

# GOOD/BAD/UGLY GRAINS & WHOLE YOU!

with Chris Foulke, B.S., B.A.

Ever hear, 'Eat more whole grains'? This 'edict' is more fractured fairy tale than scientific maxim. James Braly, M.D., author of [Dangerous Grains](#), estimates 30% of Americans are sensitive to **gluten**, the **protein fraction in wheat, rye, barley**, and some minor grains. Others observe >50% incidence.

**Cultivated grains are evolutionary newcomers**, so billions worldwide have not adapted to them yet. **Wheat gluten contains gliadin**, a very **hard-to-digest, 33-chain amino acid**. Damage from incomplete breakdown of **gluten proteins** occurs irregularly in our 'gut', inhibiting nutrient absorption, thus causing a myriad of physical problems and associated mental symptoms.

**Celiac disease**, a **serious autoimmune disorder** caused by **gluten**, averages 7-9 years for M.D.'s to diagnose. Racial groups and regions less accustomed to **wheat** normally experience higher rates of **Celiac**. A 'short list' of diseases/conditions linked to **Celiac & Gluten Sensitivity** reads like a modern

## Who's Who of Serious Illnesses:

- Diabetes
- Depression
- Thyroid Disease (2)
- Autoimmune diseases (18)
- Emotional and behavioral disorders (9)
- Intellectual impairment/mental deterioration
- Infertility & sperm abnormalities
- Gastrointestinal disorders (18)
- Neurological conditions (14)
- Vitamin deficiencies (7)
- Lactose intolerance
- Schizophrenia
- Cancer

[from [Dangerous Grains](#), Braly, J., M.D., and Hoogan, R. (2002) p. 189-202]

People with these conditions may benefit from avoiding **gluten**. Many supermarkets, natural foods stores, and restaurants now carry **gluten-free (GF) items**. Use of nutritious, safe, and delicious '**alternative grains**' is growing. (google [gluten-free](#) or [Rodney Ford, MD](#)) Savvy firms like Bob's Red Mill of Milwaukee, OR are rapidly expanding **GF flour, cereal, & baked goods lines**.

**The 'Gluten-free Challenge': avoid gluten for 1 month...**  
**Millions report 'amazing' healings on a gluten-free diet.**  
**How about it—are you gluten sensitive?**

You can find out if you.....

**GIVE IT A TRY!**

Gluten-free baked goods

Gluten-free Bread

