Television and radio

Blaylock has appeared on the Christian Broadcasting Network (CBN), including on the network's *The 700 Club*, a talk show started by televangelist Pat Robertson.<sup>[28][29][30]</sup> Blaylock states that he has also been a guest on over fifty syndicated radio programs.<sup>[5]</sup>

### Books

- *Excitotoxins: The Taste That Kills* Health Press, 1994. ISBN 0929173147
- *Health and Nutrition Secrets That Can Save Your Life* Health Press, 2002. ISBN 0929173422
- *Natural Strategies for The Cancer Patient* New York : Twin Streams, 2003. ISBN 0758202210

## Articles

Blaylock is the author or co-author of two case reports,<sup>[31][32]</sup> and a 32-page report entitled *Multiple Sclerosis* (Pritchett & Hull, 1988).

He has written for, and been on the editorial board of the journal of the politically conservative non-profit organization Association of American Physicians and Surgeons.<sup>[33]</sup> This journal was entitled *Medical Sentinel* until 2003, when it became the *Journal of American Physicians and Surgeons* (JPandS).<sup>[34][35][36]</sup> He also authors *The Blaylock Wellness Report* for the conservative website NewsMax.<sup>[37]</sup>

## References

- <sup>^</sup> <sup>*a*</sup> <sup>*b*</sup> Belhaven College Biology Department Faculty (<https://www.belhaven.edu/Academics/Biology/faculty.htm>)
- <sup>^</sup> <sup>*a*</sup> <sup>*b*</sup> Magnuson BA, Burdock GA, Doull J, *et al.* (2007). "Aspartame: a safety evaluation based on current use levels, regulations, and toxicological and epidemiological studies". *Crit. Rev. Toxicol.* **37** (8): 629–727. doi:10.1080/10408440701516184 (<http://dx.doi.org/10.1080%2F10408440701516184>) . PMID 17828671 (<http://www.ncbi.nlm.nih.gov/pubmed/17828671>) .
- <sup>^</sup> <sup>*a*</sup> <sup>*b*</sup> Walker R, Lupien JR (2000). "The safety evaluation of monosodium glutamate". *Journal of Nutrition* **130** (4S): 1049S–52S. PMID 10736380 (<http://www.ncbi.nlm.nih.gov/pubmed/10736380>) .
- <sup>^</sup> <sup>*a*</sup> <sup>*b*</sup> Greenberg ME, Lai MH, Hartel GF, Wichems CH, Gittleson C, Bennet J, Dawson G, Hu W, Leggio C, Washington D, Bassler RL (2009). "Response after One Dose of a Monovalent Influenza A (H1N1) 2009 Vaccine -- Preliminary Report". *New England Journal of Medicine* **Epub ahead of print, September 10** (25): 2405–13. doi:10.1056/NEJMoa0907413 (<http://dx.doi.org/10.1056%2FNEJMoa0907413>) . PMID 19745216 (<http://www.ncbi.nlm.nih.gov/pubmed/19745216>) .
- <sup>^</sup> <sup>*a*</sup> <sup>*b*</sup> "Russell Blaylock's website" (<http://www.russellblaylockmd.com>) . Russellblaylockmd.com. <http://www.russellblaylockmd.com>. Retrieved 2010-01-13.
- <sup>^</sup> "North Carolina Medical Board" (<http://www.docboard.org/nc/>) . Docboard.org. <http://www.docboard.org/nc/>. Retrieved 2010-01-13.
- <sup>^</sup> "Surgical Approaches to Intraventricular Meningiomas of the T... : Neurosurgery" ([http://journals.lww.com/neurosurgery/Abstract/1985/03000/Surgical\\_Approaches\\_to\\_Intraventricular.25.aspx](http://journals.lww.com/neurosurgery/Abstract/1985/03000/Surgical_Approaches_to_Intraventricular.25.aspx)) . Journals.lww.com. [http://journals.lww.com/neurosurgery/Abstract/1985/03000/Surgical\\_Approaches\\_to\\_Intraventricular.25.aspx](http://journals.lww.com/neurosurgery/Abstract/1985/03000/Surgical_Approaches_to_Intraventricular.25.aspx). Retrieved 2010-01-13.
- <sup>^</sup> . <http://www.springerlink.com/content/11716714t0r85021/>.
- <sup>^</sup> "Belhaven University website" (<http://www.belhaven.edu/>) . Belhaven.edu. <http://www.belhaven.edu/>. Retrieved 2010-01-13.
- <sup>^</sup> "An Irresistible Force?" (<http://www.aapsonline.org/jpands/hacienda/blaylock.html>) . aapsonline.org. <http://www.aapsonline.org/jpands/hacienda/blaylock.html>. Retrieved 2009 10 17.
- <sup>^</sup> A game of hide and seek.(hidden MSG in processed foods) originally printed in *Vegetarian Times*, September 01, 1998 ([http://www.accessmylibrary.com/coms2/summary\\_0286-391098\\_ITM](http://www.accessmylibrary.com/coms2/summary_0286-391098_ITM)) AccessMyLibrary record.
- <sup>^</sup> "Want full disclosure with that meal? "St. Petersburg Times" September 25, 2005" ([http://www.sptimes.com/2005/09/25/Perspective/Want\\_full\\_disclosure\\_.shtml](http://www.sptimes.com/2005/09/25/Perspective/Want_full_disclosure_.shtml)) . Sptimes.com. [http://www.sptimes.com/2005/09/25/Perspective/Want\\_full\\_disclosure\\_.shtml](http://www.sptimes.com/2005/09/25/Perspective/Want_full_disclosure_.shtml). Retrieved 2010-01-13.
- <sup>^</sup> Pratt, Steven (1994-07-28). "FLAVOR-ENHANCING MSG IS EVERYWHERE, BUT IS IT HARMLESS OR AN "EXCITOTOXIN"? "Chicago Tribune" July 28, 1994" (<http://pqasb.pqarchiver.com/chicagotribune/access/24093566.html?dids=24093566:24093566&FMT=ABS&FMTS=ABS:FT&type=current&date=Jul+28%2C+1994&author=Steven+Pratt>)

