

Beauty • Health • Well-Being



What's Wrong With Wheat? Gluten-Free: Why You Should Be.

by Sharyn Wynters

WHAT'S wrong with wheat? I get

asked that question all the time. The problem is not the wheat. The problem is what we have done to the wheat ... and I'm not referring to the refining process ... making white flour out of whole wheat. I'm referring to what we have done to the wheat itself. Modern varieties of wheat contain up to 40 times more gluten than ancient wheat. Modern varieties also contain less protein and fewer nutrients. So today "wheat" is not really wheat anymore; it's a man-made grain created to produce high-yield crops despite deficient soil and pesticide-infested agricultural practices. The other problem is while we have been breeding wheat to meet our agricultural needs (ignoring its nutritional content) we have been phasing out other grains. Wheat is in everything. If you are not a label reader, just pick up a few boxes at the grocery store. Your chances of finding "wheat" as one of the main ingredients are pretty high. Not only is wheat not in reality wheat anymore, but our excessive consumption of it is affecting our health.

The latest figures indicate that nearly one in three Americans have either been diagnosed with gluten intolerance or suspect they may be intolerant. Symptoms range from celiac disease among other digestive disorders to diabetes, heart disease, allergies, arthritis, rashes, and an assortment of neurological problems. Today's modern wheat, with its high-gluten, high-carbohydrate

and low nutrient content, is accountable for exaggerated blood sugar surges; responsible for accelerated glycation (the process called Advanced Glycation End-products, acronymed AGE); accountable for inflammation that erodes cartilage; and for numerous immune disorders. This is a dangerously heavy indictment for a grain. Especially a grain that we been told for years is the mainstay of life. And, it gets worse.

The glycemic index (i.e., the comparative blood sugar effects of different foods) for whole wheat bread is higher than table sugar. **IT IS TRUE!** Whole wheat bread has an index of 72 and sucrose comes in at 59. This has serious implications for those with diabetes and various weight issues. The higher the glycemic index, the higher the blood glucose after consumption and the greater the insulin required to balance blood sugar. Imagine: two slices of whole wheat bread dramatically increase blood glucose, triggering insulin and increase in abdominal fat. High blood sugar levels over sustained periods of time, result in deep visceral (abdominal) fat. This prompted Dr. William Davis, M.D. to write the New York Times bestselling book, *Wheat Belly*, a well-documented review of the connection between modern wheat, gluten intolerance and disease. The bigger your wheat belly, the poorer your response to insulin; a situation cultivating in weight gain and diabetes. The bigger your wheat belly, the more inflammatory responses are triggered and the greater your risk of heart disease and cancer.

From The Skillet Into The Frying Pan

Even if you don't have symptoms of gluten sensitivity, you should temper your consumption of wheat. Many experts believe that 97% of gluten intolerant individuals remain undiagnosed. Even more may be affected by a subclinical gluten sensitivity. There are plenty of other grains that don't have gluten. (Amaranth, Buckwheat, Millet,

Oats, Rice, Sorghum and Wild rice). It's a matter of learning how to substitute. Gluten-intolerant individuals, using gluten-free grains along with foods like nuts, arrowroot, beans, chestnuts, mesquite, and tapioca, all of which are gluten-free, create delicious breakfast cereals and side dishes. But don't jump from the skillet into the frying pan. One mistake many people make when trying to move to a gluten-free diet is substitute with corn and/or soy. Neither of these contain gluten, but neither are in your best interest.

More than 75% percent of processed, packaged foods, including many gluten-free products, contain corn or soy ingredients. They are in nearly all fast foods. Many individuals have sub-clinical sensitivities to corn and soy. One reason may be that like wheat, both of these foods have been the subject of intensive genetic modification.

The Glycemic Index: Whole wheat bread is higher in comparative blood sugar effect than tablespoon sugar. **IT IS TRUE!**

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Nearly all corn and soy products on the market today (unless specifically labeled non-GMO) have been genetically altered and cause allergy-type reactions that build up over time. They will be our next "wheat." Keep reading the labels and steer clear of wheat, corn and soy—unless they are organic and non-GMO. Your best option is always a diet of fresh, whole foods. Let vegetables and fruits be your mainstay, rather than wheat, corn or soy.

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over 30 years experience in health and wellness. She is author of the book, *The Pure Cure: A Guide to Freeing your Life from Dangerous Toxins*. She is Director of Clinical Services for NORI (Nutritional Oncology Research Institute) and hosts the TV/Radio show called "Get Healthy the Wynters Way with The Pure Cure!" (Thursdays from 1:30-2:30 p.m. on www.rmconline.com/).

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