

5 Things Everyone Should Know About Wheat & Gluten

Although wheat is a staple food in the human diet, gluten proteins are associated with three well-known pathologies that affect a significant portion of the human population: gluten allergy, non-celiac gluten sensitivity, and celiac disease. More and more people are having trouble digesting wheat. Today, approximately one in every 133 Americans have celiac disease, the least common of the three gluten-related pathologies. Let's look at a few likely reasons as to why.

Wheat Has Changed

The wheat we have now is very different from what our ancestors consumed. Modern dwarf wheat is hybridized. That isn't a GMO, but the genes of our wheat plant have been modified to grow faster and to be more resilient. Nearly all of the wheat consumed today is dwarf wheat, which has shorter stems and offers greater yield.

We used to eat a wheat variety called einkorn, which was actually one of the first grains that humans cultivated more than 10,000 years ago. When the Bible tells us to eat bread, einkorn is the wheat it refers to. Einkorn is lower in starch and higher in protein, essential fatty acids, phosphorous, potassium, pyridoxine, and beta-carotene.

More & Different Gluten

Modern wheat has much more gluten than einkorn. Modern wheat has a different gluten-protein structure. Einkorn has 14 chromosomes, and modern wheat has 42 chromosomes.

Gluten is actually not a single protein, it is a family of different proteins. One of the gluten proteins that scientists

believe is causing much of the problems is called Gliadin-9. A study found that Gliadin-9 is significantly higher in modern wheat.

Wheat Processing Has Changed

Modern techniques in grain processing make it possible to create massive amounts of refined wheat for much lower cost than before. These modern processing techniques separate the nutritious bran and germ from the starchy endosperm. This process increases the shelf life of wheat but removes B vitamins and other nutrients.

These more refined flours started to be widely used around 1880. Soon after the world experienced epidemics of pellagra and beriberi.

Bread Making Has Changed

Most commercial bread contains bromides, added starches, refined sugars, added gluten (vital wheat gluten), preservatives, artificial flavorings, leveling agents, and stabilizers. Baking Soda, baking powder, and cream of tartar are often used in place of yeast or in addition to rapid rise yeast to make the bread rise quickly and more uniformly. Modern bread rises for a couple of hours or less, whereas homemade bread traditionally takes at least 12 hours to rise.

RoundUp

Eager to sell more of its flagship herbicide, Monsanto has encouraged farmers to use their glyphosate as a desiccant. Wheat can be harvested quicker and easier if you dry it all out ahead of time with Roundup. It's also used in this way on barley, oats, canola, flax, peas, lentils, soybeans, dry beans, and sugar cane.

My Two Cents

I believe that much of our problems with wheat digestion stem from the changes in our gut bacteria due to the increase in antibiotic usages, antimicrobial toxins chemicals (from pesticides to hand sanitizers), increased vaccines, and most importantly, our ever-increasing consumption of refined sugars. The result is a gut full of candida with little beneficial bacteria to help properly digest food, and this leads to a body full of fungus, parasites, and other pathogens.

An abundance of candida in the gut will cause the gut lining to be more permeable which allows for gluten proteins to pass into the bloodstream undigested. I believe this is a major cause of the increase in food allergies and digestive issues and gluten problems we are experiencing today. For more on that, I urge you to check out *Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections*. It's a must-read for anyone with chronic illness.

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- *Monsanto Lost! Ordered to Pay \$289 million in California Roundup Cancer Trial*
- *Gluten Intolerance, Wheat Allergies, and Celiac Disease – It's More Complicated Than You Think*
- *Stop Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*
- *Sugar Leads to Depression – World's First Trial Proves Gut and Brain are Linked (Protocol Included)*