- %2C+Tribune+Staff+Writer.&pub=Chicago+Tribune+(pre-1997+Fulltext)&desc=FLAVOR-ENHANCING+MSG+IS+EVERYWHERE%2C+BUT+IS+IT+HARMLESS+OR+AN+%22EXCITOTOXIN%22%3F&pqatl=google) . Pqasb.pqarchiver.com. [http://pqasb.pqarchiver.com/chicagotribune/access/24093566.html?dids=24093566:24093566&FMT=ABS&FMTS=ABS:FT&type=current&date=Jul+28%2C+1994&author=Steven+Pratt%2C+Tribune+Staff+Writer.&pub=Chicago+Tribune+\(pre-1997+Fulltext\)&desc=FLAVOR-ENHANCING+MSG+IS+EVERYWHERE%2C+BUT+IS+IT+HARMLESS+OR+AN+%22EXCITOTOXIN%22%3F&pqatl=google](http://pqasb.pqarchiver.com/chicagotribune/access/24093566.html?dids=24093566:24093566&FMT=ABS&FMTS=ABS:FT&type=current&date=Jul+28%2C+1994&author=Steven+Pratt%2C+Tribune+Staff+Writer.&pub=Chicago+Tribune+(pre-1997+Fulltext)&desc=FLAVOR-ENHANCING+MSG+IS+EVERYWHERE%2C+BUT+IS+IT+HARMLESS+OR+AN+%22EXCITOTOXIN%22%3F&pqatl=google). Retrieved 2010-01-13.
14. ^ "Sugar substitutes aren't always so healthy "The Free Lance-Star" September 10, 2001" (<http://fredericksburg.com/News/FLS/2001/092001/09102001/375784>) . Fredericksburg.com. 2001-10-09. <http://fredericksburg.com/News/FLS/2001/092001/09102001/375784>. Retrieved 2010-01-13.
  15. ^ "How sweet it isn't? Natural alternatives to sugar, minus the calories and carcinogens.(Eating Right) "E Magazine" November 01, 2003" ([http://www.accessmylibrary.com/coms2/summary\\_0286-21045261\\_ITM](http://www.accessmylibrary.com/coms2/summary_0286-21045261_ITM)) . Accessmylibrary.com. 2003-11-01. [http://www.accessmylibrary.com/coms2/summary\\_0286-21045261\\_ITM](http://www.accessmylibrary.com/coms2/summary_0286-21045261_ITM). Retrieved 2010-01-13.
  16. ^ *Excitotoxins: The Taste That Kills* Health Press, 1994. ISBN 0929173147
  17. ^ Gogoi, Pallavi, edited by Beth Belton. How Far from Sugar Is Splenda? ([http://www.businessweek.com/technology/content/feb2005/tc2005022\\_7832\\_tc024.htm](http://www.businessweek.com/technology/content/feb2005/tc2005022_7832_tc024.htm)) , BusinessWeek Online, McGraw Hill, February 2, 2005. Retrieved 2009-10-15.
  18. ^ Grice HC, Goldsmith LA (2000). "Sucralose--an overview of the toxicity data". *Food Chem Toxicol* **3** (Suppl 2): S1–6. doi:10.1016/S0278-6915(00)00023-5 (<http://dx.doi.org/10.1016%2FS0278-6915%2800%2900023-5>) . PMID 10882813 (<http://www.ncbi.nlm.nih.gov/pubmed/10882813>) .
  19. ^ "What to do if you are forced to take swine flu shot" (<http://canadafreepress.com/index.php/article/14891>) Blaylock R., Canada Free Press, 19 September 2009.
  20. ^ "NIH studies on Swine flu vaccine" ([http://www.nlm.nih.gov/medlineplus/news/fullstory\\_89221.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_89221.html)) . NIH. [http://www.nlm.nih.gov/medlineplus/news/fullstory\\_89221.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_89221.html). Retrieved 2009-10-15.
  21. ^ "The Blaylock Wellness Report: Mercury: Save Your Body From Nature's Deadly Poison" (<http://w3.newsmax.com/blaylock/26a.cfm>) . newsmax.com. <http://w3.newsmax.com/blaylock/26a.cfm>. Retrieved 2009 10 17.
  22. ^ "The Blaylock Wellness Report: Autism" (<http://w3.newsmax.com/blaylock/11.cfm>) . newsmax.com. <http://w3.newsmax.com/blaylock/11.cfm>. Retrieved 2009 10 17.
  23. ^ "The Blaylock Wellness Report: Why Fluoride Is Toxic" (<http://w3.newsmax.com/blaylock/4a.cfm>) . newsmax.com. <http://w3.newsmax.com/blaylock/4a.cfm>. Retrieved 2009 10 17.
  24. ^ "The Blaylock Wellness Report: Food Additives" (<http://w3.newsmax.com/blaylock/40a.cfm>) . newsmax.com. <http://w3.newsmax.com/blaylock/40a.cfm>. Retrieved 2009 10 17.
  25. ^ "Blaylock Wellness Report" (<http://w3.newsmax.com/blaylock/2.cfm>) . newsmax.com. <http://w3.newsmax.com/blaylock/2.cfm>. Retrieved 2009 10 17.
  26. ^ Blaylock, Russell (2003 Spring). "A Tribute to Dr. Miguel Faria" (<http://www.jpands.org/vol8no1/blaylock.pdf>) . jpands.org. <http://www.jpands.org/vol8no1/blaylock.pdf>. Retrieved 2009 10 17.
  27. ^ "Russellblaylockmd.com" (<http://www.russellblaylockmd.com/>) . russellblaylockmd.com. <http://www.russellblaylockmd.com/>. Retrieved 2009 10 19. (residency at South Carolina)
  28. ^ Gailon Totheroh (2007-02-17). "The Hidden Danger in Your Food "CBN News" Saturday, February 17, 2007" (<http://www.cbn.com/cbnnews/107253.aspx>) . Cbn.com. <http://www.cbn.com/cbnnews/107253.aspx>. Retrieved 2010-01-13.
  29. ^ Gailon Totheroh. "MSG, Cancer, and Your Heart "CBN News" Monday, January 28, 2008" (<http://www.cbn.com/CBNnews/311791.aspx>) . Cbn.com. <http://www.cbn.com/CBNnews/311791.aspx>. Retrieved 2010-01-13.
  30. ^ Gailon Totheroh. "What's In That? How Food Affects Behavior "CBN News" Thursday, January 01, 2009" (<http://www.cbn.com/cbnnews/353246.aspx>) . Cbn.com. <http://www.cbn.com/cbnnews/353246.aspx>. Retrieved 2010-01-13.
  31. ^ Russell L. Blaylock and Ludwig G. Kempe (April 1976). "Chondrosarcoma of the cervical spine". *The Journal of*

