



THE AWESOME STORY OF WHEAT AND HOW IT WAS HIJACKED

William Davis, MD, is married to a triathlete (and coach of triathletes). He's also a historian, a practicing physician with thousands of patients, a gifted researcher on health and food ... and a very funny writer!

Wheat began as **einkorn** 10,000 years ago ... evolving to **emmer**, then to **triticum aestivum**. It was cultivated, ground, cooked and eaten along with meats, fruits and vegetables ... in Europe and the Middle East. First as porridge ... then as unleavened bread ... then as leavened bread when the Egyptians added yeast.

It was rich, nutty, tasty, full of protein and allowed nomadic peoples to settle.

Beginning in the 1950's and continuing and accelerating, wheat has been hybridized over the years to be more ... drought resistant, insect resistant, easily preserved, easily mixed and baked, formed and filled, to be more and more convenient to grower, miller, baker, transporter, seller and eater.

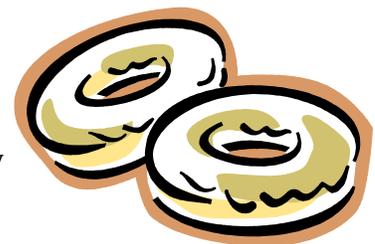
The tall amber waves of grain are now short, easy to cut, thresh, store, mill, mix and bake. This was all without regard to its effects on human health.

Davis argues that the problem with the diet and health of MOST Americans ... **34% of whom are overweight and 34% of whom are obese** ... is NOT fat, not sugar, not TV or the Internet or lack of exercise (more of us exercise than ever before) ... it's what we are being sold that is **called "wheat."**

Far more serious than mere overweight or obesity ... modern "wheat" is leading us to ... diabetes, celiac disease, heart disease, IBS, reflux, depression, chronic fatigue, blood sugar spikes, appetite surges, morphine-like addictions, man-boobs (estrogen excess in men), higher incidence of cancers, rheumatoid arthritis, dementia, schizophrenia, and more.

Yet ... we have medical groups, dieticians, and government agencies telling us to eat **more** of these "wholesome grains" as a percent of our diets! Good grief!

The "staff of life" has become a poster child for GM (genetically modified) foods. "As a result, through hybridization, over the past 50 years, thousands of new strains have made it to the human commercial food supply without a single effort at safety testing."



Curious ... Dr. Davis found **real einkorn** wheat grown by Eli Rogosa, a science teacher and founder of the Heritage Wheat Conservancy (www.growseed.org), who collected original wheat plants of ancient Egypt and Canaan. Davis “tested” that wheat and modern wheat on himself. The results were truly incredible, amazing and eye-opening. I won’t spoil it ... you will be shocked when you read it.

Then, he began putting patients on a wheat-free regimen and seeing extraordinary results. A cardiologist, Dr. Davis began to see many of his patients recover from not only heart disease ... but also **many other ailments**: obesity, diabetes, celiac disease, mood swings, sugar spikes, osteoporosis, depression, arthritis (including RA).

Beyond that, his research is huge, and his book, *Wheat Belly*, is a gift to all of us for our general health. See the final footnote for information on his book.



The **average** American eats 133 pounds of “wheat” flour per year, so of course, adults must eat even more than that ... in the form of breads, pizza, crackers, pastries and cookies.

Davis measured the **bread** aisle of his grocer at 68 feet, **not** counting the pizza, cookies, cakes and pasta displays. I checked our store ... same story. And no loaf could be found that did not have as its first ingredient “enriched wheat flour.” Omigosh!

Modern (industrial) “wheat” pushes blood sugar higher than virtually all other foods, even higher than straight raw sugar! His studies show it is as addictive as many “recreational” drugs. No wonder people love it!

Fortunately for me ... I don’t care for most store-bought breads, rolls, cakes or cookies of any kind. I do love pizza! But if I wanted to make and bake bread at home as many energetic friends do ... I can’t find wheat flour that’s any different/better than what’s in the store. It may **taste** better ... but it’s the same industrial “wheat” flour, hybridized to make it grow, resist bugs and drought, keep, look, bake and taste better.

Incredibly, ADA guidelines for diabetics call for cutting out fat and including 135-180 grams of carbs a day, preferably “healthy whole grains.” The ADA exerts heavy influence in crafting national attitudes toward nutrition. Ask any diabetic about the effects of this diet approach and they will tell you these foods increase blood sugar up to 200 to 300 mg/dl range or higher ... “just be sure to adjust your meds to compensate.”





