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Wheat



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You know, it doesn't matter what subject you type into Google or any other search engine, you will find some who swear by it and others who say it's bad because of...

So OK, don't look to Google or his mates, and go to the published papers provided by the medical society... surely that would be better, wouldn't it?

Unfortunately, not always!

There are countless thousands of published papers that have been 'doctored' to say what they want them to say. For example, the 'low-fat' diet plan is based on science that's been manipulated to say what those at the time wanted it to say.

I'm a great believer in all real food is beneficial, but none of them in great quantities. Variety is the key. If you are over-indulging in one particular food, you are not leaving room for other necessary nutrients.

Bread is a very typical example.



Wheat, Wheat, Everywhere!

It is better to bypass eating wheat. Wheat these days is not the same as the wheat our grandparents used to eat... they have played with it to make it MUCH higher in gluten.



Wheat is a good tasting grain but it's not doing your body any good. Countless conditions are linked to the consumption of wheat.

Wheat is everywhere... go into any bakery or café and just about everything they provide is produced using wheat. It can be hard to find something to eat when you want to avoid wheat.

The fact wheat contains such a high amount of gluten, I'm sure, is a big part of the problem, but the way they have modified it countless times maybe has more to do with it.

The western world is addicted to wheat consumption and most times people have it a minimum of three times a day... breakfast, lunch and dinner, plus snacks!

Remember
when wheat
used to be well
over a metre
tall?



It's now modified
to grow much,
much shorter as
this child shows.

A little about Wheat

Manufacturers have put wheat into just about everything you can imagine. Why have they done that?

- It's tastes good
- It stimulates the appetite

Actually they are not too worried about your appetite as such, they are more interested in making you hungry so you will buy more of their product!



Wheat is like nicotine in the cigarette... manufacturers are encouraging consumption.

You need to learn to read labels if you are still going to buy tins and packets. One of the best ways to avoid it is to avoid all processed foods. Stick to whole foods and you can't go wrong.

Once again, I encourage you to begin to listen to what your body is trying to tell you. If it doesn't like a particular food it will let you know.

Keeping a food diary could be of immense help to you. You need to start taking note of food eaten and how it makes you feel.

A Flat Tummy?

If you are keen to:

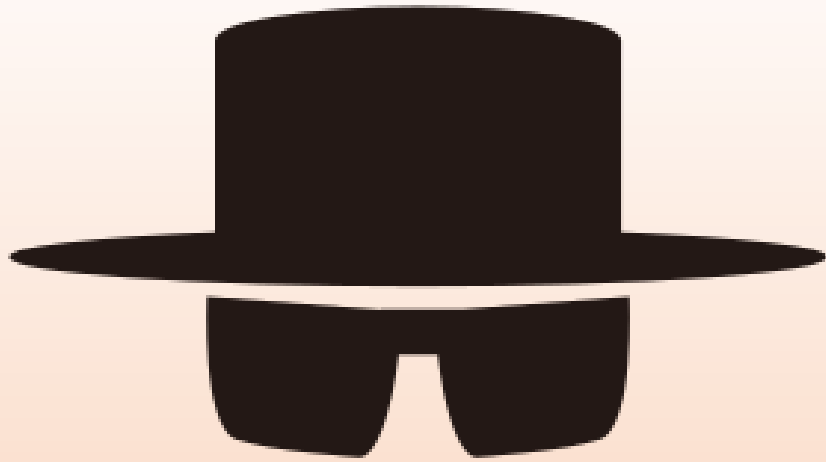
- be slender with a flat tummy
- have low triglycerides and high HDL (good) cholesterol
- experience normal blood sugar and blood pressure
- enjoy high energy, good sleep and normal bowel functions...

Grains like wheat are not a necessary part of the human diet.

You will not experience any deficiency from the elimination of wheat.

But it's more than cutting something out of your diet... it must be replaced with other wholesome food. You must not replace it with many of the gluten-free flours that the manufacturers have replaced wheat flour with in gluten-free baking.





Become a Sleuth!

As you learn to listen to your body you will soon find out if something agrees with you or not.

As I have said before, it's worthwhile going on an Elimination Diet if you are unsure about a certain food.

Symptoms don't always show up immediately, but they will soon show themselves if you go without a certain food that is causing you problems. The symptoms will go away. Go back on it and the symptoms will return. Test it again, just to be certain.

Wheat causes such a lot of problems which you could right now be experiencing but you've never made the connection.

You see, I'm teaching you to think for yourself and to do a little detective work! Become a sleuth! Ask questions of yourself! Solve the mysteries!

You can do it for sure... zero in on what your body has been trying to tell you.

Best Alternative Flours

According to Dr Axe (draxe.com/gluten-free-flours)

In alphabetical order:

1. Almond Flour
2. Amaranth Flour
3. Brown Rice Flour
4. Buckwheat Flour
5. Cassava Flour
6. Chickpea Flour
7. Coconut Flour
8. Oat Flour
9. Sorghum Flour
10. Sprouted Corn Flour (non GMO of-course!)
11. Teff flour