Neurosurgery.

32. ^ Russell L. Blaylock (June 1981). "Hydrosyringomyelia of the conus medullaris associated with a thoracic meningioma". *The Journal of Neurosurgery*.
33. ^ "Food Additive Excitotoxins and Degenerative Brain Disorders - Originally published in the "Medical Sentinel" 1999" (<http://www.jpands.org/hacienda/article27.html>) . Jpands.org. <http://www.jpands.org/hacienda/article27.html>. Retrieved 2010-01-13.
34. ^ "Medical Sentinel Issues" (<http://jpands.org/hacienda/issues.html>) . jpands.org. <http://jpands.org/hacienda/issues.html>. Retrieved 2009 10 17.
35. ^ "Journal of the American Physicians and Surgeons" (<http://jpands.org/jpands0801.htm>) . jpands.org. 2003 Spring. <http://jpands.org/jpands0801.htm>. Retrieved 2009 10 17.
36. ^ "Neuropharmacology as a Long-Range Strategic War Policy" (<http://www.haciendapub.com/blaylock3.html>) . haciendapub.com. <http://www.haciendapub.com/blaylock3.html>. Retrieved 2009 10 17.
37. ^ Blaylock Wellness Report ([http://www.blaylockreport.com/about\\_drblaylock.html](http://www.blaylockreport.com/about_drblaylock.html))

## External links

- Russell Blaylock's website (<http://www.russellblaylockmd.com/>)

Retrieved from "[http://en.wikipedia.org/wiki/Russell\\_Blaylock](http://en.wikipedia.org/wiki/Russell_Blaylock)"

Categories: Louisiana State University alumni | American physicians | Neurosurgeons | American nutritionists | People in alternative medicine | 1945 births | Living people

---

- This page was last modified on 20 December 2010 at 15:40.
  - Text is available under the Creative Commons Attribution-ShareAlike License; additional terms may apply. See Terms of Use for details.
- Wikipedia® is a registered trademark of the Wikimedia Foundation, Inc., a non-profit organization.