

Our ancestors - the Hunters and Gatherers - appeared to suffer virtually no cancer until they adopted GRAINS, Legumes, and Dairy into their diet.

Nutrition Scientists use the USDA approved Food Pyramid Food Guide to make dietary recommendations. They have no unified theory of health and wellness. They do not believe our Hunter-Gather origins have any bearing on our health. They are science - based driven and we are spoon - fed ideas that make no sense (for ex. "fat makes you fat"). Yet the people who eat more fat like the Greeks, French and Spanish are not as fat as we are..... WHY?

You can walk into your doctor's office with horrible blood work - all the while eating a diet recommended by the doctors: low fat, high carbohydrate diet of whole grains! WHY this discrepancy?

You can then shift to an ANCESTRAL way of eating that involves Lean Meats, Seafood, Seasonal Veggies and Fruits, walk back into your Doctor's office with PERFECT blood

work - yet your doctor will NOT believe that eating more protein and fat is what fixed your problematic blood work.

We can prevent or reverse cancer, neuro-degeneration, infertility and Auto Immune Disease by diet these are diseases caused by inflammation!

To understand how food influences inflammation - which is the underlying cause of diabetes, cardio-vascular disease, parkinson's disease, alzheimer's disease we need to understand a little about digestion.

When we eat we need to know when we have had enough to eat - LEPTIN regulates both appetite and metabolism. It tells us we are FULL.

Hunger lets us know we are "running on empty" - GHRELIN tells us we are hungry or are low on energy. Stress and Lack of Sleep can alter Ghrelin levels and increase our sense of hunger. Another factor in this is Cortisol.

CORTISOL is crucial to our health. It is anti-inflammatory - BUT WE DON'T WANT TOO MUCH OF IT. Cortisol is released from stress or lack of sleep - **it RAISES blood sugar levels (and this can cause fat gain).**

there are 3 main food groups : Protein, Fats and Carbohydrates

PROTEIN from fish, fowl, meat, eggs and shellfish will help you thrive. Protein from nuts, seeds, beans and rice won't help you thrive but they will sustain you.

FATS must be dissolved in the bile salts to be digested.

Carbohydrates there are 3 kinds of carbohydrates (all sugars)

MONOSACCHARIDES = one sugar molecule (glucose and fructose)

DISACCHARIDES =
2 sugar molecules (sucrose - table sugar)
POLYSACCHARIDES = many sugar
molecules

(digestible - known as STARCH - rich, potato,
corn and flour

are examples of this)

(undigestible - known as FIBER)

Complex Carbs = many sugars

Carbohydrates must be reduced to single
molecules (glucose or fructose) to be
absorbed thru the intestinal wall and
transported to the Liver where it is stored as
Glycogen or sent to systemic circulation to be
used by the brain, red blood cells, etc.

Wheat played an essential role in sustaining
populations thru long periods between
harvests (where there actually was NO food).
Wheat helped feed people during these
seasonal famines and this ensured the

continual increase in the production of wheat until the present day -- today it has reached a peak of cultivated acreage.

BUT..... the wheat our ancestors ate was much different in form, quantity and quality from what people eat today.

Until very recently (the 19th Century) wheat was generally mixed with other grains, beans and nuts. Only in the last 200 years has PURE wheat flour with high Gluten content been milled to the point of Refined White Flour. Generally, the wheat we eat today is **no longer stone-ground from whole meal flour.** Most all of us have been given white wheat flour products on a daily basis from a few months of age. At that young age our intestinal lining is not fully developed and is not able to filter anything except mother's milk into our bloodstream.

For many years, the USDA's food pyramid was recommending a whopping 11 servings of grains and grain products PER DAY. The average person took this recommendation seriously and ate bread at every meal and to

get the 11 servings per day they included grains in their snacks as well.

The High Gluten, refined grain that we have all eaten from infancy, has created a number of health problems - from the gut to the bloodstream to the brain..... and sometimes the joints, cardio-vascular system and endocrine system as well. The food sensitivity that our culture has dropped on us has done the kind of damage that leaves no easily identifying marks.

GLUTEN is a protein in Wheat, Rye, Oats (they also have similar protein to gluten), Barley, and Millet. Corn and rice have similar but less problematic protein. **Quinoa** is technically NOT a grain but has similar properties to grains, including *chemical defense systems* that irritate the gut (they punch holes in the membranes of the micro-villi cells)

Grains (as we know them today) are not healthy, they damage the gut lining. Grains cause malabsorption issues and affect our

health in a negative way. Grains can also cause damage to the GB and bile production. Grains open the door for Auto-Immune diseases and cancer.

GRAINS inflict wounds so subtly and gradually that most of us consider ourselves immune to any such damage.

The gluten protein is Huge and Complex - especially its GLIADIN Fraction. The Gliadin Fraction is thought to be the worst problem in the gluten-containing grain. Also, The AMOUNT of gluten in wheat has been enormously increased. Gluten and its ***adhesive, elastic property*** is the very thing that holds a loaf of bread or a bite of cake together. But when that gluten hits the intestines, it interferes with the breakdown and absorption of nutrients in the accompanying foods of the same meal. And because gluten is of almost no nutritional value itself - *little value is gained from that meal.* *******A run-down, mildly fatigued**

feeling is a constant symptom of adults with the most minor reaction to wheat. We actually ruin every meal of the day with one of the most immune reacting foods on the planet.

At worse - such diseases as Rheumatoid Arthritis, Lupus, MS, and Lymphoma can result from **severe celiac disease Or extreme gluten sensitivity.** *Less severe reactions are experienced by many who may have occasional unexplained diarrhea or intestinal gas and bloating, vague joint pains, infertility, or brain fog.*

You can make a lot of extra work for yourself by going to the grocery store and attempting to replace all of the breads and desserts in a typical diet with gluten free grains - **but** you will still be getting a Nutritionally depleted meal. **The WHOLE FOOD solution is the simplest and most nourishing option.**

Shop the produce aisle and the meat counter and let those purchases comprise your diet.

It will make you discover new and delicious
veggies that you never tried
before..... and it will set you free from
the BREAD TRAP.