

# WHEAT- the good and bad

## WHEAT TODAY

While the ancient form of wheat provided many nutritional benefits, unfortunately the regular wheat you find in many stores today has lost its benefits due to processing and genetic modifications. In order to provide the population with more wheat, we lost most of the health benefits provided by its distant ancestors.

**WHEAT FREE**



## IS WHOLE WHEAT BETTER?

According to Dr. Davis (author of *Wheat Belly*), whole grain wheat is no better than regular wheat with the exception of providing more fiber. Due to the changes of the wheat in general, it still promotes high blood sugar levels which may increase also insulin levels.

While other sources do state benefits of whole wheat, for example more nutrients and fiber, you have to be careful of marketing scams. Only products stated with “100% whole grain” are truly whole grain products. Therefore, check the ingredient list carefully!

## HEALTH FACTS OF WHEAT

- Elevating blood sugar (causes insulin spikes)
- Causes excess belly fat (weight gain)
- Promotes inflammation
- Increases risk for diabetes, arthritis, IBS, acne, fatigue, heart disease and dementia

## Can't stop eating?

Modern wheat has a highly addictive complex carbohydrate since it contains a protein called gliatin. Gliatin stimulates appetite, creates incessant hunger and cravings for more wheat products and refined carbs! If your goal is weight loss, giving up on wheat completely may have great benefits!

## START A HEALTHY DIET WITHOUT WHEAT

1. **GO COLD TURKEY!** Eliminate all wheat products from your diet and pantry. This is often the most effective way to break with addictive compounds. Check labels carefully- you will be surprised at how many foods contain wheat.
2. **Find WHEAT REPLACEMENTS!** Use wheat free substitutes such as spelt, buckwheat, oat flour or almond flour for cooking and baking. Add non-wheat whole grains like quinoa, millet or sorghum and look for lentil-, bean- or spelt pasta instead of wheat products.
3. **Find fun recipes and make your own BREAD!** It is not as hard as you would think and you have freshly baked bread in as quick as 30 minutes!