

GOOD/BAD/UGLY GRAINS & WHOLE YOU!

with Chris Foulke, B.S., B.A.

Ever hear, 'Eat more whole grains'? This 'edict' is more fractured fairy tale than scientific maxim. James Braly, M.D., author of [Dangerous Grains](#), estimates 30% of Americans are sensitive to **gluten**, the **protein fraction in wheat, rye, and barley**. One medical lab reports 95% incidence (12/08).

Cultivated grains are **evolutionary newcomers**, so billions worldwide have not adapted to them yet. **Wheat gluten** contains *gliadin*, a very **hard-to-digest, 33-chain amino acid**. Damage from incomplete breakdown of **gluten proteins** occurs irregularly in our 'gut', inhibiting nutrient absorption, thus causing a myriad of physical problems and associated mental symptoms.

Celiac disease, a **serious autoimmune disorder** caused by **gluten**, averages 7-9 years for MDs to diagnose. Racial groups and regions less accustomed to **wheat** normally experience higher rates of **Celiac**. A 'short list' of diseases/conditions linked to **Celiac & Gluten Sensitivity** reads like a modern

Who's Who of Serious Illnesses:

- *Diabetes*
- *Depression*
- *Thyroid Disease (2)*
- *Autoimmune diseases (18)*
- *Emotional and behavioral disorders (9)*
- *Intellectual impairment/mental deterioration*
- *Infertility & sperm abnormalities*
- *Gastrointestinal disorders (18)*
- *Neurological conditions (14)*
- *Vitamin deficiencies (7)*
- *Lactose intolerance*
- *Schizophrenia*
- *Cancer*

[from [Dangerous Grains](#), Braly, J., M.D., and Hoogan, R. (2002) p. 189-202]

People with these conditions may benefit from avoiding **gluten**. Many supermarkets, natural foods stores, and restaurants now carry **gluten-free (GF) items**. Use of nutritious, safe, and delicious '**alternative grains**' is growing. (google [gluten-free](#) or [Rodney Ford, MD](#)) Savvy firms like Bob's Red Mill of Milwaukee, OR are rapidly expanding **GF flour, cereal, & baked goods lines**.

The 'Gluten-free Challenge': avoid gluten for 1 month...
Millions report 'amazing' healings on a gluten-free diet.
How about it—are you gluten sensitive?

You can find out if you.....

GIVE IT A TRY!

Gluten-free baked goods

Gluten-free Bread