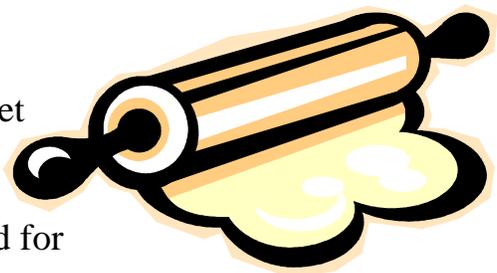
A number of Dr. Davis's patients come to him, a cardiologist, for help with blood or heart problems, but frequently also have pre-diabetes or diabetes and overweight problems. He often counsels them on **wheat** elimination and sometimes on reducing other carbs as well (cornstarch, sugars, etc.). They lose weight (often back to normal), lose their lipids problems and sometimes "lose" their diabetes!

"To this day, the notion of treating diabetes by increasing consumption of the foods that caused the disease in the first place, then managing the blood sugar mess with medications, persists." He notes that iconic doctor, William Osler (of Johns Hopkins fame), called for strict and low limitations of carbs for diabetics. He lists other well-known physicians/researchers coming to these conclusions, to not only improve blood sugar control, but even **erase** the need for insulin and other meds.

The increase in both Type 1 diabetes in children and Type 2 diabetes in adults will make further study of wheat elimination critical. (The close correlation of celiac disease is also an issue, for children and adults.) This is needed to counter the "dream of the USDA, the American Diabetes Association, the American Dietetic Association, et al, who agree that 'wheat should be consumed in generous quantities' by diabetics."

Bone Problems: It seems our pre-wheat-eating ancestors 10,000 years ago ate mostly meat, vegetables and fruits, before they discovered einkorn (ancient wheat). As a consequence, their healthy bodies' pH balance was toward **basic**, not acidic. And Dr. Davis tells us that both meat and "wheat" ... heavy staples of the modern diet, add "acid loads" to our bodies.

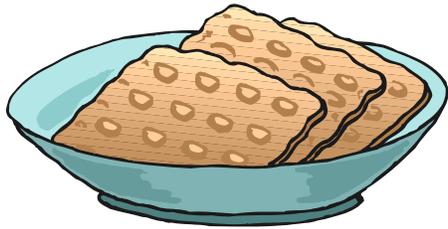
The body must balance these acids by borrowing calcium from our bones! Guess what ... we then get osteopenia, osteoporosis and frequent fractures as we age. He asks, "What if, rather than a total hip or knee replacement at age sixty-two, you opted for total wheat replacement instead?"



AGE's: Advanced glycation end products, is the name given to stuff that stiffens arteries, clouds the eyes, and mucks up brain neuron connections. The older we get, the more AGE's we have in our kidneys, eyes, liver, skin and other organs. It's inevitable. **But ...** "the higher the blood glucose, the more AGE's will accumulate, and the faster aging will proceed!"

And, "if AGE formation was a contest, wheat would win nearly all the time, beating out carb sources, such as apples, oranges, sweet potatoes, ice creams, table

sugar, and chocolate bars!” Via its blood sugar/AGE-increasing effects, **wheat** accelerates the rate at which we develop aging skin, dementia, arthritis, atherosclerosis, and kidney problems.



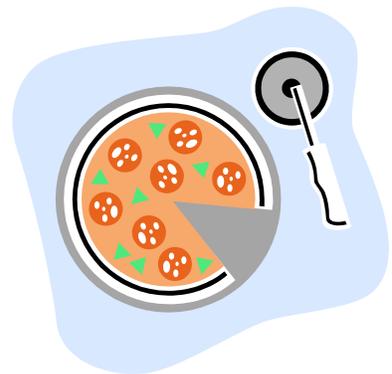
Let’s talk “cholesterol”: Dietary fats, maligned and feared, are composed of triglycerides. So, increased fatty foods should increase blood triglycerides. True. However, when it does, the body shuts down its own production of triglycerides! **Carbs**, on the other hand, contain no triglycerides. However, they stimulate

insulin, which triggers the liver to flood the bloodstream with triglycerides! And this can lead to liver cirrhosis similar to that experienced by alcoholics! Low fat diets are not OK.

The China Study: This extensive study of studies by Dr. Colin Campbell [subject of Leadership Letter No. 10 (July/August 2006)] concluded that people who ate plant-based foods were healthier. Denise Minger took a look at the **data** used in that study and came to some additional conclusions ... one of which is: Daily consumption of **wheat** flour leads to increasing coronary heart disease, and body weight, as well as BMI.

