

GOOD/BAD/UGLY GRAINS & WHOLE YOU!

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

Ever hear, ‘**Eat more whole grains**’? This ‘edict’ is more a fractured fairy tale than a scientific maxim. James Braly, M.D., author of [Dangerous Grains](#), estimates 30% of Americans are sensitive to **gluten**, the **protein fraction in wheat, rye, barley, and some minor grains**. Others observe >50% incidence.

Cultivated grains are evolutionary newcomers, so billions worldwide have not adapted to them yet. **Wheat gluten contains *gliadin***, a 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 their associated mental symptoms.

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

Who’s Who of Serious Illness:

- Diabetes
- Depression
- Thyroid Disorders (3)
- Autoimmune diseases (18*)
- Emotional and behavioral disorders (9)
- Infertility & sperm abnormalities
- Neurological conditions (14)
- Gas and bloating
- Schizophrenia
- Osteoporosis
- Cancer

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 are rapidly expanding their GF flour, cereal, and baked goods lines.

The ‘Gluten Challenge’ is to 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 Bread