

Five Reasons to Avoid Modern Wheat

1. Modern wheat... has more gluten proteins: Modern wheat has more gluten proteins due to hybridization causing a 400% increase in of celiac disease and gluten sensitivities

2. Modern wheat is lower in mineral content: Modern wheat has shorter stalks, less sun, and shallower roots systems, and is lower in minerals like zinc, magnesium, iron, copper, and selenium than its ancient ancestor.

3. Modern Wheat is a mutation caused by Irradiation: Crops are exposed to high doses of gamma and microwave radiation. Not considered GMO, but called “mutation breeding.” This changes the molecular structure of the crop. Concerns are this is creating carcinogens and toxic chemicals, causing infertility, kidney damage, and changes the nutritional value of food. New GMO Wheat has shown that the insects that eat the crop has their stomachs explode, so how can it be good for humans?

4. Modern wheat is grown with harmful pesticides: Most of the wheat produced today uses some type of pesticide. Of the 16 pesticides used on wheat, the most commonly used is Malathion, used on nearly 50% of all wheat. Malathion is called a “neurotoxin” and when ingested can screw up the hormones in our bodies. An effect of RoundUp is that it kills the ecology of the soil, killing the micro organisms that aid in the crop’s uptake of minerals and nutrients of the soil. If it kills this vital function of the soil, the residual contamination of the RoundUp can also do the same to our bodies ecology.

5. Modern wheat can no longer survive in the wild: Modern wheat has been so modified by humans, modern strains are unable to grow in the wild anymore because they depend on pest control and nitrate fertilization.

