

INITIAL PHASE CORRECTIVE PLAN

843-352-9966

info@ideallifestylepractice.com

757 Long Point Suite C
Mount Pleasant SC 29464

Grain Intake

- The ideal scenario is to consume no wheat or gluten containing grains at all.
- Make it your goal to consume no more than one serving per day, preferably wild rice or oatmeal.
- Grains (or cereals) are edible seeds from plants of the Grass family. Pseudocereals are foods that can be used like grains, but come from plants that aren't related to the Grass family. They aren't technically grains, and thus may not be as harmful as grains (meaning that they may be a good option if you are trying to transition away from grains).
- With the exception of the last 10,000 years following the agricultural 'revolution', humans have existed as non-cereal-eating hunter-gatherers since the emergence of 1 Homo erectus 1.7 million years ago.
- A significant body of evidence suggests that cereal grains are less than optimal foods for humans; and that the human genetic makeup and physiology is neither designed to nor capable of dealing with high levels of cereal grain consumption. (2)
- Consumption of high levels of whole grain cereal products can lead to bone loss and osteoporosis.(3)
- Anti-nutrients in grains such as gluten and gliadin interfere with digestion, kill off good intestinal bacteria, and alter the immune state of the gut. (4)
- Gluten is a protein found in wheat and other grains such as rye and barley. A review paper in The New England Journal of Medicine listed 55 "diseases" that can be caused by eating gluten. These include osteoporosis, obesity, irritable bowel disease, inflammatory bowel disease, anemia, cancer, fatigue, canker sores, rheumatoid arthritis, lupus,

multiple sclerosis, and almost all other autoimmune diseases. (5)

- The addictive nature of gluten is often overlooked. For some, the first days and weeks of following a gluten-free diet are characterized by food cravings, disorientation, irritability, sleepiness, depression, mental fogginess, fatigue, and/or shortness of breath. (6)

References:

1. Cordain, L. Cereal Grains: Humanity's Double-Edged Sword. in Simopoulos AP (ed): Evolutionary Aspects of Nutrition and Health. Diet, Exercise, Genetics and Chronic Disease.
2. World Rev Nutr Diet. Basel, Karger, 1999, vol 84, pp 19–73.
3. Ibid.
4. Ibid.
5. Ibid.
6. Farrell RJ, Kelly CP. Celiac sprue. N Engl J Med. 2002 Jan 17;346(3):180-8. Review. Braly, James and Hoggan, Ron. Dangerous grains: why gluten cereal grains may be hazardous to your health. 2002. Penguin Books. New York, NY 10014.