



Following a gluten-free diet is a choice I made a few years ago. I did enough research and had enough knowledge about wheat and gluten and what it does to our bodies to avoid it. I didn't want to just follow the latest fad going on. I do want to share with you why, after doing loads of research and becoming a Certified Gluten Practitioner, I don't think that wheat or gluten is healthy for anybody. Gluten is found in Barley, Rye, Oats, Wheat and Spelt. If oats are organic, you can have them. They contain gluten because of cross-contamination that happens in factories. Many people think that going gluten free means to run to the store and buy any processed food labeled gluten free. You see that these are just processed foods without Gluten but not much healthier than their wheat products. New research is saying that 1 in 3 or about 40% of our population could be gluten sensitive or intolerant. Those aren't full blown allergies. If you have a "true" allergy you would have celiac disease CD— an autoimmune disease which affects 1 out of 133 people.

Around about 1970, Norman Borlaug won the Nobel Prize when he developed a hybrid high yield dwarf wheat plant. This plant is much shorter than ancient wheat, stockier, yielded more wheat and was resistant to drought and fungi. This sounded very good except for a major problem - a hybrid plant produces new properties that the parent plants don't have. This causes problems. Whenever a plant is genetically modified or crossbred—the FDA doesn't do any testing on this new plant. No research is done on any hybrid or genetically modified food. Norman Borlaug known as "The Man Who Saved a Billion Lives" because this dwarf wheat could feed millions of people. I do believe Dr. Borlaug deserved his prize and his intentions were honorable in creating this new plant. Time tested the result of what he created was anything but amazing. This is where our current time increase of gluten allergies/ sensitivities came about. This crossbreeding of wheat also contains 14 new strains of gluten. Or it could be said to be at least 14x more inflammatory to sensitive people when they eat it. Now most of the wheat (about 99%), including organic wheat contains these super sugar glutes. Many people have dubbed this a Franken-grain. (Think Frankenstein's creation)

3 Reasons to Avoid Gluten

1. Gluten is extremely prevalent in our society. Think about how often you could eat gluten throughout your day: Toast or muffin for breakfast, granola bar for snack, sandwich for lunch, crackers and dip for another snack and pasta for

dinner. Every time you put a food in your mouth it could contain gluten. Think back hundreds of years to when you had to grow all of your own food. Wheat takes time to grow, harvest, and grind to make bread. The amount of wheat we used to eat was little in comparison to now. Plus, that was ancient wheat and not the crossbred version that now makes up our wheat. We also used to eat a variety of grains and that variety is important in our bodies. The sheer amount of gluten we eat contributes to the sensitivity we have in our country.

2. Grains contain antinutrients. Gluten is an antinutrient as well as gliadin, lectin and phytates. They act in a similar way to sandpaper in the gut. It spurs on leaky gut, bloating, gas, constipation, increased appetite and brain fog. It also could cause autoimmunity—a decreased immune response and hypothyroid. Antinutrients are excitotoxic, neurotoxic and cytotoxic. (Toxic to your nervous system, nerves and cells). You can see by eliminating gluten and reducing our overall grain consumption we can increase health.
3. They are high glycemic. All grains will cause a rise in blood sugar. But wheat is worse than the ancient grain. A piece of toast for breakfast will yield a higher blood sugar level than drinking a Pepsi for breakfast. It makes you reconsider your breakfast choices.

“What do I eat now?” Grains can be a source of inflammation and if you have any health challenges or negative symptoms going on in your body, the best diet for you now is a grain-free diet. This will stimulate healing of the gut and healing hormone receptors on your cells. If you have met your health goals and are at a healthy weight, you can add some grains in your diet. The best choices would be ancient grains: buckwheat, amaranth, millet and quinoa. Buckwheat and quinoa are a fruit or seed. These grains have not been altered by man and are the best whole grains you can consume. You can make them into flours, bake with them, or eat them whole like you would eat rice. Occasionally using a gluten-free oatmeal or brown rice would be fine, but they just aren’t quite as pure as the ancient grains. Beware of all these processed Gluten Free “Foods”! They usually contain a lot of sugar and very high glycemic flours (white rice, potato, tapioca). Because of these ingredients of these boxed foods, you could have similar reactions and symptoms to eating wheat. Many people can’t handle eating these at all. So only use them as a very rare treat. Try to bake at home. You have control over every ingredient! Almond flour, coconut flour and garbanzo bean flours are good choices and my favorite flours that contain no gluten.

The best test is the elimination diet. There are many false negatives with blood testing and leave people confused, without answers. If you have a positive gluten blood test, it’s 100% positive. If you want to know if you are sensitive, you can do

two things. First, you can find a health practitioner who uses applied kinesiology muscle testing or nutrition response testing to see if you have a gluten sensitivity or intolerance. In my practice, I perform that testing and have found it to be very accurate. Just cut it out, make a choice to do that. Get rid of the gluten and never look back. Do you feel better?

Are symptoms disappearing?

Have no gluten- 100% for at least 3-4 weeks. It can take some time for gluten to leave our bodies. If you only eliminate gluten for 1-2 weeks, you may not see any benefits or the full picture of what a gluten free lifestyle offers. Even if you did not experience negative symptoms before the gluten free diet, cutting it out can have health benefits and cut the risk of developing an issue in the future.

Getting healthy and living a healthy life is something everybody can do. There are many websites and blogs with great gluten free recipes.

Just be sure it follows the healing diet ingredient list for oils

Questions to Ponder:

- 1. DO YOU HAVE ANY NEGATIVE REACTIONS WHEN YOU EAT GLUTEN?**
- 2. HOW HAVE YOU FELT SINCE CUTTING GLUTEN OUT OF YOUR DIET?**
- 3. WHAT ARE YOUR FAVORITE GLUTEN-FREE FOODS?**

Resources:

"Norman Borlaug." *Wikipedia*. N.p., 28 Jan 2013. Web. 28 Jan 2013.

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