Davis's Chapter 11 examines “wheat and your brain” and associates dementia, seizures, ataxia, autism and ADHD with wheat, glutes and exorphins (the breakdown product of gluten). “The health consequences of wheat consumption are truly impressive.”

Wheat and the Skin: Dr. Davis looks at 6 world cultures that have no pimples, acne or other “modern” skin problems ... finding that they have no wheat in their diets, but lots of other plants: potatoes, seaweed, berries, roots, tomatoes, mangos, as well as fish and game. High insulin (from high carbs like wheat and others) stimulates sebum from the sebaceous glands. And it did exactly that once wheat was introduced to those cultures ... as well as cause other skin ailments.



Goodbye Wheat: This can be challenging for some of us ... but you certainly won’t starve ... and you’ll reach the point quickly where you won’t miss it.

“**Let me describe** a typical person with a ‘wheat deficiency’: slender, flat tummy, low triglycerides, high HDL (good), normal blood sugar, normal blood pressure, high energy, good sleep, normal bowel function” ... **told you he was funny.** I would add, slower production of AGE’s, less likely to be diabetic, clearer skin, better memory, better outlook, smaller chance of any disease.

So ... how can you eliminate wheat? At the simplest: Eliminate wheat, and fill the gap with the best remaining foods on your diet: baked chicken, green beans, scrambled eggs, cobb salad, corn on the cob, fish of all kinds, rice, potatoes, celery, asparagus, carrots, limes, beans, olives, peas, peppers, spinach, nuts and seeds, avocado, greens, ... and other good foods. **In short: Any real food.**



Dr. Davis distinguishes real food from highly processed, “herbicide,” genetically modified, ready-to-eat, high-fructose-corn-syrup-filled, just add water foods. There are tremendous societal pressures to not eat real food, and they are, unfortunately, too effective. But if you avoid them, rest assured, **little** nutritional deficiency will result!

If you replace wheat calories with those from vegetables, your fiber intake goes **up** ... another good thing for your health.

Wheat is ubiquitous ... in too many “foods” as filler or thickener ... so you’ll need to learn to read labels if you don’t now.

Beware: People who’ve habitually consumed wheat products become “crabby, foggy and tired after just a couple of hours without a wheat product, desperately searching for any morsel to relieve the pain.” (Yes, wheat is addictive as Davis shows in one chapter.)

But once you’re off wheat, your appetite will no longer be “run” by the glucose-insulin roller coaster of hunger and your next “fix” of exorphins for your brain via wheat snacks. (Now I know why I’ve been hungry soon again after a breakfast of cereal and fruit, or a lunch sandwich, or lots of bread at supper.)

Davis says the closest thing to wheat withdrawal is quitting cigarettes ... and can cause fatigue, foginess and irritability, etc., but it’s shorter. And for some, it’s easier!

Withdrawal from wheat (and other sugar sources), forces the body to adapt to mobilizing and burning fatty acids (instead of more readily accessed sugars). This process takes several days to kick in, but it’s a needed step to move from fat **deposition** to fat **mobilization**.

For those susceptible to the addictive effects of wheat, all it takes is one cookie, cracker or pretzel in a moment to go way off the no-wheat wagon, regain lost weight and all the other problems of wheat.

Avoiding other high blood sugar spiking carbs may also be important if you consume a lot of:



- Cornstarch and cornmeal products
- Snack foods (spike blood sugar)
- Desserts (pack too much sugar)
- Rice (small servings OK)
- Potatoes (small servings OK)
- Legumes (small servings OK)
- Fruit juices (high sugar)
- Soft drinks (high sugar)
- Dried fruit (in moderation)

It's also wise to avoid trans fats, fried oils and cured meats.

What To Eat?

- Vegetables of all kinds are great!
- Some fruit (limited quantities)
- Raw nuts, all kinds, but raw!
- Good oils (olive, coconut, avocado, cocoa butter)
- Real cheeses (but little other dairy)
- Eggs, non-fatty meats, fish
- Herbs and spices (without sugars)
- Beverages: water should be your first choice ... made better with lemon



Today, genetic modification and hybridization of the plants we call food crops remain crude science, still fraught with **unintended** effects and consequences on both the plant itself and the animals consuming them.

WHEAT BELLY: LOSE THE WHEAT, LOSE THE WEIGHT AND FIND YOUR PATH BACK TO HEALTH, by William Davis, MD, Rodale Books, © 2011, ISBN 978-1-60961-154-5

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